

Analysis Connection Spiritual Aspects With Quality Levels Life Elderly Regency Gorontalo

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Abstract. According to WHO (2019), in the Southeast Asia region the elderly population is 8% or around 142 million people. In 2050 it is estimated that the elderly population will increase 3 times from 2013. In 2000 the number of elderly is around 5,300,000 (7.4%) of the total population, while in 2010 the number of elderly is 24,000,000 (9.77%) of the total elderly reached 28,800,000 (11.34%) of the total population. Data from the Central Bureau of Statistics shows that the elderly population in Indonesia in 2007 increased to 18.7 million people, then in 2010 it increased to 23.9 million people (9.77%). In 2020 it is predicted that the number of elderly people will reach 28.8 million (11.34%). Based on data from the Republic of Indonesia Ministry of Health (2019), Indonesia is entering a period of aging population, where there is an increase in life expectancy followed by an increase in the number of elderly people. Indonesia has experienced an increase in the number of elderly people from 18 million people (7.56%) in 2010, to 25.9 million people (9.7%) in 2019, and is expected to continue to increase in 2035 to 48.2 million people (15.77%) .

Keywords: *Spiritual Aspect, Quality of Life, Elderly.*

INTRODUCTION

Service data health Gorontalo province , shows target data in Gorontalo province in 2019 total elderly reaching 125,762 consisting over 22,384 total elderly residents in the city of Gorontalo and 40,340 are in the district Gorontalo . and in 2020 the target in Gorontalo Province is the total number of elderly people reaching 134,958 consisting of 23,678 total elderly residents in the city of Gorontalo and a total of 45,312 elderly people in Gorontalo district .

Based on results observation beginning at LKS.LU Beringin Data obtained from 43 people elderly . Results of interviews conducted with the Head of LKS.LU Beringin Still there are 10 elderly people . Resident elderly _ in place the most Already separate with his children Because Already Marry even wander . they feel it too lack of attention from family . But neither do seniors too feel worried at the moment his family Already No visit him or No pay attention they Again Because elderly only Can strengthen spiritually with multiply worship , pray and surrender to Lord . 6 elderly people in the orphanage still intertwine connection with Lord like praying , reciting the Koran , and doing good interaction _ with others, and also say that quality life they Good Because Still do activity physique like do activity social , cultural as well as spiritual. However, 4 elderly other say that quality life they Still low Because No involved in activity social , cultural and spiritual.

Based on data and descriptions above , researcher Then interested For study more carry on problem this , and pushed researcher For do study connection aspect spiritual with level quality life elderly at LKS.LU Beringin Ward Hutuo Subdistrict Limboto Gorontalo Regency .

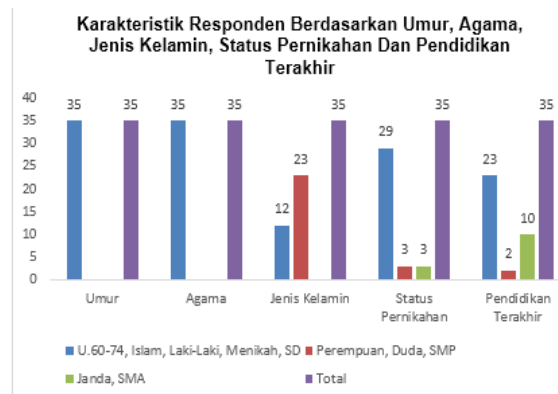
RESEARCH METHODS

Study This is study quantitative . Research design used _ is correlational . Research sites is at LKS.LU Beringin Ward Hutuo Subdistrict Limboto Gorontalo Regency with population elderly totaling

43 Elderly and total sample totaling 35. Design study use approach *cross-sectional* . Test analysis use *Chi-Square test* obtained p value = 0.002 or more small from The value is 0.05 which means Ha is accepted and H0 is rejected or there is Relationship between Spiritual Aspect Variables and Quality Level Variables Life Elderly at LKS.LU Beringin Ward Hutuo Subdistrict Limboto Gorontalo Regency.

RESULTS AND DISCUSSION

Characteristics Respondent



Distribution Diagram Frequency of Age respondents the most in study This is 60-74 years old that is all over elderly At LKS.LU Beringin as many as 35 respondents (100%), in distribution Frequency of respondent's religion the most in study This is majority religious Islam as many as 35 respondents (100%), in distribution Frequency Of Type Sex respondents the most in study This is a woman, that is as many as 23 respondents (65.7%), in distribution Frequency of the respondent's status the most in study This is still _ unite Marry that is as many as 29 respondents (82.9%), while in distribution Frequency of last education respondents with education final the most in study This is elementary school (Primary School) , namely as many as 23 respondents (45.7%).

Univariate Analysis

Distribution Frequency Spiritual Aspects of the Elderly at LKS.LU Beringin Ward Hutuo Subdistrict Limboto Gorontalo Regency

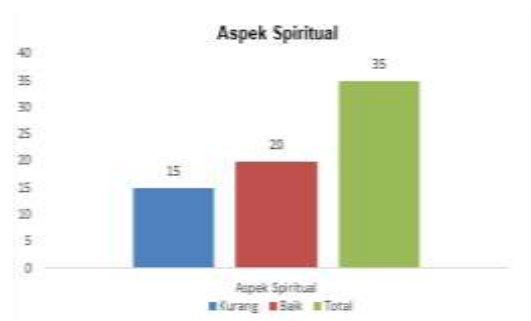


Diagram above show that part big respondents at LKS.LU Beringin Ward Hutuo have spiritual number is good that is as many as 20 respondents or 57.1% meanwhile respondents who have less spirituality that is as many as 15 respondents or 42.9%. From the results questionnaire obtained _ seen from a number of aspect that is connection with self yourself , relationships with each other , relationship

with environment and relationships with Lord . From both category between spiritual aspect is good with the spiritual aspect is lacking that elderly Still not enough do connection with environment .

Distribution Quality Level Frequency Life Elderly at LKS.LU Beringin Ward Hutuo Subdistrict Limboto Gorontalo Regency

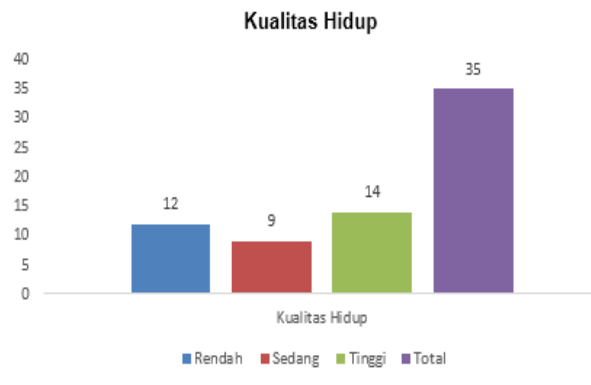


Diagram above show that part big respondents at LKS.LU Beringin Ward Hutuo have quality High life ie as many as 14 respondents or of 40.0%. Whereas quality life currently namely 9 respondents or 25.7% and amount quality life low totaling 12 respondents or amounting to 34.3%. From the results questionnaire obtained _ seen from a number of dimensions that is dimensions physical , psychological , social , and environmental . From third category quality life high , medium and quality life low that Still lack of dimensions connection social and environmental actions _ elderly .

Bivariate Analysis

Analysis results Connection Spiritual Aspects With Quality Levels Life Elderly at LKS.LU Beringin Ward Hutuo Subdistrict Limboto Gorontalo Regency

| Aspek spiritual | Kualitas Hidup | | | | | | Total | | Uji Statistik $p= 0.002$ |
|-----------------|----------------|------|--------|------|--------|------|-------|------|-----------------------------|
| | Rendah | | Sedang | | Tinggi | | N | % | |
| | N | % | N | % | N | % | | | |
| Kurang | 9 | 25.7 | 5 | 14.3 | 1 | 2.9 | 15 | 42.9 | |
| Baik | 3 | 8.6 | 4 | 11.4 | 13 | 37.1 | 20 | 57.1 | |
| Total | 12 | 31.4 | 9 | 28.6 | 14 | 40.0 | 35 | 100 | |

Based on results study from table on showing that from 35 (100%) respondents there is less spiritual aspects and qualities life low As many as 9 (25.7%) respondents , the spiritual aspect was lacking but quality life currently as many as 5 (14.3%) respondents , and the spiritual aspect was lacking but quality life tall as many as 1 (2.9%) respondent . Whereas spiritual aspect is good but quality life low as many as 3 (8.6%) respondents , and the spiritual aspect was good but quality life currently as many as 4 (11.4%), whereas good spiritual aspects and qualities life tall as many as 13 (37.1%) respondents .

Based on analysis test results using the Chi-Square test was obtained p value = 0.002 or more small from The value is 0.05 which means Ha is accepted and H0 is rejected or there is Relationship

between Spiritual Aspect Variables and Quality Level Variables Life Elderly at LKS.LU Beringin Ward Hutuo Subdistrict Limboto Gorontalo Regency .

Discussion

Characteristics Respondent

Age

Results of research carried out against 35 LKS.LU Beringin respondents Ward Hutuo gained _ part big respondents is at in age advanced (*elderly*) or 60-74 years totaling 35 (100.0%) or all over elderly who are at LKS.LU Beringin . According to researcher This _ caused the more increase age seniors are starting from 60 years to the top the more Lots time elderly For do spiritual activities or religious .

This matter in line with theory by (Yuzefo, 2016) explain that there is stage development humans that influence a person's spiritual status . In groups age middle and elderly own more Lots time For do activity religious and business For understand religious values believed by generations young . Got it factor age relate with quality living , elderly people aged 60-70 years own possibility For quality life Good more big . This matter because happen change physical , mental, psychosocial , which leads to ability elderly For do activity everyday and influential to quality life elderly .

According to assumption researcher the more increase age in a person the more high and also decreasing function body like decline function muscle and limit activities _ _ physique or activity daily life in the elderly so that elderly can focus on activities religious .

Religion

Characteristics respondents based on religion results respondents majority elderly LKS.LU banyan in the sub-district Hutuo obtained elderly majority religious Islam namely 35 respondents or of 100.0%. This matter caused majority Islam tend more notice cleanliness and care health so that matter This can help and look after quality life them , and live somebody in Islam be measured with how much big He carry out his obligations as humans who have regulated by Islamic Sharia .

According to assumption researcher majority Islam recommended in cleanliness and care health Where explained in QS. At- Taubah verse 108 which means " Do not You pray in the mosque that was erected on base piety (Quba mosque), since day First is more proper You pray in it . Inside the mosque _ there are people who want to clean self . And indeed Allah loves those who are clean ." In that surah explained that We as a devout human _ must be always purify and guard cleanliness self us to avoid it from disease so that We can guard quality alive , can also means that every individual own quality different life _ depend from each individual respond problems that occur in himself . If faced with positive things _ so will good quality too his life like multiply pray and worship to God , each other value between each other , however If face with matter negative so will the quality is also bad his life . Which is also explained in Surah Al- Ankabut verse 64 ie explained that every a Muslim sued For always increase quality life so that its existence meaningful and useful before Allah SWT.

Type Sex

Characteristics respondents based on type sex obtained results respondents majority elderly LKS.LU banyan in the sub-district Hutuo amount Woman more Lots namely 23 respondents or by 65.7%, comparably with man namely 12 respondents or amounting to 34.3%. According to researcher Why more Lots respondents women , It is caused pattern life Woman tend more Healthy compared to man so that quality life elderly in women tend Good .

According to WHO (2019), Type sex is characteristic women and men , like norms , roles , and relationships between group men and women , who are in construction in a way social , kind sex can different between One group public with public others , as well can changed along time . By general level population or productivity Woman more tall than men . _

According to assumption researcher matter This caused pattern life elderly manifold sex man tend own less habits _ Good because pattern life like habit smoking and excessive stress . From the results questionnaire obtained on site _ study respondents tend give answer on quality life environment Not yet own enough money for fulfil need so that respondents feel stress .

Marital status

Research results on Characteristics respondents based on marital status obtained results respondents majority elderly LKS.LU banyan in the sub-district Hutuo amount Marry more Lots namely 29 respondents or by 82.9%, widower totaling 3 respondents 8.6%, and widows amount respondents 8.6%. This matter caused Because partner life own function as support in all matter .

This matter in line with research conducted by (Wikananda , 2017) with title Connection Quality Life and Factors Risks in Age Continue in the Work Area Public health center Tampaksiring 1 Regency Gianyar Bali. From the results study the that respondents with married status own trend For quality more life _ Good compared to with respondents who did not married and widowed _ _ or Widow . This matter caused by support One each other so can increase quality life psychology and health physique they .

From assumptions researcher matter This caused by support from the partner can increase quality life elderly . Because of a partner life own function as support in various solution problem like nor problem finance . And the elderly who lose partner life usually caused by death . Lost partner life can cause stress and annoyance psychology in the elderly . Based on results obtained on the questionnaire study part big respondents answer with category Enough Good in in questionnaire psychological Because they enjoy life they together partner they .

Level of education

Research results on characteristics respondents based on level education obtained results respondents majority elderly LKS.LU banyan in the sub-district Hutuo own education lastly elementary school , namely totaling 23 respondents or amounting to 65.7%, 2 respondents or 5.7% educated lastly junior high school, and 10 respondents or 28.6% have education last year of high school. From interviews short obtained _ moment charging questionnaire a number of elderly with low education

level or elementary-middle school graduate said that after graduating from school they more focus for Farming or selling matter This caused distance travel For continue school spelled out far and there are also some who say lack of cost For continue school . So that respondents choose follow parents _ they like Farming or selling on the market.

According to assumption researcher matter This caused by the sample in the study This is elderly people born in the 60s _ Where school at the time That Still spelled out few and far between travel For to school spelled out Far so that respondents choose For entrepreneurship rather than go through education , and not means low level education somebody knowledgeable low too. Education does not only obtained from seat at school only , but from outside too _ So education is very important . Necessary education emphasized is good spiritual knowledge , so every man can increase or interpret life that has been given is something grace outside normal from great god _ esa , and spiritual forces act as framework Work true intellect.

Distribution Frequency Respondent Spiritual Aspect

Based on results study frequency characteristics respondents based on Spiritual aspect obtained results respondents majority elderly LKS.LU banyan in the sub-district Hutuo have good spiritual amount that is as many as 20 respondents or 57.1%, meanwhile respondents who have less spirituality that is as many as 15 respondents or 42.9%. Based on table 4 is known spiritual aspects of the elderly tend Good matter This because elderly in old age normal more focus to worship compared to usual activities _ done daily Because increase age in a person will lower function body like function muscle they so that movement or activity they will limited .

According to assumption researcher the spiritual aspect is the most basic and main thing related with quality life . So from That seen from results study amount spiritual aspect is good as many as 20 respondents (57.1%) and the spiritual aspect was lacking There were 15 respondents (42.9%) who obtained results assessed from a number of aspect that is connection with self yourself , relationships with each other , relationship with environment and relationships with Lord . From the results questionnaire obtained the spiritual aspect is good , still lack of connection elderly with environment that is poor environment _ support For strengthen trust to Allah SWT. And on the less spiritual aspect , the elderly Still not enough do connection with each other and relationships with environment like not enough have a sense of responsibility answer , not enough give support to family For carrying out worship, less own attitude empathy , sympathy and lack of elderly people follow activity activity religious in the environment around . This matter caused by the aging process somebody will lower function body like decline function muscle so that can limit activity normal physique _ done daily so that elderly can focused For perform worship compared do things other . Because basically life somebody in Islam be measured with how much big He carry out his obligations as humans who have regulated by Islamic law .

Distribution Frequency Respondent Quality Life

Based on frequency characteristics respondents based on quality life obtained results respondents majority elderly LKS.LU Beringin in the Village Hutuo amount quality life tall namely 14 respondents or amounted to 40.0%, whereas amount quality life currently totaling 9 respondents or 25.7% and amount quality life low namely 12 respondents or amounting to 34.3%. From the results the is known that amount quality life low in the elderly tend more more little , p This caused by the elderly identical various decline in health status especially health status physique .

According to assumption researcher seen from results study amount from quality life tall as many as 14 respondents (40.0%), quality life while 9 respondents (25.7%) and quality life low As many as 12 respondents (34.3%) obtained results assessed seen from a number of dimensions that is dimensions physical , psychological , relationship social , and environmental . From the results questionnaire obtained quality life high , still lack of connection social like not enough get support from Friend . Quality life still _ _ lack of socialize with other people. And on quality life low that Still lack of dimensions connection social psychological and environmental , such as not enough enjoy life Because lost partner , feel loneliness , depression , and not own enough money for fulfil need daily . This matter caused along increase age the more there is also a big decline function body in the elderly who can give rise to a number of illness , feeling stressed so the more old somebody quality life is getting better too decrease so that lack elderly do activity outside and interacting with other people or with environment.

This is also in line with research conducted by (Kiik et al., 2018) with title Enhancement Quality Life Carry on Seniors (ELDERLY) in Depok City with balance training . Quality life elderly influenced various factor like health physical , health psychology , relationships social and environmental . Health status declining elderly _ along with increase age will influence quality life elderly . Increasing age will accompanied with emergence various disease , decline function body , balance body and risk fall so that can reduce quality life . Quality domain improvements supreme life _ is health physical and lowest is environment .

Connection Spiritual Aspect with Quality Life Elderly

Based on results study from Table 3 shows that from 35 (100%) respondents there is less spiritual aspects and qualities life low As many as 9 (25.7%) respondents , the spiritual aspect was lacking but quality life currently as many as 5 (14.3%) respondents , and the spiritual aspect was lacking but quality life tall as many as 1 (2.9%) respondent . Whereas spiritual aspect is good but quality life low as many as 3 (8.6%) respondents , and the spiritual aspect was good but quality life currently as many as 4 (11.4%), whereas good spiritual aspects and qualities life tall as many as 14 (37.1%) respondents .

Based on analysis test results using the Chi-Square test was obtained p value = 0.003 or more small from The value is 0.05 which means Ha is accepted and H0 is rejected or there is Relationship between Spiritual Aspect Variables and Quality Variables Life at LKS.LU Beringin Ward Hutuo Subdistrict Limboto Gorontalo Regency .

Based on results questionnaire on Still there is lacking spiritual aspects and qualities life high because _ There is a number of factor supporters who make it quality his life tall that is form financially sufficient _ Because There is a number of elderly people who work and earn income For fulfil need . As for the good spiritual aspect but quality his life low caused Because a number of factor that is , financially still not enough or elderly people who are already No works and exists a number of elderly people who are already No own partner . Older people already No own partner life will too influence quality life become low , because partner life own function in all things , like can reduces stress, because Can face problem together partner .

Study This in line with research conducted by (Munawarah et al., 2018) with title Spirituality With Quality Life Elderly . From the results study This obtained that Conclusion of results study related connection spirituality with quality life elderly at the Sungai Ulin Community Health Center , Banjarbaru City South Kalimantan Province was obtained that spirituality elderly at the Sungai Ulin Community Health Center , Banjarbaru City based on results study with average value 75.79 and quality life elderly with the average value is 97.39 as well exists significant relationship _ between spirituality with quality life elderly at the Sungai Ulin Community Health Center , Banjarbaru City South Kalimantan Province with p value = 0.040. The more tall spirituality so the more Good quality life . Spirituality tall will influence corner look somebody face problem There is relationship in increase quality life good for the elderly .

Study This reinforced by theory (Prasetio , E 2016) with title Connection Spiritual Activities With Quality Life Elderly in the Village Nyatnyono Subdistrict West Ungaran, Semarang Regency . Regular seniors _ in do activity same spiritual activity case with the more tall further spiritual activities age that , then the more tall quality life will _ experienced elderly .

According to assumption researcher from results study obtained that spiritual aspect is good with level quality life tall found 13 respondents (37.1%) p This caused Because older people _ get closer self to god , like pray or worship , recite the Koran , dhikr , and do good deeds pious , or level high spirituality _ can eliminate anxiety , stress, and can calm face something problem . Besides That elderly can feel things positive like interact with other people and the environment about as much as you can done as well as feel undergo a meaningful and useful life so that matter the can influence quality life elderly become more Good .

CLOSING

Conclusion

Based on results study so researcher concluded :

Spiritual Aspects of the Elderly at LKS.LU Beringin Subdistrict Hutuo have good spiritual amount that is as many as 20 respondents or 57.1%, meanwhile respondents who have less spirituality as many as 15 respondents or 42.9%.

Quality Living among the elderly at LKS.LU Beringin in the Village Hutuo amount quality life tall namely 14 respondents or amounted to 40.0%, whereas amount quality life currently totaling 9 respondents or 25.7% and amount quality life low namely 12 respondents or amounting to 34.3%.

Based on analysis test results using the Chi-Square test was obtained p value = 0.002 or more small from The value is 0.05 which means Ha is accepted and H0 is rejected or there is Relationship between Spiritual Aspect Variables and Quality Variables Life at LKS.LU Beringin Ward Hutuo Subdistrict Limboto Gorontalo Regency .

Suggestion

For Village

Suggestions for village Hutuo order necessary increase Again means in increase quality life elderly with method invite the elderly For come visit the posyandu to get it inspect health them and do follow existing spiritual activities in order to be able to obtain good spiritual support from self yourself , each other , and the environment , so can increase quality life

For Society

Expected For public village Hutuo especially for the elderly so they can increase quality life with method visit the posyandu and do activity healthy to avoid from various type disease as well as increase spiritual aspect with method get closer self to the almighty esa .

For researcher furthermore

Research result can become something material input and sources information for knowledge nursing specifically nursing gerontic so that can develop his knowledge related spiritual and quality aspects living in the elderly .

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