

Efforts To Fulfill The Spiritual Needs Of The Elderly In Ngunut Village, Dander District, Bojonegoro Regency

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ABSTRACT

The decline in the health of the elderly can cause the elderly to be unable to work properly and make the elderly not move either before or change places. This can affect the spiritual behavior of the elderly who were previously able to carry out worship activities and then become a barrier. The purpose of this study was to determine the fulfillment of spiritual needs in the elderly in Ngunut Village, Dander District, Bojonegoro Regency. This research uses a descriptive method. The population is all elderly people aged 60-75 years in Ngunut Village, Dander District as many as 483. Sampling used purposive sampling so that the number of samples obtained was 50 respondents. Collecting data using a questionnaire, then editing, coding, scoring and tabulating then presented in the form of tables and frequencies with percentages and narration. The results showed that of the 50 respondents studied, more than half of the respondents, namely as many as 31 people (62.0%) made efforts to fulfill enough spiritual needs. To increase unfulfilled spiritual needs by prioritizing spirituality and increasing the intensity of spiritual needs.

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1. INTRODUCTION

One indicator of the success of national development is the increasing life expectancy of the population, so that the number of elderly people continues to increase from year to year [1]. However, with increasing age there are changes from the cellular level to all organ systems, including the cell system, nervous system, hearing, vision, cardiovascular, body regulatory system, respiration, digestion, urinary genitalia, reproductive system, endocrine, integumentary, musculoskeletal, and mental changes [2]. The decline in the health of the elderly can cause the elderly to not be able to carry out their activities as well as before and cause the elderly to experience restrictions in movement and changing places. This can affect the spiritual behavior of the elderly, who previously could carry out worship activities and then become hindered [3]. Spirituality is a belief in relation to the Almighty, the Supreme Creator. Spiritual belief will try to maintain harmony, harmony with the outside world. Struggling to answer or gain strength when facing physical illness, emotional stress, social alienation, even fear of facing death threats [4]. Spirituality in the elderly is vulnerable to change due to several causes that occur due to decreased body function in the elderly. The causes that can cause the elderly to experience changes in spiritual behavior are declining health of the elderly and lack of support for the elderly [3] (Setyowati, Sigit, Maulidiyah, 2021). Based on the phenomenon in Ngunut Village, Dander District, Bojonegoro Regency, due to the decline in the health of the elderly, many elderly people cannot carry out their activities as well as before and cause the elderly to experience restrictions in movement and changing places. This can affect the spiritual behavior of the elderly who previously were able to carry out worship activities, including rarely praying 5 times a day at home, at the mosque or at the mosque.

The elderly population according to WHO in the Southeast Asia region for those aged > 60 years is ± 124 million people and is expected to continue to increase. Based on the 2020 Indonesia Health

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Profile, the number of elderly people (age ≥ 60) is 27,087,753 people [5], in East Java Province the number of elderly people (age ≥ 60) is 5,378,109 people [6]. Meanwhile, in Bojonegoro Regency the number of elderly (age ≥ 60) is 184,630 people, and in the working area of the Dander Health Center there are 6,166 people [7]. The number of elderly people in 2020 in Ngunut Village is 761 people. Based on the results of a preliminary study in Ngunut Village, where the majority of the population is Muslim, 3 out of 5 elderly people say they rarely pray and go to worship places of worship, and 4 out of 5 elderly people admit to having conflicts with other people (neighbors).

Spiritual needs are the need to maintain or restore beliefs and fulfill religious obligations and the need to get forgiveness or forgiveness, to love, to establish a trusting relationship with God [8]. Changes in spiritual behavior in the elderly are caused by health problems, if the elderly are not sick and can perform worship and other spiritual behavior (praying, praying, participating in recitation activities) then the elderly do not lose faith in God and themselves [9]. Spiritual needs in the elderly are influenced by age factors that are getting old or old and inactive conditions due to retirement or not working. In addition, other spiritual needs that are not met are closely related to the process of change and human development. The feeling of being left out, of not being needed anymore, of not being sincere in accepting new realities is like a disease that never heals [10]. Someone who is sick will have an effect on responses that are not only related to biology (sick organs only), but will affect their psychology, such as being quiet, embarrassed, irritable, feeling helpless [4]. One of the diseases as a result of the elderly not being able to meet their spiritual needs is hypertension, this is associated with a state of stress or anxiety, which causes the adrenal gland medulla to secrete norepinephrine and epinephrine, both of which cause vasoconstriction thereby increasing blood pressure [11]. In addition, the result of not fulfilling their spiritual needs can cause despair and sadness for the elderly in living life [3].

Efforts to increase the awareness of every elderly person to maintain health and prepare for old age as well as possible is very important. The government through the Ministry of Health makes policies in elderly health services through the provision of friendly health service facilities for the elderly with the aim of improving the health status of the elderly so that they are more qualified and efficient for families and the community. Efforts developed to support this policy include basic health services using the Elderly Friendly Service approach, increasing health referral efforts through the development of an Integrated Geriatric Polyclinic in Hospitals, and providing friendly facilities and infrastructure for the elderly. All health services must be based on the concept of a life cycle approach with long-term goals, namely being healthy until entering old age [12]. The role of the family in an effort to meet the spiritual needs of the elderly is to maintain and care for their physical condition so that the elderly remain in an optimal or productive state, maintain and improve the mental status of the elderly, anticipate social and economic changes in the elderly, motivate and facilitate the elderly to fulfill their spiritual needs thus can increase the piety of the elderly towards God Almighty [10]. Efforts that need to be made by nurses include approaching families so that the elderly can fulfill their spiritual needs, namely by providing advice to families and providing support to the elderly. The support provided by the family will form strong family ties so that it can help the elderly in meeting their spiritual needs, because the family is the closest person to the elderly. One of the needs that must be met by the elderly is spiritual needs (prayer) for those who are Muslim and remembering the schedule of worship at the Church for elderly Christians [13]. The purpose of this study was to determine the fulfillment of the spiritual needs of the elderly in Ngunut Village, Dander District, Bojonegoro Regency.

2. METHOD

This study used a descriptive method with a survey approach, the population was all elderly aged 60-75 years in Ngunut Village, Dander District, Bojonegoro Regency in May-June 2022, as many as 483 people, the sampling technique used was purposive sampling, so that the number of samples obtained was 50 respondents. Data were collected using the Daily Spiritual Experience Scale questionnaire (DSES) consisting of 16 statements with a 4-point Likert scale, namely never, rarely,

almost every day, and every day. Then they were processed by editing, coding, scoring, tabulating using the qualitative criteria presented in the form of frequency table confirmed with percentage and narration.

3. RESULTS AND DISCUSSION

Table 1. Distribution based on the characteristics of respondents in Ngunut Village, Dander District, Bojonegoro Regency in 2022.

No	Characteristics	Total	Percentage (%)
1	Age		
	1)60 – 65 years	28	56%
	2)66 – 70 years	11	22%
	3)71 – 75 years	11	22%
2	Sex		
	1) Male	31	62,0%
	2)Female	19	38,0%
3	Education		
	1)not finish elementary school	26	52,0%
	2)Elemntary school	18	36,0%
	3)Junior high School	2	4,0%
	4)Senior High School	4	8,0%
	5)College	0	0,0%
4	Occupation		
	1)Entepreneur	4	8,0%
	2)Farmer	40	80,0%
	3)no job	4	8,0%
	4)Retire	2	4,0%
Total		50	100%

Based on table 1 above, it is known that more than half of the 50 respondents, namely 28 people (56%) aged 60-65 years, more than half, namely as many as 31 people (62.0%) are male, more than half, namely 26 people (52.0%) did not finish elementary school and the majority, namely 40 people (80.0%) worked as farmers.

Table 2 Distribution of Fulfillment of Spiritual Needs in the Elderly in Ngunut Village, Dander District, Bojonegoro Regency, May-June 2022.

No	Fulfillment of Spiritual Needs in the Elderly	Total	Percentage(%)
1	Less	0	0,0%
2	Enoguh	31	62,0%
3	Good	19	28,0%
Total		50	100,0

The results of the research in table 2 above can be seen that of the 50 respondents studied, more than half of the respondents, namely as many as 31 people (62.0%), had enough efforts to fulfill spiritual needs and less than some of the respondents, namely as many as 19 people (28.0%) efforts to meet spiritual needs are good.

Based on the results of the study, it was found that more than half of the respondents, namely as many as 31 people (62.0%) had enough efforts to fulfill spiritual needs and less than some of the respondents, namely as many as 19 people (28.0%) had good efforts to fulfill spiritual needs.

Old age is the age that is approaching the end of the human life cycle in the world. This stage starts from 60 years old until the end of life. [12] . One of the problems related to spirituality is difficulty memorizing holy books because memory is starting to decline, feeling uneasy when they find out that

their family members have not done their prayers, and feeling anxious when they encounter serious life problems [12]. Spiritual needs are the need to maintain or restore beliefs and fulfill religious obligations, as well as the need to get forgiveness or forgiveness, to love, to have a trusting relationship with God [14]. Important factors that can affect spirituality are developmental stages, family roles, ethnic and cultural backgrounds, previous life experiences, crises and changes, separation from spiritual ties, moral issues related to inappropriate therapy and nursing care [14].

The results of this study show that the efforts made by respondents in fulfilling spiritual needs are more than partially sufficient because respondents feel that they have not fully improved their relationship with Allah SWT and are more often in contact with the environment around respondents. However, there were also respondents who felt hampered in carrying out their activities and could not go to worship. In addition, respondents felt that they could not do their worship on time and because they felt lazy and tired. Efforts to fulfill spiritual needs by respondents can be caused by a decrease in bodily functions in the elderly. Declining health can cause the respondent to not be able to carry out activities as well as before and cause the respondent to experience restrictions in movement or changing places. This can affect efforts to fulfill the spiritual needs of respondents who previously could carry out religious activities and then became hindered. Respondents with low spirituality can cause despair and sadness in living life. In addition, most of the respondents who were aged 60-65 years also influenced the results obtained because that age was the age when the spiritual of the respondents began to increase, because at that age the respondents began to feel weak and close to death so that the elderly began to improve or add to their spiritual aspects. , this is also supported by his physical condition which has begun to decline, unable to work anymore and activities in daily life are also reduced, therefore activities such as worship and attending several recitations will add to the quality of life of these elderly. Efforts to fulfill the sufficient spiritual needs of respondents can be linked to the role of the family in providing care to respondents. Even though there are many elderly who live at home with their children, it cannot be denied that there are still many elderly who receive less attention from their children, especially the problem of fulfilling spiritual needs. In addition, the fulfillment of spiritual needs in the sufficient category is caused by health problems that occur in the elderly. If the elderly are not sick and can perform worship and other spiritual behaviors (praying, praying, participating in recitation activities) then the respondent does not lose faith in God and himself and the respondent with good fulfillment of spiritual needs can overcome his loneliness by praying and worshipping God and also interact with the community. Efforts that need to be made to meet the spiritual needs of respondents are to involve the family as the closest person to devote more attention to the welfare of respondents, especially efforts to meet the spiritual needs and spiritual welfare of the elderly.

4. CONCLUSION

The conclusion that can be drawn from the research results is that more than half of the respondents in Ngunut Village, Dander District, Bojonegoro Regency, namely as many as 31 people (62.0%) have enough efforts to fulfill their spiritual needs. Based on the results of this study, this research can be used as a respondent as input material for the elderly whose spiritual needs have not been fulfilled by participating in routine activities such as tahlil every Friday night, attending Sunday morning recitations, gathering with peers to interact and exchange ideas that prioritize spirituality so that it is expected to fulfill spiritual needs.

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