

The Relationship Between The Intensity Of The Five Times Of Prayer To The Stress Of The Elderly In Pekauman Village

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ARTICLE INFO

Keywords:

The intensity of the five daily prayers, the stress of the elderly

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ABSTRACT

According to the social ministry, the number of older people in Indonesia was more than 10% of the population in 2020. Currently, the population in Indonesia reached 269.9 million people. The total population aged over 60 years reached 28.7 million people. It means more than 10.6% of total resident in Indonesia is elderly. Carry on age is a period in which all people hope will undergo calm, peaceful, and prosperous life. Will but various problems in life which whack carry on age throughout his life, like lonely and hopelessness because of the loss of a spouse and relatives, as well as a physical decline, loss of professional consequence age already carry on and loss of social roles that can trigger stress in the elderly (Azizah, 2011). Use a method correlational with the cross-sectional approach. The population is elderly, which is at in Ward Pekaman amount 4,732 people elderly. Processing and analysis of data done with computerized using the spearman rank statistical test at a significant brick of 0.05. Based on the test, sperm rho obtained mark sig. (2-tailed) as big 0.000 (<0.05), it can be concluded that the variable intensity of the five daily prayers has a positive relationship with the variable stress level. With a mark *Correlation coefficient* negative value of -0.675. The *Correlation Coefficient value* is -0.675, in concludes the level connection second variable has a strong connection.

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1. INTRODUCTION

According to the World Health Organization (WHO), in the Southeast Asian region, the elderly population is 8% or around 142 million people. In 2050, the elderly population will increase three times from this year. In 2000 the number of older adults was around 5,300,000 (7.4%) of the total population. In contrast, in 2010, the number of older adults was 24,000,000 (9.77%) of the total population, and in 2020 it is estimated that the number of older adults will reach 28,800,000 (11.34%). The total population in 2016 in Indonesia was 22.6 million elderly, or 8.75% of the population, with a middle age of 28 years. It is estimated that by 2030 that number will increase to 41 million people or 13.82 percent of the population with a middle age of 32 years (Central Bureau of Statistics 2016).

The World Health Organization (WHO) states that the prevalence of elderly who experience stress worldwide is between 10% -20% based on cultural situations (Karepowan, Wowor, & Katuuk 2018). Around 8.34% of older people in Indonesia experience stress.

According to the Ministry of Social Affairs (2019), the number of older people in Indonesia was more than 10% of the population in 2020. Currently, the population in the country reaches 269.9 million people. The total population aged over 60 years reached 28.7 million people. This means that more than 10.6% of Indonesia's population is elderly.

According to the Banjarmasin City Health Office (2020), the number of older adults and women over 60 years in the city of Banjarmasin is 52,083, with the classification of South Banjarmasin totaling 12,168, East Banjarmasin 9,255, West Banjarmasin 11,174, Central Banjarmasin 7,013 and North Banjarmasin 12,473

Aging is a process that occurs in humans for a long time. During the aging process, the body's

systems will experience setbacks, and not all systems will experience setbacks simultaneously. Although the aging process is a common phenomenon, no one can determine the causes or why people age at different ages (Fatmawati and Imron, 2017).

Old age is when everyone hopes to lead a calm, peaceful and prosperous life. However, various life problems that plague the elderly throughout their lives, such as loneliness and despair, loss of spouses and relatives, physical decline, loss of jobs due to old age, and loss of social roles, can trigger stress in the elderly. Azizah, 2011).

An increase in the elderly will affect several bio, psycho, social, and spiritual changes. Changes in the elderly will go unnoticed, and the aging process will experience physical and psychological setbacks. Decreased biological functions such as reduced hearing, visual disturbances, skin wrinkles, tooth loss, hair greying, changes in the reproductive system, fatigue, and movement affect daily life activities. In addition to biological changes, the elderly also experience changes in psychological aspects, such as disappointment, empty (lonely) homes, disabilities, fear of death, and loss of social interaction, which causes feelings of isolation and solitude. This decrease in function will result in the elderly being able to cause various problems that cause stress and even depression; elderly the cause of stress is a multidimensional factor (Santoso, 2018).

Psychological problems, which are important factors that can affect the lives of the elderly, include loneliness, alienation from the environment, powerlessness, dependence, lack of confidence, and neglect, especially for the poor elderly. This is because the lack of the role of the family and the role of the social environment, usually associated with loss of authority or position, can lead to conflict or shock. However, if it is anticipated beforehand, these things will not happen or exist but in a small amount of frequency (Febri, 2006). Older people may be particularly vulnerable to depression caused by the stress of coping with life changes related to what was formerly known as golden years (retirement), illness or disability, placement in a nursing home, death of a spouse, sibling, old friend and acquaintance (Nevid et al. 2005)

The elderly will experience a lot of grief because of the loss of someone they love or are close to, for example, the death of a spouse, a close family friend, and so on. Changes in job or retirement positions will also impact decreasing the physical and mental condition of the elderly (Hawari, 2007). In addition to experiencing some setbacks, the elderly also experience spiritual development in the elderly who participate in religious activities a lot of time. Feeling of loss due to retirement, not being active in activities, and facing the death of other people cause feelings of loneliness or introspection (Nugroho, 2008).

The feeling of loss or stress can affect physical and mental health. On physical health, this feeling of grief can damage the immune system, such as causing headaches, dizziness, indigestion, or chest pain due to deep sadness. This incident is also related to the mental health of individuals, so it can cause memory or memory problems, loss of appetite, difficulty concentrating, difficulty thinking logically, heightened anxiety, depression, insomnia due to still imagining their partner, aggression or anger, and social dysfunction. These reactions can occur in a range of time that is quite short and mild to extreme and persist for a long time, even for years (Papalia et al., 2004).

According to the Central Bureau of Statistics (2012), the prevalence of stress events in Indonesia reaches 8.34%. This stress is the most faced by the elderly WHO estimates that the prevalence rate of stress in the elderly generally varies between 10% and 20%, depending on the cultural situation. In general, the elderly population experiences mild to moderate stress with varying levels of stress severity (Sapkota & Pandey, 2013).

Stress is a reaction that occurs both physiologically and psychologically when a person cannot cope with these demands. Stress can be said to be a symptom of today's disease, which is closely related to rapid progress and change that demands a person's adaptation to these changes with the same speed of effort, difficulties, obstacles, and failures in keeping up with the pace of progress and changes that also cause various complaints (Rahman, 2016).

Stress is a feeling of being depressed when facing problems and problems that cannot be responded to properly. Stress is not a disease but can be a precursor to mental or physical illness if it lasts too long. Everyone experiences stress. The same problem can cause different stress and burden.

The Relationship Between The Intensity Of The Five Times Of Prayer To The Stress Of The Elderly In Pekauman Village. Muhammad Anwari, et al

There are no physical characteristics in stressed people, but they can be seen in blood pressure or the heart. Prolonged stress can affect the body's systems, one of which can cause stomach ulcers (Suryani, 2005)

The general impact of stress, if the elderly cannot overcome it, can cause the elderly to experience physical decline slowly. The physical decline occurs because the elderly think about the changes that are happening to them. This situation affects the quality of life of the elderly (Putri, 2012). The way to control stress that can be done by the elderly is by taking adequate rest, expressing feelings with friends who can be trusted, being positive in living life, and getting closer to God to be able to provide inner peace.

According to Sudirman (2011), there are various forms of religious activity that a person can carry out, such as: praying five times a day and other prayers, fasting, zakat-oriented activities, pilgrimage, attending or holding recitation activities, and reading the Qur'an.

Based on the results of a preliminary study conducted on February 11, 2021, in the Pekauman subdistrict Rt .07 and Rt. 08 sub-district of South Banjarmasin. Interviews were conducted with ten older adults with the result that four people experienced mild stress and regularly performed prayers, and six people experienced moderate stress and did not regularly perform prayers.

Spirituality cannot be separated from human life and protects the body. When a person experiences stress, individuals will seek support from their religious beliefs. Spirituality has the effect of reducing depression. The higher a person's religiosity, the lower the chance of developing depression (Church & Brooks, 2010).

Prayer has an extraordinary effect on treating feelings of confusion, anxiety, and anxiety in humans. Through fervent prayer, the intention to face and surrender to Allah and let go of all the busyness and problems of life, a person will feel calm, peaceful, and serene. The feelings of anxiety, stress, and confusion that would always suppress his life would disappear. One's connection with God during prayer will generate tremendous spiritual power, which will have important effects and changes in the body and mind. This Spiritual Strength usually relieves stress, eliminates weaknesses, and cures various diseases (Hasanah, 2019).

Based on the description of the background of the problem above, the researcher is interested in raising the title of the research on the relationship between the intensity of the five daily prayers on the stress of the elderly in the Pekauman village.

2. METHODS

The research design conducted by researchers is correlational (relationships/associations) with a cross-sectional approach. This study consists of two variables consisting of independent variables (independent) and dependent variables (dependent). The independent variable in this study is the five daily prayers measured by the questionnaire, while the dependent variable is stress measured by the DASS questionnaire. For the population to be studied in this study were the elderly who were in the Pekauman sub-district, totaling 921 older people. The sample calculated using the slovin formula was obtained by 98 respondents. The sampling technique used is nonprobability sampling employing purposive sampling. The analysis used was the Spearman Rank correlation test which was used to test the suitability between two groups of variables originating from different subjects, also known as independent data with ordinal data scale, with a significance value (significant correlation) $p < (0.05)$ using the program computer (SPSS).

3. RESULTS AND DISCUSSION

a. Characteristics of respondents based on gender

Table 1 shows the characteristics of respondents according to the sex of the elderly in the Pekauman Village.

No	Type sex	Amount	%
1	Man	53	54,1
2	Woman	45	45,9

The Relationship Between The Intensity Of The Five Times Of Prayer To The Stress Of The Elderly In Pekauman Village. Muhammad Anwari, et.al

Amount 98 100

Table 1 shows that the sex of most respondents was male, with a total of 53 respondents with a percentage of 54.1%.

b. Characteristics of respondents based on the education level

Table 2 shows the characteristics of respondents according to the level of education of the elderly in the Pekauman Village

No	Level Education	Amount	%
1	SD	12	12,2
2	junior high school	29	29,6
3	high school	45	45,9
4	College Tall	12	12,2
Amount		98	100

Table 2 shows that most respondents' educational level is the level of high school education, with a total of 45 respondents with a percentage of 45.9%.

c. Characteristics of respondents based on the work of the elderly

Table 3 shows the characteristics of respondents according to the work of the elderly in the Pekauman Village.

No	Profession	Amount	%
1	No work/Mother household	36	36,7
2	Trader	16	16,3
3	Employee private	35	35,7
4	civil servant	11	11,2
Amount		98	100

Table 3 shows that most of the respondents are not working/homemakers, with 36 respondents with a percentage of 36.7%.

d. Hypothesis test Univariate Analysis

Intensity Salat five-time elderly based on research results could be seen in the table below this :

Table 4 The intensity of the five daily prayers for the elderly in Pekauman Village

No	The intensity of the five daily prayers elderly	Amount	%
1	Tall	52	53,1
2	Currently	34	34,7
3	Low	12	12,2
Amount		98	100

Based on table 4, it was found that most of the elderly had a high intensity of five daily prayers, with as many as 52 respondents, namely 53.1% in Pekauman Village.

Level stress among the elderly based on the results study can be seen in the table below:

Table 5 Stress of the elderly in the Pekauman Village

No	Level stressed	Amount	%
1	Normal	14	14,3
2	Light	50	50,1
3	Currently	27	27,6

4	Heavy	3	3,1
5	Very heavy	4	4,1
Amount		98	100

Based on table 5, it was found that most of the normal elderly stress levels 14 respondents, namely 14.3%, and mild elderly stress levels 50 respondents or 50.1% in Pekauman Village.

Bivariate analysis

Table 6 Cross-tabulation between the intensity of the five daily prayers on the stress of the elderly in Pekauman Village.

No.	Intensity five time	Level stressed										
		Normal		Mild		Moderate		Severe		Very heavy		Total
		F	%	F	%	F	%	F	%	F	%	
1	Low	0	0	1	4,1	2	2,0	2	2,0	1	1,0	4
2	Moderate	1	1,0	9	9,1	23	23,2	1	1,0	0	0	34
3	High	13	13,3	37	37,8	0	0	0	0	0	0	50
Total		14	14,3	50	50,1	27	27,6	3	3,1	1	1,0	98

P value = 0.000 $\alpha \leq 0.05$

From table 6, we can see that of the respondents whose intensity of five daily prayers was in the low category, most of them had a mild stress level, namely 4 respondents (4.1%), while those who had the intensity of the five daily prayers in the high category, most of them had a mild stress level, namely 37 respondents (37.8 %)

Table 7 spearman rho tests the relationship between the intensity of the five daily prayers on the stress of the elderly in Pekauman Village.

		correlations	
		Salat	stress
Spearman's rho	Salat	Correlation coefficient	1,000
		Sig. (2-tailed)	,000
		N	98
stress	stress	Correlation coefficient	-,675(**)
		Sig. (2-tailed)	,000
		N	98

From table 7 Based on the spearman rho test, the value of sig. (2-tailed) of 0.000 (<0.05), so it can be concluded that the five-time prayer intensity variable has a significant relationship with the stress level variable. With a negative Correlation Coefficient value of -0.675, it can be concluded that the higher the intensity of the five daily prayers, the lighter the stress level. The Correlation Coefficient value is -0.675, and it can be concluded that the level of relationship between the two variables has a strong relationship.

The Relationship Between The Intensity Of The Five Times Of Prayer To The Stress Of The Elderly In Pekauman Village. Muhammad Anwari, et.al

DISCUSSION

The intensity of five daily prayers in Pekauman Village research conducted by researchers showed that the intensity of the 5 daily prayers in Pekauman Village was high by 52 respondents, namely 53.1%.

Based on research in the Pekauman sub-district, the elderly obeyed to pray every day. The elderly also said that besides the obligatory prayers, they carried sunnah prayers such as night or midnight prayers and Duha prayers. The elderly also say they enjoy their old age more by praying more. They also say their heart will feel calmer if they carry out the prayer service. They also believe that the law of carrying out prayers for Muslims is obligatory and sinful if left out.

The law of prayer is obligatory in the sense of an obligation addressed to everyone subject to a legal burden and cannot be separated from one's obligation to pray unless one has done it oneself following the provisions and cannot be represented for its implementation (Syarifuddin, 2003).

Prayer is an order from Allah SWT. Muslims who pray include pious people who carry out Allah's commands and avoid all His prohibitions. In the Qur'an, Allah SWT provides a legal basis that is explained for carrying out the five daily obligatory prayers, namely:

"Establish the prayer (as usual). Verily, prayer is a fardhu whose time is determined for those who believe. (QS An-Nisa': 103)

Prayer is a special worship because it is the main pillar in Islamic religious teachings. Allah SWT says in Surah Ibrahim verse 31 which means:

"Say to My servants who have believed: Let them establish prayers, spend some of the sustenance that we give to them secretly or openly before the day (of Judgment) comes when there is no buying and selling and friendship" (QS Ibrahim Verse 31).

Obligatory prayer or fardhu is a form of worship in which it is composed of several words and deeds that begin with takbiratul ihram and end with greetings (Labib, 2001).

The elderly who do fardhu prayers regularly will feel peace and serenity in their soul. The serenity and tranquillity experienced by the elderly will increase their spiritual level (Hope et al., 2014).

Mariah (2015) The benefits of prayer for mental health in the Qur'an. This research shows that prayer is not only an obligation and pillar of religion for Muslims but also contributes positively to mental health (spirituality) and religion. Prayer plays a big role in suppressing all forms of depression arising from everyday life's pressures and problems and suppressing anxiety and psychological shocks that many humans often experience. Prayer is one of the greatest aids in achieving happiness in this world and the hereafter. Also, in blocking all the damage of this world and the hereafter, because it is with the prayer that evil and deeds are prohibited. Prayer will motivate individuals to purify their hearts and remove all mental illness and jealousy

Apart from the obligatory prayers, there are also sunnah prayers, usually held at certain times, such as dhuha and midnight prayers. If the midnight prayer is carried out by feeling and doing the right way of breathing, the individual will avoid severe stress. Saleh et al. (2013) also stated that midnight prayers carried out in earnest, solemnly, precisely, sincerely, and continuously can foster positive perceptions and motivation and make coping effective. Positive emotional responses (positive thinking) can avoid stress.

In the elderly, the development of a religious soul is more surrender to Allah's destiny (Raharjo, 2012). The elderly, more mature in religion, are more patient and trustful and return all problems to Allah. This is because someone older has a stronger religion and is steady with his beliefs.

From the statement above, prayer has many benefits besides prayer as a means to get closer to Allah. It turns out that prayer has psychological benefits, which are also very important for spiritual and physical health. In the psychological aspect, the benefits of prayer are very visible. By performing automatic prayers, our hearts feel calmer and more comfortable. A comfortable heart results in stress relief, so indirectly praying can also reduce stress.

Elderly stress based on the results of research conducted by researchers showed that the stress level of the elderly in the Pekauman Village was light as many as 50 respondents or 50.1% in the Pekauman Village. Based on the incidence of mild stress on the elderly in Pekauman Village, it was

The Relationship Between The Intensity Of The Five Times Of Prayer To The Stress Of The Elderly In Pekauman Village. Muhammad Anwari, et.al

found that the elderly were more resilient in dealing with situations, some of the elderly also received social assistance from the government, the elderly were still actively interacting with their peers and also the elderly still had families who still cared for them.

Stress will appear if something triggers it to appear. All demands and pressures that can cause stress are called stressors. In other words, a stressor is any condition or event that causes a stress response from a person. Stressors can interfere with a person's physical, emotional, intellectual, social, economic, or spiritual condition. Stressors can be real and imaginary, but the human response to any stressor is always real (Girdano, 2005).

According to Potter and Perry (2005), in terms of the causes of stress, it is divided into three levels, namely

: mild stress, situations at this level are regular stressors such as too much sleep, traffic jams, and criticism from superiors. These situations usually last minutes or hours. Moderate stress lasts longer, from a few hours to several days. Such as unresolved disputes with co-workers. Difficult, stressful, chronic situations can last from weeks to years, such as ongoing marital disputes and financial difficulties.

The family is the main support system for the elderly to maintain their health. The role of the family in the elderly includes looking after or caring for the elderly,

maintain and improve their mental status, anticipate economic changes, and provide motivation and facilitate spiritual needs for the elderly (Friedman, 2010)

According to Hidayah in the journal, "Stress in the elderly is a causal factor, and a result of disease," the elderly need a big role in keeping away or avoiding stress. Families provide support (information, financial, emotional, physical, social) shown through appreciation, respect, caring, attention, and good listening, which greatly influences keeping or preventing the elderly from stress.

Tenacity is the attitude that makes a person resistant to stress. An attitude of resilience includes commitment, a positive response to challenges, and strong self-control. Strong self-control can make individuals able to withstand the negative effects of stress (Afida, 2022). As found in this study, most of the elderly said they could still sleep normally at night. However, there is still something to worry about or things that make them think more. From this statement, it can be concluded that the elderly have a mild stress level, not too much stress or serious stress.

From the description above, it can be concluded that stress will appear depending on the trigger. Many factors that cause stress can be oneself and the work environment. Stress can be overcome if there is persistence in overcoming these problems and the family also has an important role in preventing stress.

The relationship between the intensity of the five daily prayers and the stress of the elderly in the Pekauman Village. Based on the spearman rank test, the sig. (2-tailed) of 0.000 (<0.05), so it can be concluded that the five-time prayer intensity variable has a significant relationship with the stress level variable. With a negative Correlation Coefficient value of -0.675 , it can be concluded that the higher the intensity of the 5 daily prayers, the lighter the stress level. The Correlation Coefficient value is -0.675 , so it can be concluded that the level of relationship between the two variables has a strong relationship.

The results of this study follow the theory put forward by previous experts, such as Ash-shilawy (2009), that a prayer is a form of human remembrance of Allah. Prayers that are done regularly will bring peace to the soul and relieve stress and anxiety that occur in a person.

The elderly who do fardhu prayers regularly will feel peace and serenity in their soul. The serenity and tranquillity experienced by the elderly will increase their spiritual level (Hope et al., 2014).

According to Mustafa (2007), performing fardhu prayers makes a strong Muslim person. If someone gets a disaster or trial, they don't give up easily but always try to solve the problem. Likewise, what happens to the elderly after a person becomes elderly. Sometimes, some problems arise, which causes them to be pessimistic.

As Allah says in Surah Al-Ma'arij verses 19-23 which means:

"Verily, a man was created to be complaining and miserly. When the trouble overwrites him, he complains, and when he gets good, he is very stingy except for those who pray they keep on praying."

The Relationship Between The Intensity Of The Five Times Of Prayer To The Stress Of The Elderly In Pekauman Village. Muhammad Anwari, et al

When a Muslim establishes prayer, he can convey all the problems, difficulties, and problems he experiences to Allah because he surrendered completely and hoped for Allah's help to protect him from difficulties and evil. Concentration improves thinking, and concentration abilities, the level of solemnity level is much higher and more difficult to achieve than concentration of mind as done during meditation. Khusyuk is the most important and difficult worship because it fosters enormous concentration.

Surianti's research (2009) explains that the solemnity of fardhu prayers has a significant positive impact on peace of mind. The solemnity of the fardhu prayer with indicators of full concentration (remember) on Allah SWT, efforts of the heart in understanding the meaning contained in an utterance (the contents of the prayer readings), worship and respect (ta'jīm), fear of Allah SWT and able to realize the message of prayer in everyday life. Meanwhile, peace of mind is that the soul does not rebel (relax), can accept reality as it is (surrender), always reacts positively in facing every problem, and can adapt to environmental conditions, society, and the norms that apply in society. As stated in the letter Ar-radū verse 28, which means:

"(Namely) those who believe and their hearts find rest in the remembrance of Allah. Remember, only by remembering Allah will the heart find peace" (Negara, 2017).

Surah Ar-ra'dū verse 28 explains that those who always remember Allah SWT will have a calm and peaceful heart. By remembering Allah, the heart becomes happy and calm at Allah's side, feels peaceful when remembering Him, and is willing to Him as a protector and helper for humanity.

From the results of the cross-tabulation data, it was found that four older people with low prayer intensity experienced mild stress. Judging from the causal factors

The stress of the elderly is mentioned, including the economic status of the elderly, current job, gender, physical condition, loss of friends or relationships, age, and generative diseases. Here the researcher concludes that if the factors that cause stress in the elderly are all met and assisted with good coping for the elderly, there are still older people whose prayer is low, but the stress is also light because prayer is not a way to reduce stress.

Based on the description above, it can be concluded that carrying out fard prayers continuously (continuity), solemnly (sincerely), and on time (enthusiastically) can increase the spiritual level of the elderly to Allah SWT so that it will lead to an attitude of resignation, piety and increase their faith. . This causes the elderly to feel calm in their hearts. This feeling will eliminate forms of mental illness, especially stress.

4. CONCLUSION

The Intensity of the Five Daily Prayers on Elderly Stress in the Pekauman Village of Banjarmasin can mostly be categorized as high. The stress level of the elderly in the Pekauman Village of South Banjarmasin can mostly be categorized as having a mild stress levels. There is a Relationship Between the Intensity of the Five Daily Prayers and the Stress of the Elderly in the Pekauman Village, Banjarmasin Selatan.

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