

The Relationship Between Spiritual Conditions and the Quality of Life of the Elderly in UPTD X

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ABSTRACT

Seniors experience various physical, psychological, and social changes that can impact their quality of life. One factor believed to improve their well-being is spirituality. Seniors with high spiritual levels tend to better face life's challenges, show stronger psychological resilience, and have a higher quality of life. This study aims to examine the relationship between spiritual condition and quality of life among the elderly in UPTD X. An analytical observational design with a cross-sectional approach was used in this study. The sample consisted of 80 elderly individuals selected through Simple Random Sampling from a population of 100. Data were collected using the Daily Spiritual Experience Scale (DSES) questionnaire to measure spiritual condition and the Older People Quality of Life (OPQOL) questionnaire to assess the elderly's quality of life. Data analysis was conducted using the Spearman Rho Correlation Test due to non-normal distribution. Results show that most seniors have a moderate to high spiritual condition. Those more active in spiritual activities tend to have a better quality of life than those with low spirituality. The correlation test revealed a significant relationship between spiritual condition and quality of life ($r = 0.512$, $p = 0.001$), indicating a medium-level correlation. The study concludes that better spiritual conditions lead to higher quality of life. To enhance elderly well-being in social institutions, interventions such as improving religious programs, providing better social support, and training health workers in spiritual guidance are essential.

Keywords: Elderly, Spiritual Condition, Quality of Life, Well-Being, Spearman Correlation



INTRODUCTION

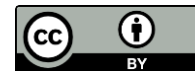
Increasing a person's age is part of the inevitable life process. As we age, there are various biological, psychological, and social changes that can affect the well-being of individuals. The elderly experience a degenerative process that includes a decline in physical function, decreased memory, and limitations in daily activities. The World Health Organization (WHO) defines the elderly as individuals who have reached the age of 60 years and above, where various changes occur that can have an impact on their quality of life. A good quality of life in the elderly depends not only on physical and social factors, but also on psychological and spiritual aspects.

Spiritual conditions have an important role in maintaining the emotional and psychological balance of the elderly. Spirituality can provide inner peace, reduce anxiety, and increase a sense of purpose in life. Seniors who have a good level of spirituality tend to be better able to face life's challenges, including changes in social roles, the loss of loved ones, and physical limitations. Conversely, seniors who experience spiritual crises are at risk of higher levels of stress, depression, and anxiety, which can ultimately lower their quality of life.

In Indonesia, the number of elderly continues to increase, along with the increase in life expectancy. Based on data from the Central Statistics Agency (BPS), the elderly population in Indonesia reached 28.8 million people in 2020, or around 11.34% of the total population. East Java Province is one of the areas with a high elderly population, reaching 11.66% of the total population, while in the city of Surabaya itself the number of elderly people reaches 8.81%. With the elderly population continuing to increase, the challenge in meeting welfare needs, including spiritual needs, is also getting bigger.

UPTD X is one of the social institutions that accommodates the elderly with various physical, psychological, and social conditions. Preliminary studies conducted at the site showed that most of the elderly had moderate to low levels of spirituality. This has the potential to affect their quality of life, considering that spirituality plays a role in providing meaning to life and increasing psychological resilience. Seniors who do not get adequate spiritual fulfillment tend to experience stress, anxiety, and even depression more easily

In the context of gerontic nursing, the fulfillment of the spiritual needs of the elderly still does not receive optimal attention. Nurses have an important role in helping the elderly achieve spiritual well-being, both through emotional support, guidance in carrying out worship, and by building a more supportive social environment. Therefore, this study aims to analyze the relationship between spiritual conditions and the quality of life of the elderly in UPTD X. The results of this study are expected to provide insight for health workers in improving holistic nursing services that focus on the welfare of the elderly.



METHODS

This study uses an analytical observational research design with a cross-sectional approach. This approach was chosen to analyze the relationship between spiritual condition and quality of life of the elderly in UPTD X. Data was collected at a certain time without any intervention from the researcher to determine the relationship between independent variables and dependent variables. The population in this study is all elderly people in UPTD X, with a total population of 100 elderly people. The sample in this study was determined using the Probability Sampling technique with the Simple Random Sampling method, so that every individual in the population has the same opportunity to be selected as a respondent. The number of samples used in this study was 80 elderly people, which was obtained based on calculations using the Slovin formula with an error rate (α) of 5%.

$$n = \frac{N}{1 + N(e^2)}$$

where:

- **n** = number of samples
- **N** = total population (**200 elderly**)
- **e** = error rate (e.g. **5% or 0.05**)

$$n = \frac{N}{1 + N(e^2)}$$
$$n = \frac{100}{1 + 100(0,05^2)}$$
$$n = \frac{100}{1 + 100(0,0025)}$$
$$n = \frac{100}{1,25}$$
$$n = 80$$

The inclusion criteria in this study include the elderly who can still perform basic activities independently, such as eating, drinking, bathing, and sewing, as well as the elderly who are not cared for in an isolation room and are willing to participate in the study by signing informed consent. Meanwhile, the exclusion criteria include the elderly who experience poor health conditions during data collection and the elderly who experience dizziness or other conditions that hinder filling out the questionnaire.

The research instruments used consist of two main scales. Spiritual condition is measured using the Daily Spiritual Experience Scale (DSES), which assesses the level of spiritual experience of the elderly in daily life. Meanwhile, the quality of life of the elderly is measured using the Older People Quality of Life (OPQOL), which measures various aspects of quality of life, including physical, psychological, social, and environmental.

Data collection was carried out through the distribution of questionnaires to respondents. The research procedure begins with obtaining permission from the relevant agency, followed by approaching the elderly to explain the purpose of the research and ask for their approval. After



approval is obtained, the researcher distributes the questionnaire and assists respondents in filling out if needed.

The data analysis in this study was carried out through two stages. Univariate analysis was used to describe the characteristics of the respondents and the distribution of research variables in the form of a frequency distribution table. Furthermore, bivariate analysis was used to determine the relationship between spiritual condition and quality of life of the elderly using the Spearman Rho Correlation Test. This test was chosen because the data was ordinal and not normally distributed. The significance level used in this study is $p \leq 0.05$.

RESULTS

This research was conducted at UPTD X with a total of 80 elderly respondents who were randomly selected from a total population of 100 elderly people. Data analysis was carried out in several stages, namely descriptive analysis to describe the characteristics of respondents, data normality test to determine the appropriate analysis method, and Spearman Rho correlation test to see the relationship between spiritual condition and quality of life of the elderly.

1. Descriptive Analysis

The results of the descriptive analysis showed that of the 80 elderly people who were the research sample, there were 45 elderly men (56.3%) and 35 elderly women (43.7%). Based on age group, the majority of the elderly are in the range of 60-69 years as many as 50 people (62.5%), followed by the 70-79 years group as many as 25 people (31.3%), and the ≥ 80 years group as many as 5 people (6.2%).

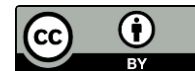
In addition, this study also looks at the frequency of family visits to the elderly, which is one of the factors that can affect their psychological and spiritual conditions. The results showed that 20 elderly people (25%) were often visited by their families, while 40 elderly people (50%) rarely received visits, and another 20 elderly people (25%) never visited at all. Elderly people who are rarely or never visited tend to experience feelings of loneliness and a lack of social support, which can potentially affect their spiritual condition and quality of life.

2. Data Normality Test

Before analyzing the relationship between spiritual condition and the quality of life of the elderly, a data normality test was carried out to determine whether the data was normally distributed or not. The normality test used in this study is Kolmogorov-Smirnov and Shapiro-Wilk, with the following hypotheses:

- H_0 (Null Hypothesis): Normally distributed data.
- H_1 (Alternative Hypothesis): The data is not normally distributed.

The decision-making criteria are based on the p-value value. If the p-value > 0.05 , then the data is considered normally distributed, while if the p-value ≤ 0.05 , then the data is not normally distributed. Based on the results of the normality test, a $p \leq$ value of 0.05 was obtained, which means



that the data was not normally distributed. Therefore, in this study, the Spearman Rho Correlation Test is used, which is a non-parametric method suitable for data that is not normally distributed.

3. Spearman Rho Correlation Test

To find out the relationship between spiritual condition and quality of life of the elderly, the Spearman Rho Correlation Test was conducted. The independent variable in this study was spiritual condition, which was measured using the Daily Spiritual Experience Scale (DSES), while the dependent variable was the quality of life of the elderly, which was measured using the Older People Quality of Life (OPQOL). The hypotheses tested in this study are as follows:

- H_0 (Zero Hypothesis): There is no relationship between spiritual condition and the quality of life of the elderly.
- H_1 (Alternative Hypothesis): There is a relationship between spiritual condition and the quality of life of the elderly.

The calculation is carried out using the Spearman Correlation formula as follows:

$$r_s = 1 - \frac{6\sum d_i^2}{n(n^2 - 1)}$$

where:

- r_s = Spearman correlation coefficient
- d_i = the difference in ranking between two variables
- n = number of samples (80 seniors)

Based on the results of the calculation of the Spearman correlation test, a correlation coefficient of 0.512 with p-value = 0.001 was obtained. Because the $p \leq 0.05$, H_0 is rejected and H_1 is accepted, which means that there is a significant relationship between spiritual condition and the quality of life of the elderly. r_s

4. Interpretation of Results

To interpret the strength of the relationship, the results of the Spearman Rho correlation test are compared to the following scale:

- 0.00 – 0.19 = Very weak correlation
- 0.20 – 0.39 = Weak correlation
- 0.40 – 0.59 = Moderate correlation **(the results of this study fall into this category)**
- 0.60 – 0.79 = Strong correlation
- 0.80 – 1.00 = Very strong correlation

Because the value = 0.512, it can be concluded that the relationship between spiritual condition and quality of life of the elderly is in the medium category. This means that the better the spiritual condition of the elderly, the higher their quality of life. Seniors who have a higher level of spirituality tend to be better able to face life's challenges, have better psychological calm, and feel



more meaningful in their lives. On the other hand, the elderly with a low level of spirituality are more prone to experiencing stress, anxiety, and a decrease in quality of life.³

The results of this study corroborate previous findings that spirituality plays an important role in improving the welfare of the elderly. Elderly people who have a good relationship with God and are involved in religious activities tend to have better mental health and feel more satisfied with their lives. Therefore, efforts to improve spiritual conditions, such as better religious guidance and social support, can be an effective strategy in improving the quality of life of the elderly, especially for those who live in social institutions or do not have adequate family support.

DISCUSSION

1. Characteristics of Respondents

Based on the results of the study, the majority of the elderly who became respondents were men (56.3%) compared to women (43.7%). This difference shows that the number of elderly men in UPTD X is higher than that of women, although in several other studies it was found that the life expectancy of women is generally higher than that of men. Social, cultural, and economic factors can be the cause of the difference in the number of elderly people based on gender in these social institutions.

In terms of age, the majority of the elderly are in the range of 60–69 years (62.5%), while 31.3% are 70–79 years old, and only 6.2% are 80 years old and above. Younger seniors tend to be more physically and socially active, while older seniors tend to experience limitations in daily activities.

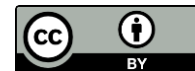
In terms of social support, data shows that most of the elderly are rarely visited by family (50%), even 25% of them are never visited. This lack of family visits can affect the psychological and spiritual condition of the elderly. Seniors who do not have enough social support are more prone to experiencing loneliness, stress, and anxiety, which can negatively impact their quality of life.

2. Spiritual Condition of the Elderly

The results of the study show that the majority of the elderly have a spiritual condition in the moderate to high category. Elderly people with high spirituality are generally more active in religious activities, such as congregational prayers, joint prayers, and recitations. This activity not only improves their relationship with God but also creates stronger social support.

However, there are also elderly people who have a low level of spirituality. The main factors that cause low spiritual conditions are lack of motivation, physical limitations, and lack of social support. Elderly people who rarely participate in worship activities tend to experience feelings of loss of meaning in life, which can lead to psychological disorders such as anxiety and depression.

This research is in line with the theory that spirituality can help the elderly face old age more calmly, provide a sense of security, and increase their mental resilience to various life challenges. Older people who have a good level of spirituality tend to be more receptive to their condition and have lower levels of stress than older people who experience a spiritual crisis.



3. Quality of Life of the Elderly

The quality of life of the elderly at UPTD X varies, with most of the elderly in the medium to high category. Seniors who have good social relationships and active spiritual involvement show a better quality of life. They are more satisfied with life, more independent in daily activities, and have lower stress levels.

On the other hand, the elderly with a low quality of life generally experience physical limitations, loneliness, and a lack of social and spiritual support. These findings show that the quality of life of the elderly is not only determined by physical factors, but also by social and psychological factors. Elderly people who do not have support from family or community tend to experience worse psychological conditions, which has an impact on their quality of life.

4. The Relationship between Spiritual Condition and Quality of Life of the Elderly

Based on the results of the Spearman Rho Correlation Test, a value of $r = 0.512$ with p -value = 0.001 was obtained, which shows that there is a significant relationship between spiritual condition and the quality of life of the elderly. The value of this correlation is in the category of moderate relationships, which means that spiritual conditions have an important role in determining the quality of life of the elderly, but there are still other factors that also influence.

Seniors with high spirituality are better able to cope with stress and have better coping mechanisms, which has an impact on improving their quality of life. In contrast, the elderly who experience spiritual crises are more prone to experiencing loneliness, stress, and life dissatisfaction, which has an impact on their quality of life.

This finding is in line with previous research that states that spirituality is an important factor in the well-being of the elderly. Seniors who have high faith and spiritual involvement are more able to accept their condition, have greater hope, and feel calmer in the face of old age.

CONCLUSIONS

Based on the results of a study conducted on 80 elderly people at UPTD X, it can be concluded that spiritual condition has a significant relationship with the quality of life of the elderly. The majority of respondents in this study had a moderate to high spiritual condition, which was shown through their involvement in religious activities such as congregational prayers, joint prayers, and recitations. However, there are also elderly people who have a low level of spirituality due to lack of social support, physical limitations, and lack of motivation to participate in religious activities.

In terms of quality of life, most of the elderly are in the medium to high category, especially those with good social and spiritual involvement. On the other hand, the elderly with a low quality of life tend to experience loneliness, anxiety, and limitations in daily activities.

The results of the Spearman Rho Correlation Test showed that there was a significant relationship between spiritual condition and quality of life of the elderly with a correlation value of $r = 0.512$ and p -value = 0.001. This correlation is in the category of medium relationships, which means that the better the spiritual condition of the elderly, the higher their quality of life. Seniors

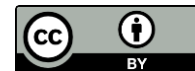


with strong spirituality are better able to face life's challenges, have lower stress levels, and feel calmer and happier.

Thus, spirituality is an important factor that can improve the welfare of the elderly. Therefore, efforts to improve the spiritual condition of the elderly, such as providing more religious programs, increasing social support, and providing training for health workers in supporting the spiritual aspects of the elderly, need to be carried out so that the quality of life of the elderly in social institutions can continue to be improved.

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