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SPIRITUALITY RELATIONSHIP WITH DEATH ANXIETY IN THE ELDERLY AT PSTW HUSNUL KHOTIMAH PEKANBARU

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ABSTRACT

Feelings of anxiety about death experienced by the elderly can cause reactions in the elderly, both physical and psychological reactions that will reduce the quality of life of the elderly. One of the factors that influence death anxiety is spirituality in the elderly. This study aims to determine the relationship between spirituality and death anxiety in the elderly at PSTW Husnul Khotimah Pekanbaru. The research design used was cross sectional. The research sample was taken by means of a total sampling of 51 elderly. The measuring instrument used is a daily spiritual experience scale questionnaire and a death anxiety scale questionnaire. The results showed that the majority of the elderly had a high spiritual level of 43 people (84.3%). While the level of death anxiety is low as many as 27 people (52.9%). The results of the Chi-Square statistical test showed that there was no relationship between spirituality, p value of 0.088 (> 0.005). It is hoped that with this research the PSTW improves services especially in meeting spiritual needs and preventing death anxiety in the elderly so that the services provided are more optimal.

Keywords: Death anxiety, spirituality, elderly

INTRODUCTION

Elderly is the closest stage to death compared to the previous age group because this stage is the final stage of life in the world. Old age (elderly) according to WHO includes old age, namely aged 60 to 74 years, old elderly, namely between 75 years and 90 years and very old age, namely above 90 years (Choirru, 2016). The percentage of the population aged over 60 years in the world is expected to increase by 80% by 2050. In Indonesia in 2020 there were 27.08 million people and in 2025 there were 33.69 million people (Ministry of Health RI, 2018).

Problems that arise from the aging process that cause psychological problems in the elderly, one of which is death anxiety. Anxiety about death is an emotional condition that is felt when something unpleasant is experienced by someone when thinking about death, this is influenced by various factors, namely age, gender, physical health, personality, religion. (Nisa, Nur'aeni & Widianti, 2016).

Because the elderly are worried about facing death, they are worried about the condition of the family they have left behind, the quality of worship is lacking because of feelings of many sins or mistakes that have been committed, fear of the process of dying and life after death, coping mechanisms that are still not adaptive, and fear of suffering from long illness and death. alone without anyone knowing (Nurrahmi, 2011).

According to Nevid (Maramis, 2016) the characteristics of anxiety are physical aspects such as hands shaking, sweating a lot, difficulty speaking, voice trembling, urge to urinate, heart beating harder, difficulty breathing, feeling weak or dizzy, behavioral aspects (behavioral such as : laziness, avoidance and dependent behavior, and cognitive aspects such as: worrying about something (trivial), feeling afraid of something that will happen in the future, worrying about being left alone, difficulty concentrating and inability to deal with problems.

Spirituality is belief in relation to the Almighty and the Creator. Spirituality is an important factor for individuals to achieve the balance needed to maintain health and well-being, and adapt to disease (Abidin, et al 2017). Elements in Spirituality according to Underwood (Wilujeng, 2019) Spirituality has several aspects including: relationships, happiness and a sense of self-transcendence, strength and comfort, peace, God's help, perception and feeling God's love, and awe.

Spiritual needs are a need to maintain belief and fulfill religious obligations, as well as the need to get forgiveness or forgiveness, to love, and to have a trusting relationship with God. Spiritual needs are the need to find the meaning of life's purpose, the need to love and be loved and to forgive (Tegar, 2014).

Spiritual is an aspect which includes other aspects, namely physical, psychological, social and motivational. Spirituality in maintaining psychological health has an important role to influence psychological health status. Spirituality that is not good, tends to result in the emergence of anxiety in the elderly, so maintaining a good and right relationship with the creator, namely carrying out worship according to one's own religious beliefs and doing good.

The elderly experience a setback both physically, psychologically and mentally. Some of the elderly can accept the situation and some cannot accept the situation, the elderly who can accept them are able to adapt to the environment while the elderly who cannot accept this setback experience psychological problems. One of the psychological problems experienced by the elderly is anxiety about death, to reduce death anxiety experienced by the elderly, good spirituality is needed because spirituality includes aspects, namely physical, psychological, social and motivation (Azizah, 2011).

Based on the description above, the authors are interested in conducting research on the relationship between spirituality and death anxiety in the elderly at the Husnul Khotimah Islamic Center, Pekanbaru.

RESEARCH METHODS

This type of research is quantitative with a descriptive correlational research design (relationships/associations) using a cross sectional approach. The sample in this study were elderly people aged over 60 years. The sample in this research was 51 people. the research was conducted at PSTW Husnul Khotimah Pekanbaru. Variables in this study spirituality and death anxiety. The sampling method used in this study was Total Sampling. The research instrument used the death anxiety scale questionnaire consisting of 15 statements and the daily spiritual experience scale (DSES) questionnaire consisting of 15 statements. The analysis used is *Chi-Square* with level of significance ($\alpha = 0.05$).

RESULT

Table 1 Characteristics of Respondents Based on Age and Gender in PSTW Husnul Khotimah Pekanbaru Year 2021 (n : 51)

Characteristics of Respondents	f	%
Age		
Middle age	2	3.9
Elderly	43	84.3
old elderly	6	11.8
Total	51	100.0
Gender		
Man	32	62,7
Woman	19	37,3
Total	51	100

In table 1 it can be seen that of the 51 respondents, the majority were 43 people (84.3%) in the elderly age category while based on gender there were 32 people (62.7%), namely men.

Table 2 Spirituality Frequency Distribution in the Elderly PSTW Husnul Khotimah Pekanbaru Year 2021 (n : 51)

Haracteristics of Spirituality	f	%
Moderate spirituality	6	11.8
High spirituality	45	88.2
Total	51	100.0

In table 2 it can be seen that of the 51 respondents, mostly 45 people (82.2%) had a high spiritual level and as many as 6 people (11.8%) have moderate spiritual.

Table 3 Distribution of Death Anxiety Frequencies in the Elderly PSTW Husnul Khotimah Pekanbaru Year 2021 (n : 51)

Characteristics	f	%
<i>Death Anxiety</i>		
<i>Death anxiety low</i>	27	52.9
<i>Death anxiety tall</i>	24	47.1
Total	51	100.0

In table 3 it can be seen that of the 51 respondents, the majority were 27 people (52.9%)have level *death anxiety* low and as much 24 people (47.1%) have *death anxiety* tall.

Table 4 The Relationship between Spirituality and Death Anxiety in the Elderly at PSTW Husnul Khotimah Pekanbaru Year 2021 (n : 51)

Spirituality	Death anxiety				Total	P-values	
	Low		Tall				
	N	%	N	%			
Currently	1	16.7	5	83.3	6	100	0,888
Tall	26	57.8	19	42.2	45	100	
Total	27	52.9	24	47.1	51	100	

Based on table 4 above, it can be seen that most of the level spirituality in the elderly is high spirituality as much 45 (88.2%) of respondents and level *death anxiety* it is death anxiety low 27 (52.9%) of respondents known that variable there is no relationship between spirituality and death anxiety where p-values is $0.088 > 0.05$.

DISCUSSION

Spirituality Picture

The results of a study conducted on 51 elderly people found no low spirituality, moderate spirituality of 6 elderly (11.8%), and high spirituality of 45 elderly (88.2%). This is in line with research Setiawan, FM (2013) shows 32 people (69.6%) in the category of moderate spirituality.

Based on research conducted by Munawarah, Rahmawati, and Setiawan (2018) regarding spirituality and the quality of life of the elderly, it was stated that there was a significant relationship between the needs of spirituality and the quality of life in the elderly with a p value = $0.021 < 0.05$. Good spirituality makes one's heart and soul happy, serene, and full of peace which leads to one's quality of life.

Death Anxiety overview

The results of this study showed that of the 51 elderly people studied, the elderly consisted of 27 people with low death anxiety (52.9%) and 24 people with high death anxiety (47.1%). This could be due to the adaptive coping mechanisms of the elderly towards death.

This research is not in line with research Setiawan (2013) the anxiety scale shows that 43 people (73.9%) are seriously anxious about death and research more than half of the respondents (50.6%) experienced high death anxiety.

This research is in line with research conducted by Sawitri (2018) concerning the relationship between spirituality and anxiety in the elderly, which stated that the anxiety level of the elderly in Paseban village was 36 elderly who did not experience anxiety, 35 mild elderly and 20 moderate elderly. This meant that the elderly were able to minimize their anxiety.

The Relationship between Spirituality and Death Anxiety in the Elderly at PSTW Husnul Khotimah Pekanbaru

The results of this study showed no significant relationship between spirituality with death anxiety ($p = 0.088 > \alpha$). This might happen because there are other factors that influence death

anxiety in the elderly such as age, life satisfaction, social support, personal attitude, gender, economic status and self-readiness..Research conducted (Yuliana, 2015) regarding gender, found that there were significant differences between men and women in anxiety about death. The difference shows that women get higher scores than men, the reason is because women have more social responsibility, there are many roles for women, namely as a mother, as a wife, as well as emotional and financial support for the family.

This research is in line with research Sri and Intan (2019) Pearson correlation coefficient value of religiosity with death anxiety is 0.8. These results prove that there is no relationship between religiosity and death anxiety in older adults. This happens because anxiety in the elderly is assumed to be more about the feeling of having to leave their spouse and family. High or low religiosity is not always a factor in someone becoming anxious about death.

This research is not in line with research Sawitri, E (2018) analysis of pvalue 0.000 and Pearson correlation -0.875 which means there is a relationship between spirituality and anxiety in the elderly with a low category.The cause of anxiety in the elderly is the lack of elderly people to draw closer to God with good spirituality to help the elderly reduce death anxiety.Increasing the spirituality of the elderly is followed by a decrease in the anxiety of the elderly and high anxiety is indicated by the low spiritual level of the elderly.

Study Pamungkas, A & et al (2014) about Social support shows a p-value <0.01 which states that there is a relationship between social support and anxiety about dying. The social support received by the elderly is able to help the elderly reduce their anxiety in facing death. The higher the social support, the lower the anxiety in facing death.

From the description above, the researcher concludes that thoughts about death experienced by the elderly make the elderly anxious about death so that they need support from people who are nearby and good spirituality helps the elderly to have a more meaningful life.

CONCLUSION

The results of the research conclusions about the relationship between spirituality and death anxiety in the elderly at PSTW husnul khotimah Pekanbaru, are as follows

- a. Characteristics of the age of the respondents in the study mostly as many as 43 people (84.3%) in the elderly age category, by gender mostly man 32 elderly (62.7%).
- b. Spirituality on elderly in this research most of the elderly have a high spiritual level as many as 43 people (84.3%).
- c. *Death Anxiety* on elderly in this research most of the elderly have a level *death anxiety* low as much 27 people (52.9%)
- d. Results analysis there is no relationship ($p=0.088$), the relationship between spirituality and death anxiety in the elderly at PSTW Husnul Khotimah Pekanbaru.

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