

Hubungan antara tingkat spiritualitas dan tingkat stres lansia di Panti Werdha Budi Mulia 3 Jakarta Timur = Relationship between spirituality level and stress level of elderly people in social House of Tresna Werdha Budi Mulia 3 East Jakarta

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Abstrak

Kelompok lanjut usia berisiko mengalami stres yang dapat mendorong pengembangan mekanisme koping, yang salah satunya berupa aktivitas spiritual. Penelitian ini merupakan studi korelasi dengan pendekatan potong lintang yang bertujuan untuk mengetahui hubungan antara tingkat spiritualitas dan tingkat stres lansia di Panti Sosial Tresna Werdha Budi Mulia 3. Responden sebanyak 59 orang didapat dengan metode total populasi. Analisis data menggunakan univariat dan bivariat dengan uji chi square.

Hasil penelitian menunjukkan bahwa ada hubungan yang signifikan antara tingkat spiritualitas dan tingkat stres lansia (p value = 0,001). Sedangkan untuk karakteristik responden (jenis kelamin, status pernikahan, dan keberadaan orang terdekat), tidak ada hubungan yang signifikan dengan tingkat stres (p value = 0,367; 0,868; 0,931).

Berdasarkan hasil tersebut, kegiatan spiritual (pembinaan, pemantauan, dan kerja sama) perlu dipertahankan dan ditingkatkan untuk mencegah atau menurunkan stres demi mencapai kesejahteraan lansia, khususnya di panti wreda.

.....The elderly at risk of stress that can encourage the development of coping mechanisms, one through spiritual activities. This study was a correlation study with cross sectional approach, aimed to find out relationship between spirituality level and stress level of elderly people in Social House of Tresna Werdha Budi Mulia 3. Respondents as many as 59 people were obtained by total population method. Analysis done by univariate and bivariate, with chi square test.

The results showed that there were significant correlation between spirituality level and stress level of elderly people (p value = 0,001). Whereas, for respondent characteristics (gender, marital status, and existence of closest people) there were no significant correlation with stress level (p value = 0,367; 0,868; 0,931).

Base on these results, spiritual activities (establishment, monitoring, and cooperation) should be maintained and improved to prevent or reduce stress in order to achieve welfare of the elderly, particularly in nursing homes.