

# Pemenuhan Kesejahteraan Spiritual melalui Kegiatan Keagamaan pada Lanjut Usia Pengguna Teknologi Informasi dan Komunikasi di Masa Pandemi Covid-19 = Fulfilment of Spiritual Well-Being through Religious Activities For Elderly Users of Information and Communication Technology During the Pandemic Covid-19

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## Abstrak

Penelitian ini membahas tentang pemenuhan kesejahteraan spiritual pada lansia pengguna teknologi informasi dan komunikasi di masa pandemi Covid-19 dari disiplin ilmu Kesejahteraan Sosial. Penelitian ini dilatarbelakangi oleh kondisi lansia yang perlu memenuhi kesejahteraan spiritualnya melalui kegiatan keagamaan ketika masa pandemi Covid-19 berlangsung. Aspek spiritualitas pada lansia adalah bagian penting dari kehidupan seseorang dan cara untuk memenuhi kesejahteraan spiritual tersebut dapat melalui pelaksanaan ritual agama dan ikut serta dalam kegiatan keagamaan. Kondisi pandemi Covid-19 menyebabkan kegiatan keagamaan tidak dapat dilakukan secara langsung. Pentingnya pemenuhan kesejahteraan spiritual pada masa pandemi ditunjukkan dengan adanya inisiatif para lansia peserta kegiatan keagamaan untuk menjalankan kegiatan tersebut secara daring. Penelitian ini mendeskripsikan aspek spiritualitas pada lansia peserta kegiatan keagamaan serta upaya pemenuhan dan dampaknya bagi kesejahteraan spiritualitas lansia di masa pandemi Covid-19 ini. Penelitian dilakukan dengan menggunakan pendekatan kualitatif dengan pengumpulan data melalui wawancara semi terstruktur dengan sepuluh informan. Penelitian berlangsung dari Oktober 2021 sampai Mei 2022. Hasil penelitian menunjukkan bahwa kondisi penuaan memiliki keterkaitan dengan aspek spiritualitasnya. Lansia memiliki keinginan untuk memenuhi tujuan di masa tua melalui kegiatan keagamaan. Keikutsertaan lansia pada kegiatan keagamaan dilatarbelakangi oleh faktor kondisi sosial di masa tuanya, keinginan untuk mempersiapkan kematian, serta adanya filosofi hidup baru pada lansia. Melalui kegiatan keagamaan tersebut, lansia mendapatkan manfaat yang beragam. Setelah pandemi berlangsung, lansia tetap mengikuti kegiatan keagamaan secara daring. Terdapat faktor pendukung yang membuat lansia tetap mengikuti kegiatan keagamaan secara daring, yaitu semangat kuat dari diri sendiri, dukungan keluarga, serta dukungan teman kelompok dan pengajar. Namun, perubahan kegiatan menjadi daring memberikan kontribusi pada munculnya perasaan kurang puas dalam menjalankan ritual keagamaan serta munculnya rasa tidak nyaman ketika mengikuti kegiatan secara daring. Hal ini disebabkan karena hambatan instrumental dan intrapersonal lansia dalam menggunakan teknologi informasi dan komunikasi. Jadi, dari penelitian ini dapat diketahui bahwa kegiatan keagamaan dengan penggunaan teknologi informasi dan komunikasi di masa pandemi Covid-19 dapat memenuhi kesejahteraan spiritual para lansia namun belum maksimal.

..... This study discusses the fulfilment of spiritual well-being in the elderly using information and communication technology during the Covid-19 pandemic from Social Welfare discipline. This research is motivated by the condition of the elderly who need to fulfil their spiritual well-being through religious activities during the pandemic Covid-19 pandemic. Spirituality in elderly are an important part of one's life and the way to fulfil this spiritual well-being can be through the implementation of religious rituals and participating in religious activities. The Covid-19 pandemic has prevented religious activities from being

carried out directly. The importance of fulfilling spiritual well-being during the pandemic shown by the initiative of the elderly to carry these activities online. This study describes the spiritual aspect of the elderly who participates in religious activities and the effort to fulfil and its impact on the spiritual well-being of the elderly during this Covid-19 pandemic. The study uses a qualitative approach with data collection techniques through semi-structured interviews with ten informants. The research time span is from October 2021 to May 2022. The results of the study showed that the condition of ageing has relationship with aspects of spirituality. The elderly have a desire to fulfil their goals in old age, as spiritual well-being through religious activities. The elderly's participation in religious activities is motivated by social conditions in their old age, the desire to prepare for death, and the existence of a new philosophy of life in the elderly. Through these religious activities, the elderly get various benefits. After the pandemic, the elderly continued to participate in online religious activities. There are supporting factors that make the elderly continue to participate in online religious activities, namely a strong spirit from themselves, family support, and support from group friends and teachers. However, the change in activities to online contributes to the emergence of feelings of dissatisfaction in carrying out religious rituals and the emergence of discomfort when participating online activities. This is due to the instrumental and intrapersonal barriers of the elderly in using information and communication technology. So, from this research, it can be seen that religious activities using information and communication technology during the Covid-19 pandemic can fulfil the spiritual well-being of the elderly but not optimally.