

# Hubungan Tingkat Spiritualitas dan Kualitas Hidup pada Lansia di Panti Sosial Tresna Werdha Budi Mulia 2 = The Relationship between Sprituality Level and Quality of Life on Older Adult in Budi Mulia 2 Older Adult Social Home

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## Abstrak

Lansia adalah sebuah kondisi akhir dalam kehidupan manusia yang ditandai dengan adanya perubahan fisiologis dan juga psikososial. Lansia di Panti Sosial Tresna Werdha adalah lansia yang dikategorikan terlantar. Pelayanan kesehatan diperoleh lansia di Panti Sosial Tresna salah satunya adalah perawatan yang mendukung spiritual. Spiritualitas mencegah lansia melakukan tindakan maladaptive. Penelitian ini ditujukan untuk mengidentifikasi hubungan tingkat spiritualitas dan kualitas hidup pada lansia di Panti Sosial Tresna Budi Mulia 2. Sampel penelitian adalah 160 responden lansia diatas 60 tahun, Desain penelitian menggunakan cross sectional dengan tehnik Stratified Random Sampling. Analisis data menggunakan Chi-Square yang menunjukkan hasil terdapat hubungan tingkat spiritualitas dan kualitas hidup pada lansia ( $p\text{-value} = 0,000 < 0,005$  dan  $X^2 = 21,774$ ). Hasil analisis juga menunjukkan nilai OR sebesar 4,745 yang berarti bahwa tingkat spiritualitas rendah berisiko sebanyak 5 kali lipat memiliki kualitas hidup rendah. Hasil penelitian ini diharapkan bermanfaat bagi pelayanan keperawatan, institusi pendidikan dan perkembangan ilmu keperawatan, serta penelitian keperawatan terkait peningkatan kualitas hidup dengan meningkatkan spiritualitas lansia.

.....Older adult is a final condition in human life which is characterized by physiological and psychosocial changes. The Older Adult in the Tresna Werdha Social Institution is a place for those who are categorized as neglected older adult. One of the health services available to the older adult at the Tresna Werdha Social Institution is spiritual support. Spirituality prevents the older adult from taking maladaptive actions. This study aimed to identify the relationship between the level of spirituality and quality of life in the older adult at the Tresna Werdha Budi Mulia 2 Social Institution. The research sample was 160 older adult respondents over 60 years. The research design used cross sectional with Stratified Random Sampling technique. Data analysis used Chi-Square resulted there is a relationship between the level of spirituality and quality of life ( $p\text{-value} = 0.000 < 0.005$  and  $X^2 = 21.774$ ). This results also showed OR value of 4.745 which means that a low level of spirituality is at risk of 5 times having a low quality of life. The results of this study are expected to be useful for nursing services, educational institutions and the development of nursing science, as well as nursing research related to improving the quality of life by increasing the spirituality of the older adult.