

# Spirituality Level and Quality of Life of the Elderly, Mojokerto: A Cross-Sectional Study

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## Abstract

**Background:** Spirituality is considered an important factor influencing the quality of life of the elderly, particularly in coping with physical, psychological, social, and environmental challenges of aging. **Aims:** to determine the relationship between the level of spirituality and the quality of life of the elderly in UPT Pesanggrahan PMKS Majapahit, Mojokerto. **Method:** The research design used was analytic correlation with a cross-sectional approach. The research population was all elderly people living at the UPT Pesanggrahan PMKS Majapahit, Mojokerto, totaling 48 elderly. The sample size consisted of 42 respondents, who were selected using a purposive sampling technique. The instruments used are the Daily Spiritual Experience Scale (DSES) and the World Health Organization Quality of Life-BREF (WHOQOL-BREF). **Results:** The results obtained most respondents experienced a high level of spirituality, as many as 32 respondents (76.2%) experienced a high quality of life 30 respondents (71.4%). Data analysis used is Spearman's rho, which gets a significant value of  $p\text{-value} = 0.000 < \alpha 0,05$  with a correlation coefficient value of  $r = 0.760$ . There is a relationship between the level of spirituality and the quality of life of the elderly. **Conclusion:** Enhancing spirituality can significantly contribute to improving the quality of life among the elderly, particularly in the physical, psychological, social, and environmental domains. This research also presents opportunities for further exploration of the mechanisms that support or hinder the factors influencing spirituality and quality of life, as well as the development of more holistic intervention models for the elderly.

**Keywords:** Elderly, Spirituality, Quality of Life



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## Introduction

The elderly represent the final stage of the human life cycle, marked by a decline in physical capabilities due to a reduction in physiological reserves, which makes previously healthy adults more susceptible to chronic diseases (Anitasari & Fitriani, 2021). This stage of life is often accompanied by a decrease in vitality and sensitivity. Aging, also referred to as senescence, is a natural and inevitable process that affects everyone (de Walden-Gałaszko et al., 2021).

Issues affecting the quality of life of the elderly are crucial for their survival. If a declining quality of life is not properly addressed, it will negatively impact their lives, influenced by several factors, including physical health, psychological factors such as spirituality, social relationships such as age, gender, marital status, employment and education level, and family support (Guslinda et al., 2021). Psychosocial problems in the elderly can be neutralized or eliminated through a strong spiritual life. Spirituality in the elderly is considered a bridge between despair and meaning in life. Spirituality

can help individuals find meaning and purpose in their lives and better demonstrate their values (Firdausi, 2020).

The spiritual needs of older adults include religious, existential, and communicative aspects. Muslim older adults emphasize the importance of religious practices such as prayer, fasting, and pilgrimage to enhance the meaning of life (Jadidi et al., 2022). Spiritual care is considered essential in palliative care, with a focus on meeting the spiritual needs of the patient. Religious physician involvement and training in palliative care are associated with more provision of spiritual care (Gijsberts et al., 2020).

According to the WHOQOL-BREF, four dimensions influence it: physical health, social relationships, mental/psychological health, and relationships with the environment (Rosyada et al., 2023). A good quality of life is characterized by optimal functional conditions in the elderly, allowing them to enjoy their old age meaningfully, happily, and usefully. Meeting the needs of the elderly can be done through a spiritual approach with the aim of providing peace and satisfaction. A high quality of life is a hope for the elderly, while a low level of spirituality can affect the quality of life of the elderly (Lubis & Simanjuntak, 2020).

Quality of life is influenced by factors such as physical health, social relationships, and psychological support. Involvement in daily activities and support from healthcare professionals are essential for QoL (Wang et al., 2016). QoL can be affected by interactions with care staff and the quality of relationships with loved ones. Guilt and emotional challenges arise when dealing with the declining health of parents (Ahlström et al., 2022). Loneliness is a major health problem among older adults and is associated with depression and poor quality of life. Levels of loneliness are higher in nursing homes than among older adults living in the community (Gardiner et al., 2020). Research results by (De Medeiros et al., 2020) Research shows that elderly people living in nursing homes often experience poorer QoL than those living at home. Physical and psychological factors have a significant influence.

Indonesia's quality of life is ranked 40th out of 80 countries surveyed. Indonesia's score is low compared to other countries, namely 1.8 on a scale of 10. The results of the study showed that the average quality of life score was 58.2%, and the quality of life of women was significantly lower than that of men. The average spiritual well-being score was (88.98%) in addition there was a positive correlation between quality of life and spiritual and religious well-being Based on data from the Central Statistics Agency (BPS) explains the number of elderly people in Indonesia increased from 18 million people (7.6%) in 2010 to 27 million people (10%) in 2020. This figure is expected to continue to increase to 40 million

people (13.8%) in 2023 (BPS, 2019; Bestari, 2017).

Data on the quality of life of East Java Province can be seen from the Human Development Index (HDI) and life expectancy. Human Development Index (HDI) In 2024, the HDI of East Java reached 75.35, an increase of 0.70 points (0.94 percent) compared to the previous year. Based on the Human Development Index (HDI) of Mojokerto Regency in 2024, it reached 76.69, an increase of 0.77 points (0.91 percent) compared to the previous year (76.23). Based on the results of research according to Rosemalla (2023) stated that spirituality has a significant correlation with the quality of life. This is by the test results, namely that the spirituality of the elderly at the Sungai Ulin Community Health Center in Banjarbaru City, which is based on the results of the study with an average value of 75.79 and the quality of life of the elderly with an average value of 97.39 and there is a significant relationship between spirituality and quality of life of the elderly. this shows that there is a significant relationship between spiritual needs and the quality of life of the elderly.

Based on the results of a preliminary study at the UPT Pesanggrahan PMKS Majapahit Mojokerto on January 10, 2024, information was obtained from 5 elderly people who expressed and complained about their very difficult old age. They felt limited in their activities, the environment was less friendly, they were not confident with their current physical appearance, sat pensive, and often felt sick (could be headaches, digestive disorders, or pain that appeared without a specific cause. This indication shows that the elderly are not fully enjoying their old age. In addition, the results of interviews regarding the spirituality of the elderly said that there were 3 out of 5 elderly people (60%) who wanted to participate in religious activities once a week, but the elderly had limited body functions that had decreased, making them hold back their desire to participate in these activities. The elderly also complained of frequent dizziness, pain in the feet and hands, so that walking to participate in religious activities would be difficult. In the orphanage, there are also religious activities such as reciting the Al Qur'an, praying, which are carried out once a week. Not all elderly people participate in these activities, because these activities are not required for the elderly to participate.

The impact of a low quality of life in older adults affects mental health, leading to increased stress, feelings of being useless to society, and increased dependence on others (Ardiansyah, 2023). Physically, this can increase the risk of chronic diseases such as diabetes, hypertension, and heart disease, as well as impair physical function, making daily activities difficult. Spiritually, a decreased quality of life can lead to a loss of meaning in life, a lack of healing mechanisms, and feelings of isolation from the community and purpose of life (McQuaid et al., 2019).

Engaging in spiritual activities can enhance spirituality in the elderly, fostering belief in God. Mature spiritual development will help seniors face reality, play an active role in life, and define the meaning and purpose of their existence in this world or life (Ardiansyah, 2023). Seniors with a low spiritual level will exhibit a lack of purpose in life, feelings of worthlessness, unlovability, and a fear of death. Conversely, seniors with a high spiritual level are less afraid of death and more able to accept life. Changes in spiritual needs are one parameter that influences the quality of life of seniors (Anitasari & Fitriani, 2021).

Improving the quality of life of seniors can be achieved through increasing their spiritual level. By developing a spirituality program for the elderly, such as meditation, prayer, and spiritual discussions, seniors can develop a deeper relationship with God and enhance their sense of purpose and meaning in life (Galuh & Purnamasari, 2020). Spiritually-based therapies, such as faith-based therapy and spiritual counseling, can also help seniors overcome emotional and psychological problems and improve their spiritual well-being. Furthermore, social and community activities that incorporate spiritual elements can increase social engagement and a sense of community, thereby improving the quality of life for the elderly (Coelho-Júnior et al., 2022).

The lower the elderly's spirituality, the lower the quality of life, depression, anxiety, and other problems (Pertiwi, 2017). This has a positive impact or influence on the elderly, one of which can affect their quality of life. A good spiritual level can make the elderly feel a more meaningful life, feel positive things that can be done, and have support in meeting the elderly's spiritual needs can help them feel that there are still people who care about them. In the elderly, spiritual activities are not only related to worship but also relate to God, humans, and the surrounding environment. When spiritual needs are met, the elderly will feel that their lives are still meaningful and can still be productive, which affects the elderly's quality of life (Harwati & Murtiningsih, 2023). This study aims to analyze the relationship between spirituality and the quality of life for the elderly at the UPT Pesanggrahan PMKS Majapahit, Mojokerto.

## Methods

The research was conducted from November 2024 to May 2025. This research used an analytic correlational design with a cross-sectional approach. A population of 48 respondents was obtained, and a sample of 42 respondents was drawn using a purposive sampling technique. The sample used was those who met the research inclusion criteria: cooperative older adults who were willing to participate as respondents, elderly who did

not have severe dementia and could understand the questionnaire. Meanwhile, 8 elderly people were not used as research respondents because they had severe dementia and were seriously ill with total bed rest.

The variables in this study are spirituality and quality of life. The instrument used is the Daily Spiritual Experiences Scale (DSES). This questionnaire consists of 16 positive (beneficial) items related to individual spiritual experiences in daily life. The variables in this study are spirituality and quality of life. The instrument used is the Daily Spiritual Experiences Scale (DSES). This questionnaire consists of 16 positive (beneficial) items related to individual spiritual experiences in daily life, including relationships with oneself, relationships with nature, relationships with others, and relationship with divinity. The World Health Organization Quality of Life-BREF (WHOQOL-BREF) is a standard measurement tool developed by WHO in 1996 and covers four domains: physical, psychological, social, and environmental.

The questionnaire was a pilot project on 10 elderly people at the Tribuana Tungga Dewi Nursing Home in Mojokerto. All questions on the spiritual and quality of life aspects of the instrument were valid ( $r$  count >  $r$  table 0.362) with reliability, with a Cronbach's Alpha value for the spiritual aspect of 0.845 and quality of life 0.932.

This research was conducted at UPT Pesanggrahan PMKS Majapahit, Mojokerto. The study, conducted from November 2024 to May 2025, examined the relationship between spirituality levels and quality of life in the elderly. The collected data were analyzed and presented in frequency distribution tables. Spearmann's rho tests were performed using SPSS version 21. The study approval was obtained from Bina Sehat PPNI University, Indonesia (Approval number: 14201-197/Dk.FIKes/071109/2025, on 23 January 2025).

## Results

**Table 1.** Frequency Distribution of Respondents Based on Spirituality (n=42)

Spirituality	Frequency	Percentage
Medium	10	23.8
High	32	76.2
Low	0	0
<b>Total</b>	<b>42</b>	<b>100.0</b>

Based on Table 1 shows that the majority of respondents have a high level of spirituality, namely 32 respondents (76.2%). The majority of respondents (71.4%) reported a good quality of life (tabel 2).

**Table 2.** Frequency Distribution of Respondents Based on Quality of Life (n=42)

Quality of Life	Frequency	Percentage
Good	30	71.4
Bad	12	28.6
<b>Total</b>	<b>42</b>	<b>100.0</b>

The table 3 shows a sample size of 42 (100%) respondents. The majority of respondents (32) had a high

spirituality, and almost all (29) had a good quality of life. Of the 10 respondents with moderate spirituality, almost all had a poor quality of life, and none had a low spirituality.

A significance value of  $0.001 < 0.05$ , indicating a significant relationship between the variables of Spirituality Level and Quality of Life. The coefficient obtained in this hypothesis test was 0.760 (+), indicating a strong correlation between the variables of Spirituality Level and Quality of Life.

**Table 3.** Analysis of The Relationship Between Spirituality and Quality of Life

Spiritua lity	Quality of Life				Total	P-Value	r	
	Bad		Good					
	n	%	n	%				
Low	0	100	0	100	0	100	0,001	0,760
Medium	9	90.0	1	10.0	10	100		
High	3	9.4	29	90.6	32	100		
<b>Total</b>	<b>12</b>	<b>28.6</b>	<b>30</b>	<b>71.4</b>	<b>42</b>	<b>100</b>		

The results of the correlation coefficient analysis in this study are positive, namely +0.760, so the direction of the relationship between the Spirituality Level variable and Quality of Life is unidirectional (unidirectional relationship type), which can be interpreted as meaning that the higher the Spirituality Level, the higher the Quality of Life, conversely, the lower the Spirituality Level, the lower the Quality of Life that appears.

## Discussion

The majority of respondents (32 individuals) had a high level of spirituality, and nearly all of them (29 individuals) reported a good quality of life. Among the 10 respondents with a moderate level of spirituality, almost all experienced a poor quality of life, and none of the respondents had a low level of spirituality. This total number of respondents is highly relevant to the analysis of the relationships being examined, as it offers a comprehensive overview of the spirituality and quality of life among the elderly in the institution. The inclusion of data from the entire population enables researchers to draw more accurate and meaningful conclusions about the complex dynamics between spirituality and the quality of life in the elderly (Pristo et al., 2022).

This study involved a total sample of 42 respondents (100%). The majority (32 respondents) demonstrated a high level of spirituality, with nearly all of them (29 respondents) reporting a good quality of life. Among the 10 respondents with moderate levels of spirituality, most experienced a poor quality of life. Notably, none of the respondents exhibited low spirituality. This complete sample is highly relevant for

analyzing the relationships under investigation, as it offers a comprehensive overview of the spirituality and quality of life of the elderly within the institution. Collecting data from the entire population enables researchers to draw more accurate and meaningful conclusions regarding the complex dynamics between spirituality and the quality of life in the elderly (Pristo et al., 2022).

The majority of respondents—30 individuals—demonstrated a high level of spirituality, and nearly three-quarters (27 respondents, or 73%) reported a good quality of life. These findings support the notion that a high level of spirituality is often associated with an improved quality of life among the elderly. Previous studies have identified a significant correlation between spiritual status and quality of life, showing that individuals with strong spiritual beliefs and practices tend to report greater life satisfaction (Guslinda et al., 2021). This suggests that spirituality may serve as an important protective factor for the mental health and overall well-being of older adults, providing emotional support that helps them cope with the challenges of daily life.

Conversely, further analysis revealed that among the seven respondents with moderate levels of spirituality, six (85.7%) reported a poor quality of life. This finding indicates that insufficient spirituality may negatively affect quality of life, potentially increasing the risk of mental and physical health issues among the elderly. The results highlight the critical role of spiritual well-being in supporting psychological health; when spiritual needs are unmet, individuals may experience heightened dissatisfaction and a greater risk of depression (Witono, 2018). These findings reinforce the thesis that optimal spirituality contributes significantly to a better quality of

life in older adults.

Interestingly, none of the respondents indicated a low level of spirituality, indicating the positive potential of the environment at the Pesanggrahan PMKS Majapahit UPT. This can be interpreted as a positive indicator of the institution's management, where social support and a positive spiritual environment can help the elderly improve or maintain their spirituality (Rosita, 2020). The existence of a positive and supportive social atmosphere can help the elderly develop their spiritual aspects, which in turn contributes to an improved quality of life.

A significance value of  $0.001 < p < 0.05$ , indicating a significant relationship between the variable Academic Spirituality Level and Quality of Life. The coefficient obtained from this hypothesis test was 0.760, indicating a strong correlation between the variables. There is a strong correlation between spirituality and quality of life.

Spirituality is an important factor in determining quality of life in older adults, with evidence showing a positive relationship between spiritual well-being and various aspects of quality of life. This research also showed that spirituality often enhances a sense of meaning and purpose in life, which is crucial in helping older adults face challenges in the final stages of life (Pilger et al., 2017). Another study by Arini et al. (2021) showed that social support, often integrated with spiritual aspects, plays a significant role in influencing the quality of life of older adults in the community.

The concept of spirituality in this context can be defined as the elderly's connection to something higher, often in the form of religion or other spiritual practices. Witono (2018) emphasized that good interconnectedness among individuals in an older adult's social environment has a positive effect on their well-being, as social interactions can provide the emotional support needed to improve quality of life.

The results of this study indicate that higher levels of spirituality are associated with a better quality of life in older adults. This aligns with the argument. This was conveyed by Sukmayati, who found a significant relationship between spiritual conditions and their impact on quality of life and overall well-being in older adults (Sukmayati, 2021). There is a significant correlation between the level of spirituality in older adults and their quality of life. Improvements in spirituality can lead to improvements in quality of life, particularly through the development of stronger social relationships and the search for meaning in life (Pilger et al., 2017).

## Conclusion

Based on the results of the research that has been

conducted, it can be concluded that the majority of respondents showed a high level of spirituality, and most have a good quality of life. Through data analysis using the Spearman Rho method, a significant relationship was found between the level of spirituality and the quality of life of the elderly at the UPT Pesanggrahan PMKS Majapahit Mojokerto. that the higher the spirituality possessed by an elderly person, the greater the possibility of them living a more meaningful, calm, and healthy life emotionally and socially.

## Declaration of Conflicting Interest

No conflict of interest to declare.

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## Author's Contribution

LS contributed to the study's conception and design, data acquisition, and data analysis, wrote the first draft of the manuscript, revised the final draft, and gave final approval of the version to be published.

## Data Availability Statement

The dataset generated during and analyzed during the current study is available from the corresponding author upon reasonable request.

## Declaration of Use of AI in Academic Writing

The author uses Grammarly in the writing process to translate and improve readability and eliminate grammatical errors. However, he took full responsibility for the content.

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