

## **The Role Of Islamic Spirituality In Improving Psychological Well-Being Among The Elderly Palangka Raya City**

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### **ABSTRACT**

This study discusses how Islamic spirituality contributes to improving the mental well-being of elderly people in Palangka Raya. Elderly people often experience declines in physical, mental, and social health, which can lead to depression, anxiety, and feelings of loneliness due to loss, health problems, and social isolation. Although awareness of mental health is growing, services aimed at the elderly in Palangka Raya are still very minimal. Using qualitative methods and conducting interviews with two elderly Muslims aged over 60 years, this study found that spirituality in the context of Islam provides inner peace through worship practices such as prayer, increases gratitude, strengthens social relationships, and provides meaning in life. In particular, prayer brings peace and helps the elderly to remain grateful, even in the midst of challenges. Spiritual activities also promote social support and close interpersonal relationships. Elderly people who have strong spirituality usually have a deep belief in life after death, which gives them purpose and meaning in life, and helps them cope with the difficulties that arise in old age. It is hoped that this study can be an important source of information for the community and contribute to the development of theories and practices of spirituality in elderly care.

**Keyword:** *Islam, Spiritualitas, Psychological Well-Being, Lansia, Palangka Raya*

### **PENDAHULUAN**

The elderly are an age group that is vulnerable to physical, mental, and social decline. This decline can affect their quality of life and psychological well-being. In Indonesia, the number of elderly people continues to increase and is estimated to reach 10% of the total population by 2025. Therefore, it is important to pay attention to the needs and welfare of the elderly (Murharyati et al. 2020). However, many seniors experience psychological problems, such as depression, anxiety, and loneliness. This can be caused by factors such as loss of a partner, declining health, and social isolation (Tobing 2023).

Loneliness occurs when a person's expectations are not met. There are different levels of loneliness that can be categorized. A person can feel lonely at a high or low level. The assessment of how lonely a person is is subjective. In the elderly, loneliness is often a problem due to disturbances in one or more aspects, such as biological, psychological, social, or spiritual (Setyowati 2021).

As people age, they often face many difficulties, such as declining physical abilities, loss of loved ones, loneliness, changes in their position in the family and society, and worries about the future. This situation can lead to various mental problems such as loneliness, anxiety, depression, and a general decline in the quality of life. In the context of urban life such as Palangka Raya, the elderly may feel the greater impact of modern progress and the lack of support from a community that used to be stronger. Anxiety levels usually increase with age and changes in social status. This is due to changes in daily habits, as well as increased sensitivity to emotions (Darmawan et al. 2020).

Despite growing awareness of mental health, services or programs specifically designed to support the psychological well-being of parents are still lacking, especially in a city like Palangka Raya. Many parents may not have access to information or professional help for the psychological issues they face.

Physical health generally declines as a person enters the old stage of his life. This decline is indicated by the emergence of several symptoms of diseases that were never experienced before at a young age (Melia Putri Purnama Sari, Veronica Komalawati 2022).

Spirituality in Islam can be a factor that influences the psychological well-being of the elderly (Amir 2023). Many studies have shown that spirituality can help improve a person's mental and emotional well-being. Therefore, this study aims to determine the role of Islamic spirituality in improving the psychological well-being of the elderly in Palangka Raya City.

By knowing the role of Islamic spirituality in improving the psychological well-being of the elderly, it is expected to provide useful information for the wider community in improving the quality of life of the elderly. In addition, this study can also contribute to the development of spirituality theory and practice in the context of elderly care.

## **METODE**

The context of the study is based on the role of Islamic spirituality in improving the psychological well-being of elderly people. The type of research approach is qualitative, the subjects of the study are two elderly Muslims who live in Palangka Raya City (Yusuf 2007). The data collection technique was conducted by interviewing two elderly parents. More specifically, the subjects of this study were limited to:

1. Elderly people who are Muslim
2. Elderly people who are 60 years old or older
3. Elderly people who live in Palangka Raya City
4. Elderly people who are able to answer the researcher's research questions

## **HASIL DAN PEMBAHASAN**

### **Spirituality as a Source of Inner Peace**

Religion plays a significant role in regulating life. Every individual lives based on the morals that exist within them. Morals function as a guide for a person's soul, as said by the Prophet Muhammad SAW, in his hadith "I was sent on this earth only to perfect human

morals". The meaning of the words of the Prophet Muhammad, is that all forms of behavior that arise from humans are a reflection of human morals (Darmawan et al. 2020).

Elderly or elderly is someone who has reached the age of 60 years and above based on the Republic of Indonesia Law No. 13 of 1998 concerning the welfare of the elderly. According to the World Health Organization (WHO) elderly are divided into four groups, namely middle age (45-9 years), elderly (60-74 years), old elderly (75-90 years), and very old (90 years and above) (Amir MZ 2023). Allah Swt., said in (Qs. Al-Isra 17: 23)

وَقَضَىٰ رَبُّكَ أَلَّا تَعْبُدُوا إِلَّا إِيَّاهُ وَبِالْوَالِدَيْنِ إِحْسَانًا ۖ إِنَّمَا يُبَلِّغُنَّ عَنْكَ الْكِبَرُ أَحَدُهُمَا أَوْ كِلَاهُمَا فَلَا تَقُلْ لَهُمَا أُفٍّ وَلَا تَنْهَرْهُمَا وَقُلْ لَهُمَا قَوْلًا كَرِيمًا

*Your Lord has commanded you not to worship other than Him and to do good to your parents. If one of them or both of them reaches old age in your care, then never say to both of them the word "ah" and do not shout at both of them, and say to both of them the same words.*

This verse explains and emphasizes the importance of treating parents with love and respect, especially when they have reached old age. This is in line with the statement conveyed by WHO, namely how society should give attention, respect, and care to parents who have reached old age.

According to Surawan et al. (2020), During childhood, adolescence, early adulthood to late adulthood, humans tend to think more about life after death than about the causes of death. As a result of religious education, each individual gives birth to a different concept of life after death, depending on the quality and quantity of education they receive both in the family, school, and in the community. The older a person is, the more often they think about death. This is triggered by worsening mental and physical conditions. This concern is usually related to an increase in religious feelings, tends to be more devout in worship, and carries out useful social activities (Surawan and Mazrur 2020).

Based on the interview results obtained, it can be seen that another person who felt inner peace after performing worship (prayer), namely AP, an elderly person who is 60 years old, said *"If the problem of worship is just enjoyment, istiqomah gets patience to be grateful for the pleasures of life, after worship such as prayer, you get inner peace, prayer is an obligation, basically if you have prayed it is enjoyable"* From this expression, worship is very important to find inner peace, this is supported by research conducted by Ningrum (2023) that peace of mind can be obtained through worship (prayer). Prayer plays a very big role in suppressing all forms of depression that arise from the pressure and problems of everyday life. (prayer) will motivate individuals to clear their hearts and make their souls calmer (Nigrum 2023).

### **Spirituality Increases Gratitude**

Elderly people sometimes feel helpless, lack of self-confidence, dependency and feelings of abandonment. A person who declares himself tends to judge himself as an

individual who is worthless, unnoticed and unloved. The feeling of loneliness will be increasingly felt by the elderly who were previously active in various activities that present or relate to many people. Loneliness is the result of interactions with other individuals that are not in accordance with what was previously expected. Loneliness in the elderly will have an impact on emotional conditions, the ability of coping mechanisms or acceptance and ultimately will have an impact on the quality of life of the elderly, this is in line with research conducted by (Ningsih 2020), that the elderly often feel lonely, lack confidence in their lives, feel ignored by people and family, feel worthless, feel isolated by others, not appreciated, and so on. However, on the other hand, others also feel grateful for what they have, they can worship solemnly without disturbing others around them. Based on the interview that has been obtained, an elderly person with the initials "KG" said *"It can provide inner peace and a calmer soul, When worshipping such as praying, dhikr, reading the Qur'an with a sense of sincerity and full awareness, you can feel greater peace and tranquility so that you are grateful for that feeling"* So this expression is in line with research conducted by Permatasari (2023), prayer has a very large role as a therapy for feelings of anxiety and restlessness. By performing prayers solemnly, it will bring a sense of calm, peace, peace and gratitude for what is there (Permatasari and Rahmadani 2023).

### **Spirituality with Social Relations**

It is known that religious or spiritual practices are associated with better health (self-care and physical balance) and can increase enjoyment in carrying out daily activities mediated by social support, close interpersonal relationships, participation in shared activities, and family functioning (Alfianti et al. 2022). From the interview results obtained, the initials AP expressed what he felt in family relationships, relatives and so on. He said "Relationships with family if we get a test from Allah are usually shunned by people, the more worship the more trials such as being shunned by relatives, family, neighbors, and the environment, I just think of it as daily food, I try to carry out worship, but the point is we remain grateful for our worship". In line with the expression stated by Rahman et al (2024) that one of the spiritual attitudes is gratitude. Gratitude has an effect on reducing negative emotions such as stress and depression, can increase life satisfaction, happiness, social relationships, and create a positive environment (Rahman et al. 2024).

So spirituality plays a very important role in social relations with other people, it can express emotions, provide a sense of peace of mind and soul, and be grateful for what you have, as the results of the interview above have revealed (Putri & Rachmawati 2022).

### **Strengthening the Meaning of Life**

According to the World Health Organization (WHO), an elderly person is someone who has reached the age of 60 years and above. Elderly is an age that is full of various life struggles, both physically and spiritually. In this age category, the elderly usually experience many setbacks in various aspects of life, feel lonely, suffer from physical conditions,

burdens of life, and pressure in the family, feel like they are just a burden on the family, are afraid of death, worry about many things and so on (Sihite 2023).

Spirituality has a significant positive impact on many aspects of life satisfaction, psychological and social well-being, and physical and mental health. In therapy, spirituality plays an important role in the healing process from illness and is also a source of meaning and purpose in life. Spiritual interventions have been shown to be effective in reducing mental distress, death anxiety, and stress that arise when facing various challenges in life (Nicky et al. 2024).

Based on the interview results obtained from the initials AP, it was revealed "if we look at what we feel, worship makes us feel confident in life, basically we only focus on worship at an old age like this, the matter of sustenance has been arranged by Allah". So this statement is in line with research conducted by Fani Masruroh & Hielmi Anjaini Rahma (2023): that religion and spirituality function as a guide in answering deep questions about the meaning of life, suffering, and death. Belief in a greater power, as well as religious activities such as praying, meditating, or performing rituals, can provide peace of mind and inner peace for the elderly. In addition, religiousness can also help parents face the challenges and changes that arise with age (Masruroh & Rahma 2023).

According to religious teachings, belief is the basis of everyone's spiritual life, including for the elderly. As they get older, the elderly have to face various life problems that can affect their physical health, feelings, and spiritual condition (Silitonga & Pasaribu 2024).

Therefore, it is a child's obligation to take care of his parents in old age as stated in the hadith of the Prophet Muhammad SAW:

عن أبي بردة قال قَدِمْتُ الْمَدِينَةَ فَأَتَانِي عَبْدُ اللَّهِ بْنُ عُمَرَ فَقَالَ أَتَدْرِي لِمَ أَتَيْتُكَ قَالَ قُلْتُ لَا قَالَ سَمِعْتُ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ يَقُولُ مَنْ أَحَبَّ أَنْ يَصِلَ أَبَاهُ فِي قَبْرِهِ فَلْيَصِلْ إِخْوَانَ أَبِيهِ بَعْدَهُ وَإِنَّهُ كَانَ بَيْنَ أَبِي عُمَرَ وَبَيْنَ أَبِيكَ إِحَاءٌ وَوُدٌّ فَأَحْبَبْتُ أَنْ أَصِلَ ذَاكَ

*"From a friend of Abu Burdah ra, he said, one day he visited Medina. 'Abdullah bin Umar met me,' said Abu Burdah. 'Do you know why I met you?' I want to connect it," (HR Ibn Hibban).*

In daily life, respecting parents can be done in various ways, for example by helping them in daily activities, listening to their suggestions, and asking for their prayers. By realizing how important it is to respect parents, a person can form a more harmonious and loving relationship with his family, while also receiving blessings in his life (Sari & Komalawati 2022).

## CONCLUSION

The results of the study indicate that Islamic spirituality plays an important role in improving the psychological well-being of older adults in Palangka Raya City. The components of Islamic spirituality help create serenity, increase gratitude, strengthen social relationships, and give meaning to their lives. Worship, especially prayer, is a primary source of serenity and a way to appreciate life. Religious beliefs also support older adults in facing the challenges and changes that come with aging, as well as strengthening their bonds with others and the environment. Therefore, it is important to acknowledge and support the role of spirituality in maintaining the well-being of older adults, especially when access to appropriate mental health services is limited.

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