

ABSTRACT

SPIRITUALITY OVERVIEW OF THE ELDERLY AT UPTD GRIYA WREDA JAMBANGAN SURABAYA

(Descriptive Study at UPTD Griya Wreda Jambangan)

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Spirituality for the elderly was a form of well-being that was able to overcome various problems in the elderly, such as stress and anxiety. In addition, it also maintained their self-existence and purpose in life. The phenomena found among the elderly at UPTD Griya Wreda Jambangan Surabaya who had poor spirituality were that they often experienced anxiety, restlessness, loneliness, fear of facing death, and did not feel the presence of God. The purpose of this study was to identify the spirituality of the elderly at UPTD Griya Wreda Jambangan Surabaya. This research design was descriptive. The population of the study was elderly individuals at UPTD Griya Wreda Jambangan Surabaya. The sampling technique used was simple random sampling. The respondents in this study were obtained as many as 87 respondents. The study instrument used the Daily Spiritual Experience Scale (DSES) questionnaire. The results of the descriptive statistical analysis of proportion percentages in this study showed that more than 50% (54%) of the elderly had a high level of spirituality at the UPTD Griya Wreda Jambangan Surabaya. It was suggested to the head of UPTD Griya Wreda Jambangan Surabaya to improve religious activities, not only by conducting regular religious activities but also by adding additional religious activities, such as playing morning reflections once a week and playing spiritual songs for Catholic or Christian residents. For Muslim residents, it was suggested to hold a short religious sermon (kultum) once a week. Suggestions were given to the head of UPTD Griya Wreda Jambangan Surabaya to improve religious activities, not only by conducting routine religious activities but also by adding additional religious activities, such as playing morning reflections once a week and playing spiritual songs for Catholic or Christian residents, for Muslims they held a short religious sermon once a week.

Keywords: Spirituality, elderly

ABSTRAK

GAMBARAN SPIRITUALITAS LANSIA DI UPTD GRIYA WREDA JAMBANGAN SURABAYA

(Studi Deskriptif di UPTD Griya Wreda Jambangan)

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Spiritualitas bagi lansia merupakan kesejahteraan yang mampu mengatasi berbagai masalah pada lansia misalnya seperti stress dan kecemasan, selain itu juga dapat mempertahankan keberadaan diri sendiri dan tujuan dalam kehidupan lansia tersebut. Fenomena yang ditemukan pada lansia di UPTD Griya Wreda Jambangan Surabaya yang memiliki spiritualitas buruk mereka sering mengalami cemas, gelisah, merasa kesepian, takut akan menghadapi kematian, dan tidak merasakan kehadiran Tuhan. Tujuan penelitian ini adalah mengidentifikasi spiritualitas lansia di UPTD Griya Wreda Jambangan Surabaya. Desain penelitian ini adalah deskriptif. Populasi penelitian adalah lansia di UPTD Griya Wreda Jambangan Surabaya. Teknik sampling yang digunakan adalah *simple random sampling*. Responden dalam penelitian ini didapati sebanyak 87 responden dengan. Instrumen penelitian ini menggunakan kuesioner *Daily Spiritual Experience Scale* (DSES). Hasil Analisis Statistik Deskriptif Proporsi Prosentase penelitian ini didapatkan hasil bahwa lebih dari 50% (54%) lansia memiliki tingkat spiritualitas tinggi di UPTD Griya Wreda Jambangan Surabaya. Saran kepada kepala UPTD Griya Wreda Jambangan Surabaya untuk peningkatan kegiatan keagamaan, tidak hanya kegiatan keagamaan rutin tetapi juga ditambahkan kegiatan keagamaan tambahan seperti setiap seminggu sekali diputarakan renungan pagi, dan dipuatarkan lagu-lagu rohani untuk umat beragama Katolik atau Kristen, untuk umat beragama Islam mengadakan kultum sekali dalam 1 minggu.

Kata kunci: Spiritualitas, lanjut usia