

Implementation of Spiritual Health (SS) for the Elderly at Griya Wreda Surabaya

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Abstract. The implementation of Spiritual Health is directed at providing solutions to the problems of identity, activities and health of the elderly at Griya Wreda Jambangan. Based on a comprehensive situation analysis, the elderly need strengthening related to identity, religious and spiritual activities in an effort to increase optimal health status, create happy elderly people and prepare for a khusnul khotimah end of life in accordance with their respective religions. The aim of this community service is to improve the spirituality of the elderly at Griya Wreda Surabaya. This community service is carried out in three stages, namely preparation, implementation and evaluation. 32 elderly people who were Muslims at UPTD Griya Wreda Surabaya were targeted. The spiritual approach used is intention; starting with basmalah and ending with alhamdulillah; as well as gratitude and resignation. The media used in this community service are intention and worship leaflets. As a result of community service, all elderly people carry out stated intentions according to the activities carried out. The elderly also say basmalah before any activity and say hamdalah after completing the activity. The final stage is gratitude and resignation by submitting all matters to Allah. The elderly replace complaint sentences with positive sentences such as istighfar and tauhit sentences. It is hoped that seniors who have been blessed with a long life will be more obedient and devoted to worshiping Allah. This is also intended as preparation for the elderly in reaching khusnul khotimah at the end of life.

Key words: Elderly, intention, worship, gratitude

INTRODUCTION

Gratitude is an expression of gratitude and acknowledgment for all the blessings bestowed by Allah, the Almighty, in both positive and negative circumstances. Gratitude is a broad concept influenced by physical, psychological, and spiritual conditions, levels of independence or social well-being, and the individual's relationship with the environment (Puspawati, 2017). Dimensions of quality of life include physical, psychological, social, and environmental health. Physiologically, the elderly experience physical and psychological decline. This can affect their quality of life.

The percentage of elderly people in Indonesia has doubled (1971-2022), namely to 9.6 percent (25 million), where elderly women are about one percent more than elderly men (10.10 percent compared to 9.10 percent). Of all the elderly in Indonesia, young elderly (60-69 years) dominate by far with a size reaching 63.82 percent, followed by middle-aged elderly (70-79 years) and old elderly (80+ years) with a size of 27.68 percent and 8.50 percent respectively. This year there are already five provinces that have an elderly population structure where the elderly population has reached 10 percent, namely: DI Yogyakarta (14.50 percent), Central Java (13.36 percent), East Java (12.96 percent), Bali (11.30 percent) and West Sulawesi (11.15 percent) (Ministry of Health of the Republic of Indonesia, 2018).

The increase in the elderly population will impact various sectors of life. The main impact of this increase in the elderly population is increased dependency and an increase in the morbidity rate. This condition can cause morbidity for the elderly if not properly managed, and can negatively impact their quality of life, leading to increased morbidity and mortality. Adapting to the aging process is essential so that the elderly can maintain their quality of life. Many factors must be considered, as determining the quality of life of the elderly cannot stand alone (Wikananda, 2017).

Efforts that can be made to improve the quality of life of the elderly include providing good attention and care so that the elderly live in a healthy, active state and enjoy old age happily, and improving the quality of life of the elderly (Azwan, 2015).

METHODS

The method of implementing community service is

- a. Preparation stage
 - 1) Obtaining permits and partner availability from the Head of UPTD Griya Wreda Surabaya.
 - 2) Coordination meeting to prepare the community service team. Topics discussed included: developing a schedule for implementing activities, determining targets, and preparing necessary resources (posters, leaflets).
 - 3) Coordination with the Takmir of the Griya Wreda Jambangan Mosque in Surabaya, because the activity was carried out after congregational prayers.
- b. Implementation stage
 - 1) Identifying elderly Muslims who attend congregational prayers at the prayer room
 - 2) Identifying the quality of life of the elderly at Griya Wreda
 - 3) Providing education regarding the obligation of prayer and remembering Allah
 - 4) Performing congregational prayers at the prayer room
 - 5) Performing dhikr together after the obligatory prayer
 - 6) Interventions are carried out every day
 - 7) Identifying the quality of life of the elderly again
- c. Evaluation stage

Evaluation of program implementation was carried out by the community service team involving the caretakers of the Griya Wreda prayer room and officers at Griya Wreda.

The program's sustainability also involves the community service team, the mosque caretaker, and the staff at Griya Wreda. The mosque caretaker consistently delivers the adhan (call to prayer) on time for each obligatory prayer, reminding the elderly of prayer times. The caretaker also leads the dhikr (remembrance of Janah) after prayer.

RESULTS AND DISCUSSION

Table 1. Characteristics of the elderly based on demographic data

Characteristics	N (n=32)	%
Age		
60 – 74	19	59.4
75 – 90	13	40.6
Gender		
Male	12	37.5
Female	20	62.5
Education		
No school	14	43.75
basic education	18	56.25

The characteristics of the elderly who participated in this community service were 59.4% aged between 60 – 74 years, 62.5% were female and 56.25% were at the elementary education level.

Table 2. Results of Gratitude

No	Quality of Life	Before		After	
		Frequency (N)	Percentage (%)	Frequency (N)	Percentage (%)
1	Very bad	0	0%	0	0%
2	Bad	1	3.1%	0	0%
3	Mediocre	9	28.1%	5	15.6%
4	Good	17	53.2%	20	62.5%
5	Very good	5	15.6%	6	18.9%
Total		32	100%	32	100%

Community service carried out at Griya Wreda Surabaya shows an increase in gratitude in life, namely that most of the elderly's gratitude is in the good category.



Figure (a) Process of praying and dhikr together; (b) collecting data on gratitude.

Seniors living at Griya Wreda Jambangan are provided with accommodations, essential nutrition, and programs or activities for the elderly, including physical, psychological, and spiritual needs. The physical needs of the elderly at Griya Wreda Jambangan Surabaya are largely met, ranging from total care, partial care, and minimal care. Activities to meet these physical needs are evident in the elderly's three-meal schedule with a varied menu and morning exercise activities.

The psychological needs of the elderly at Griya Wreda Surabaya are met through recreational activities in the surrounding area, group activity therapy, and health education. A hall is also provided for seniors to meet and communicate with other seniors.

The spiritual needs of the elderly are met through a place of worship (a prayer room for Muslims), and visits from Christian, Protestant, Hindu, and Buddhist clergy. The issues at Griya Wreda Jambangan Surabaya include:

- a. Special assistance to the elderly to strengthen their faith related to prayer is still limited.
- b. Spiritual needs have not become a priority for handling

The solution to the problem offered and agreed upon with health workers at Griya Wreda Jambangan Surabaya is:

- a. Identifying religion and spiritual activities of the elderly
- b. Implementing a spiritual approach to the elderly
- c. Providing education to the elderly about spiritual health
- d. Spiritual training for the elderly

CONCLUSION

Empowering the elderly through prayer and dhikr to improve their quality of life is highly beneficial as a way to draw closer to God. Elderly awareness of spiritual needs increases, making them a priority.

SUGGESTION

1. Increasing the motivation of the elderly to worship
2. Increasing the awareness of the elderly to always remember Allah by reciting dhikr
3. Increasing spiritual efforts that can be done together at Griya Wreda Jambangan Surabaya

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