

THE RELATIONSHIP BETWEEN SPIRITUAL LEVEL AND ELDERLY LEISURE PARTICIPATION

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Abstract

An increase in the elderly population occurs in various countries in the world. The participation of the elderly in the utilization of leisure time has been shown to significantly improve the quality of life of the elderly. This study aims to determine the relationship between spiritual level and elderly participation in the elderly community in Karanganyar Regency, Central Java. Data collection techniques using questionnaires. The sample number was 100 elderly people. The data collection time will be held in June-July 2023. Research design with cross-sectional design. Analysis techniques with pearson correlation. The results of statistical data analysis obtained $r = 0.382$, $p = 0.006$ Thus, it can be concluded that there is a positive relationship between spiritual level and elderly participation. Therefore, leisure participation can be recommended in the elderly to increase spiritual level.

Keywords: participation; spiritual; leisure; aging

INTRODUCTION

A significant increase in the elderly population occurred in almost all countries (Nurhidayah, 2018). Similarly, the number of elderly in Indonesia shows an increase from year to year. In 2019, the number of elderly Indonesian population is 9.7 or around 25.9 million people with a ratio of 9.10% for men and 10.10% for women and it is predicted that there will be an increase in the number of elderly population in 2035 by 15.77% (Central Jakarta Statistics Agency, 2019) and for Karanganyar Regency has a total elderly population in 2019 of 127,667 residents with details of 59,281 male elderly residents and elderly residents 59,281 women (Central Bureau of Statistics of Karanganyar Regency, 2020) (Singh & Kiran, 2014; Widjaja et al., 2019).

Leisure utilization activities can be defined as activities carried out by humans while in leisure (Nowak & Nugter, 2014). Participation in leisure is a determinant factor that can significantly improve the quality of life (Nurhidayah, 2018; Utami, 2018). While the perception of leisure is related to the psychosocial factors of the elderly (Nurhidayah, 2018). The results of previous studies prove that the use of free time physical exercise is associated with a significant increase in psychosocial indicators including spiritual involvement (Lee et al., 2014).

Satisfaction with leisure time has a strong impact on quality of life. Leisure is used to overcome excessive academic stress among Korean adolescents (Park & Kim, 2018). Other studies have also shown that leisure activities in retirement can improve cognitive function (Ihle et al., 2016). Leisure time activities can also help improve

cognitive, emotional and nerve repair (Särkämö, 2018). Therefore, the use of leisure in the elderly is one of the interesting things to explore and develop.

Research on leisure participation has proven a correlation with spiritual levels. Spirituality is also called belief in one's relationship with the Almighty or Creator. This can be seen in personal obedience to God in various actions such as commands and prohibitions from Allah (Amir & Lesmawati, 2016). Based on the observations of researchers, it was found that the older most elderly people are, the more free time to do activities to get closer to the Creator.

However, differences in socio-cultural characteristics in Indonesia, especially in the Karanganyar region, are certainly different (Zaelani & Rudatyo, 2022). This research was also conducted on the elderly group which was independently carried out independently by the community.

Karanganyar Regency is one of the regencies in Central Java with a high elderly population. The existence of Posyandu as the most important part of community-sourced health efforts, especially the elderly in Karanganyar Regency is absolutely necessary. Posyandu lansia is a process to facilitate the participation of the elderly in leisure to improve the quality of life of the elderly in the model of empowering the elderly in the use of leisure to improve the quality of life (Nurhidayah, 2018). With the existence of Posyandu, the utilization of free time can be carried out properly. Through posyandu, the elderly are expected to be more productive. But in the elderly community, posyandu is not the only place for the elderly to do activities. There is an elderly group as a place for informal elderly gatherings and carry out various kinds of activities that are liked and mutually agreed. The elderly community in Cerbonan, Karanganyar, Central Java, is one of the elderly groups that is active every month. The number of members reaches more than 100 people consisting of pre-elderly and elderly. Activities carried out every month are regular meetings, sports, recreation, health counseling, spiritual activities and others.

The purpose of this study was to determine the relationship between spiritual level and leisure participation in the elderly community in Karanganyar district, Central Java.

RESEARCH METHODS

This research is a quantitative research with a non-experimental design with a *cross sectional design* (Spector, 2019). The data were analyzed by correlative test to look for the relationship of the two research variables. The population in this study is the elderly in the elderly community in Karanganyar Regency. The sampling technique in this study is purposive sampling. The sample inclusion criteria are: 1) the elderly live in the area of Karanganyar Regency, 2) can communicate well, 3) are 60 years old or older, 4) do not experience mobility impairments and 5) are willing to be respondents. Exclusion of study samples if: 1) have unstable cardiovascular disease, 2) suffer from other serious illnesses that prevent them from participating in the study. The sample in the study was 51 people. The research instrument used a spirituality questionnaire and a questionnaire on the participation of the elderly in leisure. Data analysis techniques using pearson correlation.

RESULTS AND DISCUSSION

1. Characteristics of Respondents

Table 1. Frequency Distribution of Respondent Characteristics

Karakteristik	Frekuensi (f)	Pecent (%)
Age		
Elderly (60-69)	40	78,4
Intermediate elderly (70-79)	10	19,6
Lansia tua (>80)	1	2,0
Gender		
Man	8	15,7
Girl	43	84,3

Source: first data

Based on Table 1 above, it can be seen that the highest number of respondents at the age of 60-69 years is 40 respondents (78.4%), female gender 43 respondents (84.3%). This is in accordance with the percentage of the elderly population in Central Java which shows an increase from year to year. In 2022, the age group of 60-69 years (young elderly) has the largest number among the middle elderly and elderly groups (BPS Kabupaten Karanganyar, 2023) (Zaski et al., 2023).

Life expectancy of the elderly in Central Java showed an increase from 2000 from 66 years (based on the results of SP2000), then in 2020 it rose to 74.37 years (based on life expectancy at birth, HDI new method) (BPS Central Java Province, 2022). Central Java BPS data also shows the same result that the number of elderly women is greater than men. The sex ratio of the elderly population in 2021 was 91.18; which means that for every 100 elderly women, there are only about 91 elderly men. Therefore, policies taken related to the elderly in the Central Java region should also consider gender factors in handling them (BPS Central Java Province, 2022). Therefore, the problem of the elderly in general in the Central Java region, is a problem that is more dominated by elderly women.

2. Analisis Univariat

a. Spiritual level

Table 3. Frequency Distribution of spiritual levels

Spiritual level	Skor	N	%
Tall	40-60	7	13,7
Keep	21-40	44	86,3
Low	1-20	0	0
Total		51	100

Source: first data

Table 3 illustrates the spiritual level of the elderly categorized as dominant at a moderate level of 86.3% and none of which is classified as low (0%). This is in line with the results of Zulkarnain,(2015) research that indicators of healthy practice in the spiritual aspects of the elderly are almost all in the good category. The results showed that spiritual levels were associated with better cognitive levels in the elderly (Fung & Lam, 2013).

b. Participation in Utilization of Free Time

Table 3. Frequency Distribution of Participation in Leisure Utilization

Participation in Utilization of Free Time	Skor	N	%
Tall	17-24	3	5,9
Keep	9-16	48	94,1
Low	1-8	0	0
Total		51	100

Source: first data

Based on Table 3 above, it can be seen that the highest number of respondents in the elderly who participated in the utilization of leisure time in the medium category amounted to 48 respondents (94.1%) and there were no respondents who were categorized as low in leisure participation (0%). Participating in the utilization of leisure time is a predictor of achieving the quality of life of the elderly (Lee et al., 2014; Nurhidayah, 2018). Looking at this research data, an empowerment effort is needed so that the elderly have a higher will, ability and opportunity to participate in the use of free time.

c. Multivariat Analysis

Table 4. Variable descriptive data

Variabel	N	Min	Max	Mean	SD
Spiritual level	51	32	59	46.55	6.259
Leisure participation	51	27	49	36.88	5.857
Total	51				

Source: first data

Based on table 4 above, it can be seen that the spiritual level has mean=46.55, SD=6.259. While the participation variable of free time utilization has a mean=36.88, SD=5,757.

Based on the results of the analysis using the Pearson correlation statistical test, the value of $r = 0.382$, $p < 0.006$ (CI = 0.120-0.595). Based on these final results, it can be concluded that there is a positive and significant relationship between the spiritual level and the participation of leisure time utilization in the Cerbonan Karanganyar Elderly Community, Central Java.

Malinakova et al., (2018) it also mentions that spirituality is associated with participation in leisure. Nurhidayah, (2018) it also explains that the spiritual level is related to leisure participation in the elderly.

CONCLUSION

There is a relationship between spiritual level and leisure participation in the elderly. Therefore, it is hoped that the elderly can play an active role in participating in leisure so that they can increase the spiritual level. By staying active in leisure activities and having a high spiritual level, it is hoped that it can also improve the quality of life of the elderly. Longitudinal studies are recommended to further examine the causal relationship between spiritual level and leisure participation in the elderly.

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AJHS - Asian Journal of Healthy and Science



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