

HUBUNGAN SPIRITUALITAS DAN RELIGIOSITAS DENGAN KUALITAS HIDUP LANSIA: TELAHAH SISTEMATIS

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ABSTRAK

Latar Belakang. Perubahan di berbagai aspek terjadi pada orang dengan lanjut usia, salah satunya adalah kesehatan. Hal tersebut dapat memengaruhi kehidupan sehari-harinya, baik dari segi aktivitas maupun ketahanan fisik. Kini, angka harapan hidup semakin memanjang, oleh karena itu harus diimbangi dengan kualitas hidup yang baik. Berbagai penelitian menunjukkan banyaknya variabel yang berkontribusi pada kualitas hidup lansia, termasuk spiritualitas dan religiositas.

Tujuan. Mengetahui hubungan spiritualitas dan religiositas dengan kualitas hidup lansia.

Metode Penelitian. Penelitian ini menggunakan metode telaah sistematis dengan panduan *Preferred Reporting Items for Systematic Reviews and Meta-analyses* (PRISMA). Data berasal dari berbagai basis data elektronik seperti PubMed, MEDLINE, Cochrane, Portal Garuda Dikti, Science Direct, dan Google Scholar yang dipublikasikan pada tahun 2012-2021. Kata kunci yang digunakan yaitu spiritualitas, religiositas, lansia, dan kualitas hidup.

Hasil. Sebanyak 21 studi yang membahas tentang hubungan spiritualitas dengan kualitas hidup lansia dilakukan telaah sistematis. Meta-analisis yang dilakukan pada delapan studi yang menggunakan analisis korelasi menunjukkan korelasi positif yang signifikan antara spiritualitas dengan kualitas hidup lansia dengan kategori kuat ($z = 3,668$; $p < 0,001$; 95% CI [0,282;0,928]; $r_{RE} = 0,60$). Delapan belas studi menunjukkan bahwa terdapat hubungan antara dua variabel tersebut. Selanjutnya, sebanyak delapan studi yang membahas tentang hubungan religiositas dengan kualitas hidup lansia dilakukan telaah sistematis. Enam di antaranya menunjukkan bahwa terdapat hubungan langsung di antara keduanya.

Kesimpulan. Mayoritas studi menunjukkan bahwa terdapat hubungan spiritualitas dan religiositas terhadap kualitas hidup lansia di berbagai lokasi dan kondisi.

Kata kunci: Spiritualitas, Religiositas, Kualitas hidup, Lansia, Kesehatan

THE RELATIONSHIP OF SPIRITUALITY AND RELIGIOSITY WITH QUALITY OF LIFE IN ELDERLY: SYSTEMATIC REVIEW

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ABSTRACT

Background. Changes in various aspects occur in older people, one of them is health. This can affect their daily life, both in terms of activity and physical endurance. Now, life expectancy is getting longer, therefore it should be accompanied by good quality of life. Various studies show many variables that improve the quality of life of the elderly, including spirituality and religiosity.

Purpose. Knowing the relationship between spirituality and religiosity with the quality of life of the elderly.

Research methods. This study uses a systematic review method with the Preferred Reporting Items for Systematic Review and Meta-analyses (PRISMA) guidelines. The data comes from various electronic databases such as PubMed, MEDLINE, Cochrane, Portal Garuda Dikti, Science Direct, and Google Scholar which were published in 2012-2021. The keywords used are spirituality, religiosity, elderly, and quality of life.

Results. Twenty one studies discussing the relationship between spirituality and the quality of life of the elderly were carried out systematically. Meta-analysis conducted on eight studies using correlation analysis shows a significant positive correlation between spirituality and quality of life of the elderly in the high category ($z = 3,668$; $p < 0,001$; 95% CI [0,282;0,928]; $r_{RE} = 0,60$). Eighteen studies show that there is a relationship between these two variables. Furthermore, as many as eight studies discussing the relationship between religiosity and quality of life of the elderly were carried out systematically. Six of them show that there is a direct relationship between the variables.

Conclusion. The study shows that there is a relationship between spirituality and religiosity on the quality of life of the elderly in various locations and conditions.

Keywords: Spirituality, Religiosity, Quality of life, Elderly, Health