

**PROGRAM STUDI ILMU KEPERAWATAN
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ABSTRAK

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**HUBUNGAN KEBUTUHAN SPIRITUAL DENGAN KUALITAS HIDUP
LANSIA DI RUMAH PELAYANAN SOSIAL LANJUT USIA WENING
WARDOYO UNGARAN**

Latar Belakang: Jumlah lansia semakin meningkat setiap tahun memunculkan berbagai permasalahan bagi lansia, salah satunya dalam hal pemenuhan kebutuhan spiritual. Kebutuhan spiritual yang baik akan membantu lansia untuk menghadapi kenyataan, berperan aktif dalam kehidupan, maupun merumuskan arti dan tujuan keberadaannya dalam kehidupan. Kebutuhan spiritual merupakan salah satu parameter yang dapat mempengaruhi kualitas hidup lansia. Tujuan dalam penelitian ini adalah mengetahui hubungan kebutuhan spiritual dengan kualitas hidup pada lansia di rumah pelayanan sosial lanjut usia wening Wardoyo Ungaran.

Metode: Penelitian ini merupakan jenis penelitian deskriptif analitik dengan pendekatan *cross sectional*. Pengumpulan data dilakukan dengan menggunakan lembar kuesioner kualitas hidup yaitu WHOQOL-BREF dan kebutuhan spiritual. Jumlah responden sebanyak 37 orang dengan teknik *total sampling*. Metode analisa data menggunakan uji *chi square*.

Hasil: Berdasarkan hasil analisa diperoleh bahwa dari 37 responden penelitian. Sebagian besar karakteristik berdasarkan usia responden pada rentan 60-74 tahun sebanyak 54,1%, karakteristik jenis kelamin laki-laki 43,2% dan perempuan 56,8%. Karakteristik berdasarkan agama responden mayoritas islam yaitu 86,5%. Hasil penelitian juga menunjukkan 56,8% kebutuhan spiritualnya terpenuhi dan 43,2% tidak terpenuhi, kualitas hidup responden 54,1% dalam kategori baik dan 45,9% dalam kategori buruk .

Kesimpulan: Ada hubungan kebutuhan spiritual dengan kualitas hidup lansia di rumah pelayanan sosial lanjut usia Wening wardoyo Ungaran, dengan nilai *p value* 0,002 (*p value*<0,05).

Kata kunci: Kebutuhan spiritual, kualitas hidup, lanjut usia

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ABSTRACT

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The Relationship Between Spiritual Needs With Quality of Life of The Elderly In Nursing Home Wening Wardoyo Ungaran.

Background: The number of elderly is increasing every year, this raises various problems for the elderly, one of them is about spiritual needs. A good spiritual needs will help the elderly to face reality, to take an active role in life, and to find the meaning of their existence and purpose in life. Spiritual needs is one of the parameters that can affect the relationship between the spiritual needs and the life quality of the elderly. The purpose of this research was to determine the relationship between the spiritual needs and the life quality of the elderly in nursing home Wening Wardoyo Ungaran.

Methods: This study is a descriptive analytic research with *cross sectional approach*. The data collection is done by using a quality of life questionnaire that *Whoqol-Bref* and spiritual needs. The number of respondents as many as 37 people with a total sampling technique.. Methods of data analysis using *chi square test*.

Results: Based on the analysis results showed that out of 37 respondents. Most are based on the age of the respondents in the 60-74 years vulnerable as much as 54.1%, the characteristics of sex male 43.2% and female 56.8%, and based on the characteristics of school education that the majority does not 48.6%. Characteristics based on religion Islam majority of respondents ie 86.5%, Protestant 5.4% and 8.1% Catholic. Characteristics of marital status 13.5% of respondents were married, 21.6% are not married and widower / widow 64.9%. Job characteristics majority of respondents did not work 51.4% and 48.6% self-employed. The results also showed 56.8% spiritual needs are met and 43.2% is not met. As for the quality of life of respondents 54.1% in both categories and 45,9% in the unfavorable category.

Conclusion: There is a connection with the spiritual needs of the elderly in the quality of life in nursing home Wening Wardoyo Ungaran with the *p value of 0.002 (p value <0.05)*.

Keywords: Spiritual needs, quality of life , the elderly