

## **THE ROLE OF RELIGIOUS GUIDANCE IN INCREASING THE LIFE SATISFACTION OF ELDERLY**

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### **ABSTRACT**

This research was conducted at Lanjut Usia Harapan Kita Social Institutional Care to detect the level of life satisfaction of the elderly through the role of religion, especially the elderly who are in institutional care. This study uses a qualitative approach with the phenomenological approach as the purpose of this study is to portray the circumstance that occurs. Researchers utilize a non-random sampling technique to obtain research respondents. Purposeful Sampling is one of the techniques of non-random sampling techniques (Creswell: 2012). There exists a way to do purposeful sampling according to Creswell, namely "Typical Case Sampling". For data mining techniques, we utilize the triangulation method, it is utilized to depict the phenomena that exist in the research area, there exist interview, observation, and documentation. We determine at least four people in institutional care who will be appropriate subjects in our research and they are disposed to undertake a live interview. We discover that both of those four subjects realize that religion is crucial in increasing their life satisfaction, at least convincing them to pass demise serenely.

### **INTRODUCTION**

Various people perceive being distracted and fearful to encounter life in elderliness. This concern develops into a problem for the elderly which occasionally arises due to the emotional tension which increases in elderliness among other things the changes that occur in a lifetime as the characteristics of a person who has entered elderliness. Issues in the elderly are perceived as an outcome of the amends they experience which accompany the aging process and individual reactions toward the changes, likewise, vary depending on the personality of the individual concerned. Occasionally, a portion of seniors can adjust to these changes and attempt to socialize with others, on the other hand, there exist seniors who are coping with the issue awfully as a result they sensate incapable and unprepared to encounter the advent of elderliness.

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The increased emotional tendency in the elderly creates these changes as a problem, resulting in the emergence of mental health disorders which include anxiety, fear in dealing with it, especially mortality, feeling unprepared for old age, regretting the situation due to economic limitations, or family issues. Mental disorders in the elderly occur as a result they have experienced pre-existing disorders, in the form of depression, depression which is one of the most common mental disorders experienced by the elderly, anxiety disorders, bipolar disorders, and eating disorders which can be triggered by adjustment disorders. In terms of health issues that often occur in the elderly in the form of lack of movement, bone, joint, and muscle diseases, nerve and heart, and blood vessel disease.

Then the curiosity in this study is why the elderly sense less fortunate. Many factors occur, in the form of , the first one is uncertainty due to children's ignorance, nowadays, children of the elderly are used to living without any affection and are apathetic about their parents, even emotionless about the needs of their elderly parents. This fact is burdensome for seniors due to indifference, which they will perceive as unappreciated and solicitude. And then the uncertainty due to environmental ignorance, people generally around the elderly, namely the community where the elderly reside, assume the elderly is someone who can not be sociable any longer nicely in the community, therefore people tend not to be heedful to the elderly in the social environment.

After that, dread of deteriorating health, concerning functional diseases in the elderly, seniors perceive themselves as diseased and they will be haunted by skepticism and will be afflicted with various diseases which will paralyze them. Then, dread of mortality, the older a person is, not only do they realize what the afterlife is like, nevertheless they assume more about decease itself, which is imminent to them. The dread perhaps is caused by an unprepared sense to encounter it and lack of remembrance of god, the elderly's apprehensions of issues that may arise in elderliness are one of the reasons for the lack of drawing close to the Almighty. The last one is loss of a beloved one and colleague, the sense of loneliness which arises in the elderly is similarly caused by being abandoned by people whom they adore and faithful people whom they perceive their role is meaningful, in particular their husband or wife who is deceased preceding them and their colleague who no longer comes across after superannuation (Schindler, 1992:197-201). Thus, this phenomenon which ensues requiring special attention from the community and the beloved one.

Furthermore, previous research states religion is believed to rectify the welfare of the elderly. There exist proven research from George, Ellison, and Larson who concluded they ascertain a connection between positive relationship and various health outcomes. They argue that religion leads benefits to health as a result religion encourages healthy living practices, the existence of social support, a source of psychosocial, and a sense of coherence (the way a person perceives the world reflected in desire and motivation) (Koenig, 2018)

With the various issue occurring in the elderly, therefore, our role will be to examine the phenomena which ensue in the elderly, in the form of whether the role of religion arises

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to boost the life satisfaction of the elderly at Lanjut Usia Harapan Kita Social Institutional Care. Before we get in touch with the outcome of this research, we must deepen our knowledge, of what is the specific term of the elderly, the role of religion, and life satisfaction. here is the bucket of their definitions : Elderly is defined as someone who is aged 60 years and over (UU No. 13 of 1998). With the escalation amount of elderly, issues related to the elderly will certainly expand. According to research, the number of elderly in Indonesia currently reaches 25.6 million people, around 9.29% of the total population (Susenas, 2019). This amount is expected to develop to around 20% by 2040 according to BPS statistic data (Central Bureau of Statistics Indonesia). The United Nations predicts the number of elderly people in Indonesia will reach 74 million people, about 25% of the total population by 2050. Coping with the transition of this demographic, the welfare of the elderly needs to be guaranteed, therefore they will be more productive and resistant to various risks and shocks.

The elderly is synonymous with a period in which a person will experience setbacks over time, physical and biological decline. At some time, throughout a person's life, there exist more potential severe dangers, hence the process of personal and social adjustment is no longer undertaken properly in old age with these setbacks, the mental abilities of the elderly are more susceptible to potential dangers than those of the previous age. Potential menace namely diseases and physical barriers, malnutrition, and psychological dangers. In the study of social gerontology, spirituality and religion are admitted to acquiring a sturdy influence on almost all aspects of life including experiences, mindsets, knowledge, life goals, behaviors, and lifestyles for most middle-aged and elderly people. Religion and spirituality significantly affect the mental health and physical health of the elderly (Abdolahrezaee, 2020)

As Atcley and Barush, construe religion is a social institution that regulates the special needs of humans to depict the meaning of life, to overcome the reality of suffering and death, and as a moral concept of life. Even though, spirituality is difficult to measure because it is a mystical point of view that comes from one's experience and not from religion. Thus one's religiosity is more uncomplicated to measure than one's spirituality. Mature spiritual development will guide the elderly to encounter reality and play an active role in life, including devising the essence and purpose of their existence in the world. Self-confidence and feelings of worth toward themselves will be capable to accomplish the elderly perceive setting in life, this can be examined through hope, as well as the ability to develop positive human relationships. One of the attempts that can be attained to fulfill the spiritual needs of the elderly is to involve the role of the relatives as the closest person, it is expected the family will be capable to devote all their attention to the welfare of the elderly, especially their spiritual well-being. Spiritual needs in elderliness are the needs to fulfill comfort, maintain bodily functions, and assist to deal with demise serenely.

Robert Thouless utters his notion, stating that religious attitudes toward elderliness include depersonalization, namely the tendency to lose self-identification and a sense of the

advent of demise in sight which is one of the factors that determine religious attitudes toward elderliness. This is different from the notions of other experts who notice the reasons for the tendency of elderly people to be religious in developed countries are non-religious elderly have twice the death rate as religious ones, and then elderly people who are religious heal faster than those who are non-religious, after that, elderly who are religious are stronger and more resilient in dealing with stress than those who are less or non-religious. In consequence, their mental-emotional welfare is much more sturdy. The last one, elderly who are religious are more steadfast and serenely engage in the last moment (demise) than those who are less or non-religious.

Life satisfaction is commonly referred to as exhilaration (Hurlock, 1980: 18). According to Alston and Dudley (in Hurlock, 1980), life satisfaction is a person's capability to relish his experiences accompanied by a level of delight. The essence of satisfaction is acceptance, affection, and achievement abbreviated as the three A's. Exhilaration is how a person perceives the situation and not its state of it. The attitude of acceptance is an attitude of himself that emerges from acceptable social adjustments. Affection is a normal outcome of being accepted by others. The more affection derived, the more exultant a person will be. Attainment is associated with one's goal which is achieved (Hurlock: 1980).

Factors that affect happiness, in the form of health, physical attractiveness, level of autonomy, opportunities to interact with others outside of the main relative, type of work, work status, living conditions, property ownership, the balance between outlooks and achievements, emotional adjustment, attitude toward certain periods, the realism of the self-concept, and the realism of the role concept. To measure life satisfaction there exist a tool from 'The Wheel of Life' (Whitwirth, Kimsey House & Sandhal, 1998) which includes satisfaction with finances, work, health, recreation, environment, community, family, friends, spouse, education, and spirituality. Life satisfaction that the elderly own can be achieved if the elderly gain attention and interact with their families. For example, research on elderly people who are married and have families have higher life satisfaction when compared to older people who are widowed and widower. Life satisfaction is obtained because of the support from the family-owned by elderly.

Furthermore, the life satisfaction of the elderly is additionally obtained through religious demeanor. By behaving like leaning on God's aid to seek self-satisfaction, the elderly will gain spiritual intelligence and perceive satisfaction with their own life. The elderly possess high spiritual intelligence, are convinced of the substance of life, there exists self-acceptance, and are optimistic in living life (Sistya, 2014; Minaswari, 2007). The optimistic perspective in living the life of the elderly depicts circumstances that are typical of the elderly. This characteristic condition leads the elderly to undergo loads of delight and sensate scarcely emotional indignation. The elderly are capable to receive the reality of life and be capable to adapt to various adversity.

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## METHOD

This research was conducted at Lanjut Usia Harapan Kita Social Institutional Care to detect the level of life satisfaction of the elderly through the role of religion, especially the elderly who are in institutional care, as well as this research is conducted in group interviews or individual interviews, the researchers delve data in cooperation and discover several appropriate subjects to fulfill the data of research.

This study uses a qualitative approach with the phenomenological approach as the purpose of this study is to portray the circumstance that occurs, by virtue of John W. Creswell's notion in the book *Research Design "Qualitative research is one type of method to put forward, investigate and comprehend the meaning that several individuals or groups of people ascribe to social or humanitarian issues, The process of qualitative research involves crucial endeavors, namely asking questions and procedures, collecting specific data from participants, analyzing data inductively commencing of specific themes to general themes, and interpreting the meaning of the data. The final report for this research owns a flexible structure or framework"*. (Creswell 2013:4-5).

On the other side, Moleong (2016) defines the qualitative approach as utilized in for several purposes namely apprehending detailed issues about situations and realities encountered by a person, comprehending sensitive issues, investigating elements related to the background of research respondents, and inspecting things that exist in depth.

The type of phenomenology is utilized to concentrate on the subjective experience of individuals who are interpreted, understood, studied, and construed as how the "Individual's world" appears in an environment (Sugiyono, 2016). The selection of this type of method of research is in line with the research objective, which is to apprehend the subjective backgrounds of the respondents regarding the process of the role of religion in the life satisfaction of the elderly. The type of phenomenology additionally can be applied to discern the meaning of several circumstances which exist namely the condition of life satisfaction and how it involves the people who are in the occurrence notably how an elderly person forms life satisfaction in the role of religion.

### Research Respondents

In this study, researchers utilize a non-random sampling technique to obtain research respondents. Purposeful Sampling is one of the techniques of non-random sampling techniques, it is widely known in qualitative research for determining subjects that are appropriate based on criteria that the researcher needs, According to Creswell (2012), purposeful sampling means to ascertain or comprehend the essential phenomenon, a researcher handpicks individuals and sites intentionally, there exists a way to do purposeful sampling according to Creswell, namely "Typical Case Sampling".

The criteria for respondents in this study are : the elderly who are in Lanjut Usia Harapan Kita Social Institutional Care and are aged 65 to 95, retaining religious background in their life, and there exists life satisfaction that appears to them at least they already own

attainments including work, marriage, etc. We determine at least four people in institutional care who will be appropriate subjects in our research and they are disposed to undertake a live interview.

### **Data Mining Techniques**

In this study, the triangulation method is utilized to depict the phenomena that exist in the research area, it is a common method that is used by researchers thus enhancing the validity and credibility of findings. There exist three techniques :

#### **Interview**

According to Esterberg (in Sugiyono, 2016), an interview is a meeting between two people conducted to exchange information and ideas through question and answer, therefore meaning can be constructed on a particular topic. Thus, researchers will find out phenomena in-depth things about grandparents who are in institutional care. (Stainback in Sugiyono, 2016). Broadly speaking, the interviews conducted in this study were individual interviews and group interviews.

#### **Observation**

In this study, the observations used were “focused observations”, namely observations focused on certain aspects of a study (Ibrahim, 2015). The outcome of the observations will be taped in the interpretation section of the field note. The focus of observation will be on aspects appertained to the role of religious guidance in increasing the life satisfaction of the elderly which is the principal focus of this study, thus the purpose of observations is not to examine the daily activities of the respondents.

#### **Documentation**

Documentation is one of the triangulation methods, namely triangulation of data sources, it is a common method for researchers to reinforce delving data more valid, therefore, besides observation and interviews, researchers can utilize participatory observation or utter it as “participant observation” in providing evidence of research outcomes.

### **Data analysis technique**

There exist three major steps in conducting data analysis, namely open coding, axial coding, and selective coding (Strauss & Corbin in Sugiyono, 2016) as follows:

#### **Open Coding**

In this section, the researcher will undertake to discover as complete and as many variations of data as possible on the respondent's behavior and the social situation of the research location.

#### **Axial Coding**

The results obtained from open coding are reorganized based on categories to be developed in the direction of proportions. At this point, an analysis between categories is committed further.

#### **Selective Coding**



Researchers classify the categories obtained at the axial coding stage into core and supporting categories and between these core and supporting categories. At this point, the researcher narrates the relationship between the categories that have been cherry-picked.

## RESULTS AND DISCUSSION

Following the research was committed, we discovered the results of research from our subjects there exists four individuals who were disposed to undertake interviews that indicated a link between the role of religious guidance on the life satisfaction of the elderly which has an impact on their health and perspective, as follows:

Subject 1

Initial : HS

Age : 92 Years old

- Life satisfaction aspect

This subject used to teach kindergarten in Jakarta, then she became a nurse at Husada Hospital, as long as she was a nurse she lived in a nurse's dormitory for 50 years, she attended nursing education in Central Java, and with her skills and enthusiasm she used to take a typing course, she told, she had everything, had a car and lived at home with her parents but she was satisfied with her previous life achievements, she had various relationships until she had an internship in Bali. Everything she had felt.

Although she does not feel her life is as beautiful as it used to be, she does not blame herself because she ended up living in this social institution, despite the problems between her and her parents she decide not to live same home, she is still grateful to be able to live in peace in this institutional care, she does not envy other people's achievements, she ever deals with bad behavior from people who hate her, especially when she is in this institutional care, but she has the view that people have their own life, mind your business and I mind my own business. She explain, she is trying to adjust to various circumstances and she did not want to be mean to other people.

She feels that she has lived her life to the fullest, this is evidenced by the achievements of her life and does not regret her situation. She is grateful for what she still has, especially her health and long life. What she hopes is that she wants to have her disease cured because she is suffering from high blood pressure, and she is resigned for the rest of her life.

- The role of religion for the elderly aspect

She tells that she is a devout person who is afraid of God's reprimand, she feels peaceful by worshipping but if she once does not pray her soul becomes chaotic, she tells that after she worships she can sleep and feels all her problems disappear. She feels religion gives meaning and purpose to life, how she thinks and acts, by depending on God she feels the

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zest in life. she tells everything that is committed God would reply and hear. She has gone through various experiences and she just goes through what is.

- Religious characteristics of the elderly aspect

At a young age, she has been taught to be religious so she has a strong religious experience, she likes to hear lectures from various clerics about religion, and she feels a strong bond with religion, this is evidenced by his frequent repentance prayers and she is ready to face death.

- The connection between religion and the health aspect

She tells that she always prays and feels inner peace, she also feels a positive impact on her health, for example, she could remember things that happened clearly. She tells the influence of religion, she feels that she is not feeling lonely and there is something that always faithfully accompanies her. She argues that life without religion tends to make a person act arbitrarily and not think about good and bad things. She argues that religious people live their lives full of rules (regularity) and politeness. Religion is a priority and lastly, she advised that life must be optimistic and there is no need to worry and despair because God is always there and every good or bad deed must have a reward.

Subject 2

Initial : SH

Age : 63 Years old

- Life satisfaction aspect

This subject used to be a junior high school graduate in Java but she migrated with people from Java to Palembang and finally she got a job at Bumi Putra Insurance as a marketing. The reason she migrated from Java is that she lives alone because her parents are gone. She had a disease in her old age, namely a stroke, which attacked her legs making it difficult for her to walk, but the subject was grateful she was still healthy. The subject sometimes thinks positively about her current situation even though she is aware that the situation she is going through is not what she expected, she accepts it happily. With her limitations at this time, she wants to be given health and her illness will be lifted by God at least the burden she feels is reduced. It seems that the subject is quite capable of adjusting herself to the situation by being patient and not blaming herself, even though like it or not in her situation which there is no love and support from loved ones, the subject is still optimistic about living her days in the institutional care like people in general.

- The role of religion for the elderly aspect

When the subject was asked whether religion affects her health? she replies yes, at least she feels peace in her heart, as long as she believe that God would grant everyone who ask him for it in any case, and the inner pressure she experienced would decrease after she



pray. The subject admits that religion can provide life guidance for someone. She explains that from the side of controlling her emotions it seems that she could quell her anger with remembrance and prayer because when she lives in institutional care she will meet people with different personalities which of course there would be disputes. Besides that, when asked if she wants to be a better person? the subject answers, of course, she wants to ask God she wants to always worship and remain to be religious.

- Religious characteristics of the elderly aspect

The subject explains that she often listens to lectures in mosques and the subject understands the meaning of the broadcast of the lectures. She explains she is not really religious and can not walk anywhere she still tries to worship whenever she can, she feels ready when she is about to die and always prepares for it.

- The connection between religion and the health aspect

The subject says that religious people tend to be healthy in spirit and good in behavior, because if the person rarely worships then his soul will be empty and he will not do good things, and the subject says if she responds to something she is always careful and with a coolheaded.

#### Subject 3

Initial : NH

Age : 78 Years old

- Life satisfaction aspect

This subject used to be an undergraduate (S1), She was a teacher, and she was a graduate of high school teacher education (PGA), utilizing her career, she was a hero for students because in her era there were no people wanted to be a teacher. She is a knowledgeable person. She feels inner peace while worshipping, she recites the Quran and prays to god when she has a nightmare. When she remembers God, she finds serenity. She always thinks positively about things that happen by assuming that everything can be resolved properly, on the other hand, the subject has good emotion regulation she can still withstand negative emotions. The subject feels happy when many people come to visit her because she feels lonely and there is no support from her relatives. When the researcher asked whether she can adapt to the circumstances, especially to a problem? she replies, she is more indifferent and silent. Sometimes she has difficulty adjusting to the situation because it seems that self-acceptance on the subject is not too big. This is clarified when the subject is asked whether she is satisfied with her current life. Whether she wants it or not, she accepts the situation because she is forced by the situation of no love from loved ones, lives alone in institutional care and cannot do anything, and prefers to seek serenity from God.

- The role of religion for the elderly aspect

According to the subject, religion can affect health and worship can strengthen faith, on the other hand, the subject admits that she feels relieved after worshipping and her mind becomes clear and is spared of bad thoughts. The subject explains that she draws closer to God and surrenders, just believing that all prayers will be answered, do not hesitate to always believe in the powerful God. The subject said that with remembrance it is easier for her to regulate her emotions, but if she cannot face someone's bad behavior, she chooses to be silent.

- Religious characteristics of the elderly aspect

The subject admitted that since she was young, she had studied religion so that her outlook on life was always focused, on the other hand, she explained that there was a prayer she prayed to God which had been granted, previously, the subject often attended the recitation and often heard the cleric lectures on television. However, the subject admits that she has difficulty praying, due to her physical limitations she could no longer stand up so she had difficulty going to the bathroom. She hopes that she will still have a long life and be given health so that she can return to her activities as before. In addition, she is ready to face the next life, if destiny already exists from God the subject accepts whatever it is. In addition, the subject has the urge to invite other people to worship, but she often gets protests from people around her, if this happens she just lets them.

- The connection between religion and the health aspect

Up to now, worship has had a positive impact on her, especially inner peace, and makes her enthusiastic about activities in daily life, She admits that religion affects the way she views things.

Subject 4

Initial : A

Age : 69 Years old

- Life satisfaction aspect

The subject used to work in a bakery, then she worked as a cook in the kitchen of social institution care and helped with activities in institutional care, she was in a social institution because she lived alone, the subject explained that she was happy when she was with her husband and friends, but now she is alone, she tells about her leg that could not walk, there is a health worker is treating her leg so that she could walk again. she has a difficulty worship because of her mild stroke.

When asked whether the subject thinks positively about what happened? she replied, she always thinks of good things, she just lives this life, she continues she feels satisfied with her life because she has gone through all things ups and downs. Then the researcher asks, how do you adjust to the situation? she replies that she was adjusting in her own way, she

also could not walk out of the room, so she just stays in the room and interacts a little with other people.

- The role of religion for the elderly aspect

The subject admits that religion gives her a sense of peace, she explains that religion can guide her life so she does not feel depressed and lonely, religion plays a role in controlling her emotions, and she hopes, she gets healthy along her life so she can be a better one.

- Religious characteristics of the elderly aspect

Furthermore, it seems that this subject has a good level of religious maturity because she says, she always prays every day, often listens to lectures on television every morning, she feels that every prayer she asks for is answered by god. And when she is asked, are you ready to face the next life? she replies, "yes, just run it".

- The connection between religion and the health aspect

Researcher asks the subject to gain further data, does religion has an impact on your health? she answers, "I become fresher and feel calmer in spirit, then the subject is asked what is your opinion when you perceive the surrounding environment? she replies, she is just silent then she looks around from the window because she thinks she do not want to interfere in other people's business she is just paying attention on herself.

Based on the outcome of the research findings above, the researchers found a noticeable accord with expert notions delineating the state run into by the elderly, most of the elderly rely their lives on religion as a result of feeling a lack of attention or any affection out of people surrounding them, therefore, they look forward something that commits assisting to them (Schindler, 1992:197-201). They occasionally grieve their situation which they deem to be "hapless", in addition, their declining physical condition turns their condition even more miserable, notably for the elderly who reside in institutional care. Many effects influence their thoughts as if they are perceiving misery, ranging from mortality, finances, a place to live, not having a job any longer, losing a beloved person, etc.

Religion as a basic human need possesses an essential role in terms of increasing life satisfaction, WHO classifies religion as a basic need that is crucial to the existence of human spirituality. As God creates humans with various excess and shortcoming, notably the existence of a dilemma. The existence of issues that is not equal to be cleared up by the true nature of truth is evidence of the limitations of human reason (Rosihon Anwar, H. Badruzzaman m. Yunus, Salehudin, 2017:111).

There exist several things that turn into the essential background, human motive needs religion itself. Broadly speaking, human needs specifically are divided into two components, namely the first is natural needs and non-natural needs. Natural needs are a

necessity for any human being that is instinctive. Non-natural needs notably customs or habits carried out by people.

Meanwhile, according to Abudin Nata, there exist at least three backgrounds for the need for humans toward religion, the reasons are human's natural tendencies, human shortcomings, and challenges that come to humans (Rosihon Anwar, H. Badruzzaman m. Yunus, Salehudin, 2017:112).

As regards relief, humans need any entity who can assist them, humans, who always take in trials that come and go, thereupon their souls will sense anxiety, which in essence the human soul needs to be peaceful and purified, with the purpose of the sanctity of the soul is achieved or what we mention as "Inner satisfaction". Hence, it is naive to assume that religion does not predispose any impact on humans, mainly in terms of increasing life satisfaction. As things go, religion educates how to be grateful, put trust in god, do any favor, and practice a healthy life.

The results of the research above prove that the role of religion holds several shreds of evidence, namely providing meaning and purpose in life, strengthening social unity and stability, functioning as social control, increasing psychological well-being, and being able to motivate a person to work for positive social change. Additionally, it proves the religious characteristics of the elderly, namely the religious life of the elderly has reached the level of religious maturity, the increasing tendency to take in religious opinions, and the emergence of awareness to encounter the realities of life in the hereafter earnestly.

As the results of the research above follow a figure can be created that put forward the role of religion on the level of life satisfaction of the elderly appropriately in the form of its impact on their spiritual and psychological aspects.

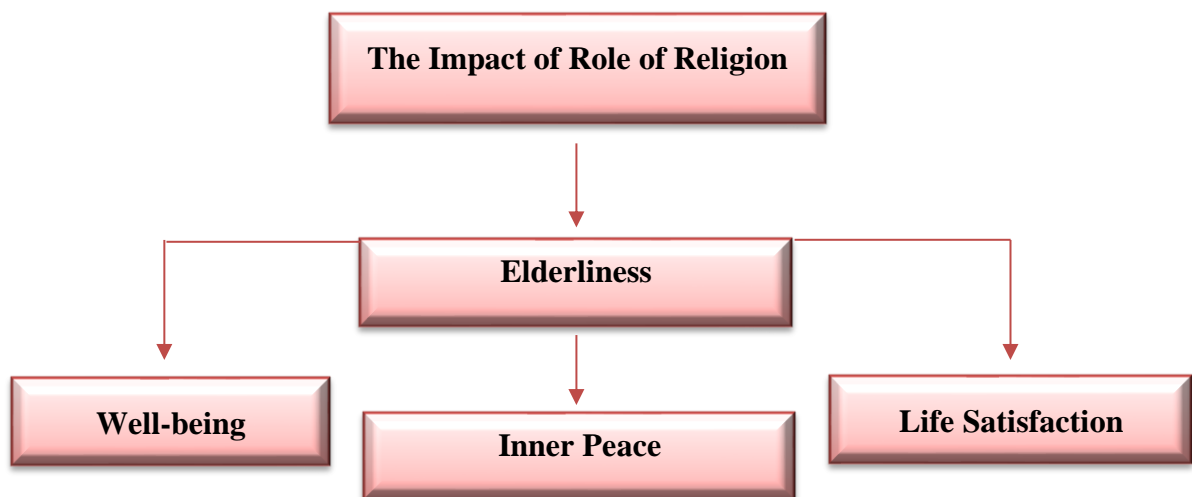


Figure 1. Religion maintains a substantial role in elderly

Coming out of the figure above can be comprehended that the impact of religion on the elderly is extremely tight by revealing well-being, inner peace, and life satisfaction in the

elderly's lives, moreover, religion can be utilized as therapy for the elderly who undergo dread of demise, religion can lead the elderly in shaping behavior that hands over themselves to a glorious power specifically is God by being able to furnish health for their souls in living the rest of their lives.

Furthermore, religion enacts a vigorous role in enlarging their exhilaration in living a life that occasionally sensates lonely, there exists no place to hold forth and pour out their complaints. The greater their level of exhilaration, the more coolheaded they are in living life, especially encountering mortality.

Table 1  
Research aspect questionnaire

Aspect	Questions
Life satisfaction	What achievements did you get? How do you feel after worship? Do you think positively about what happened? How do you adjust to the situation? Are you feeling satisfied with the life you are living now?
The role of religion for the elderly	Does religion affect your health? Does religion bring serenity to you? What impact did religion have on your life goals? How do you control your emotions? Is it by way of prayer and remembrance? Have you ever thought about becoming a better person?
Religious characteristics of the elderly	When you did the prayer, was there any prayer you feel its recite was achieved or answered by God? How often do you listen to lectures? Do you always worship? What did you prepare for the next life?
The connection between religion and health	What do you think about non-religious people? Is there any health impact that you feel when you often pray? Do you ever get social support? Do you ever have difficulty worshipping, seems like any distraction that appears to you? Does religion affect the way you perceive something? How do you deal with people around you and is there any impact that you get from this?

The table above is a list of questions that we utilize in the interview process to delve into the outcome of research from each aspect studied, the questions above are not absolute, that is to say, there exist development questions that can be utilized to examine these four aspects in depth. The four aspects are life satisfaction, the role of religion for the elderly, the Religious characteristics of the elderly, and The connection between religion and health.

## CONCLUSION

The elderly who have reached the final stage in life must have a myriad of shortcomings in themselves, declining physical conditions and an increased sense of esteem demands render the elderly entails affection and support from people surrounding them, mainly the elderly who dwell in institutional care, those who reside in the institutional care discerning themselves as "discarded" and not recognized in society, whereas, inner needs are highly notable just as their physical needs.

Researchers imply that the elderly obtain enough affection and most importantly their nutritional intake is maintained thereupon they are mentally and physically healthy, they should be preoccupied with productive things namely embroidering cloth for handicrafts, yoga activities, and spiritual activities.

In addition, there are other ways to build up the quality of life of the elderly in institutional care which is involving them in various social activities, including social interaction between fellow elderly, families, and people who take care of them who always maintain good relationships in the order they have a good quality of life as well. Numerous findings state the relationship between social interaction with the quality of life of the elderly. And lastly, they should be granted better facilities in the form of providing satisfactory health services, several phenomena in the field prove that they tend not to obtain proper health services since health services should be provided optimally.

## DECLARATIONS

### Author contribution

We are grateful for the support of Lanjut Usia Harapan Kita Social Institutional Care staff who have collaborated and given permission for this research to be held at Lanjut Usia Harapan Kita Social Institutional Care. In addition, we thank our friends from various universities who have collaborated in the publication of this journal, furthermore, we thank our lecturer, who has guided us in the preparation of this journal. We are grateful to those who have helped in the preparation of this journal.

We expect that the outcome of this research will be valuable for those who wish to know the impact of religion on the elderly's mental health and the implications further. This research will expand new horizons of knowledge about the importance of maintaining the life satisfaction of the elderly, especially appreciating them.

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