

**PROGRAM STUDI DIII KEPERAWATAN FAKULTAS KEPERAWATAN
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**Hubungan Spiritual Terhadap Kualitas Hidup Lansia Yang Ada
Di Puskesmas Simpang Tiga Kota Pekanbaru**

Xii + 45 Halaman + 6 Tabel + 9 Lampiran

ABSTRAK

Peningkatan jumlah lanjut usia (lansia) di Indonesia membawa dampak terhadap berbagai aspek kehidupan, termasuk dalam pemenuhan kualitas hidup. Kualitas hidup lansia dipengaruhi oleh berbagai faktor, salah satunya adalah spiritualitas. Spiritualitas dianggap mampu memberikan makna hidup, ketenangan batin, dan membantu lansia menghadapi tantangan hidup, terutama pada masa tua yang identik dengan keterbatasan fisik dan sosial. Tujuan dari penelitian ini adalah untuk mengetahui hubungan antara spiritualitas dengan kualitas hidup lansia di Puskesmas Simpang Tiga Kota Pekanbaru. Penelitian ini menggunakan desain kuantitatif dengan pendekatan korelasional dan metode cross-sectional. Sampel penelitian berjumlah 89 orang lansia yang diambil dari populasi sebanyak 775 orang dengan menggunakan teknik purposive sampling berdasarkan rumus Slovin. Instrumen yang digunakan adalah Spiritual Needs Questionnaire (SpNQ) untuk menilai tingkat spiritualitas, dan WHOQOL-BREF untuk menilai kualitas hidup. Analisis data dilakukan secara univariat dan bivariat dengan uji Chi-Square. Hasil penelitian menunjukkan bahwa mayoritas responden memiliki spiritualitas yang baik (75,3%) dan kualitas hidup yang terpenuhi (68,5%). Hasil analisis bivariat menunjukkan adanya hubungan yang signifikan antara spiritualitas dengan kualitas hidup lansia dengan nilai $p = 0,000$ ($p < 0,05$). Hal ini menunjukkan bahwa semakin baik tingkat spiritualitas seorang lansia, maka semakin baik pula kualitas hidup yang dirasakannya. Oleh karena itu, perhatian terhadap aspek spiritual perlu ditingkatkan dalam upaya pelayanan keperawatan lansia secara holistik.

Kata Kunci : Kualitas Hidup, Lansia, Spiritual
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***The Relationship Between Spirituality and Quality of Life in the Elderly at
Puskesmas Simpang Tiga, Pekanbaru City***

Xii + 45 Pages + 6 Tables + 9 Appendices

ABSTRACT

The increasing number of elderly people in Indonesia has affected various aspects of life, including the fulfillment of their quality of life. The quality of life among the elderly is influenced by several factors, one of which is spirituality. Spirituality is believed to provide meaning in life, inner peace, and support in facing life's challenges, especially during old age, which is often associated with physical and social limitations. The purpose of this study was to determine the relationship between spirituality and the quality of life among the elderly at Puskesmas Simpang Tiga, Pekanbaru City. This study employed a quantitative design with a correlational approach and a cross-sectional method. The sample consisted of 89 elderly individuals selected from a population of 775 using purposive sampling based on Slovin's formula. The instruments used were the Spiritual Needs Questionnaire (SpNQ) to measure the level of spirituality, and WHOQOL-BREF to assess quality of life. Data were analyzed using univariate and bivariate analyses with the Chi-Square test. The results showed that the majority of respondents had a good level of spirituality (75.3%) and a fulfilled quality of life (68.5%). Bivariate analysis revealed a significant relationship between spirituality and quality of life among the elderly with a p -value = 0.000 ($p < 0.05$). This indicates that the higher the level of spirituality in an elderly person, the better their perceived quality of life. Therefore, greater attention should be given to the spiritual aspect in efforts to provide holistic nursing care for the elderly.

Keywords: Quality of Life, Elderly, Health Center, Spirituality
References :37(2017-2025)