

# Contribution Of Spiritual Health And Social Support To Mental Health Among the Elderly

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## ABSTRACT

**Introduction:** The ubiquitousness of intellectual wellness predicaments in the full of years inhabitant business agreement to increase, and it is advised as individual of the principal occasions of international wellness problems. This contemplate directs to determine the coefficient of expansion between ecclesiastical well-being and collective facilitate for intellectual wellness surrounded by the elderly. substances and Methods: This is a crossbreed divided contemplate conducted in Aceh Barat Regency, Aceh Province, Indonesia. The collections solicitation was carried elsewhere in 2018. This contemplate put into practice questionnaire nailed down press conference to evaluate the ecclesiastical well-being, collective support, and intellectual wellness of 483 subject-matters superannuated 60 second childhood or older. The analysing belonging euphemistic pre-owned to accomplish statistical psychoanalysis is SPSS narration 21. The discovery demonstrates that the full of years accumulation with more appropriate ecclesiastical well-being and higher collective support, has a in a superior way comparative relation of achieving higher intellectual wellness of 84. 9% and 75. aggregate one-dimensional retrogression psychoanalysis authenticates that ecclesiastical well-being and collective facilitate are importantly accompanying to intellectual health. The commensurate of ecclesiastical well-being and more appropriate collective facilitate furnishes more appropriate to the intellectual wellness of the elderly. It is hoped that thither testament be a ecclesiastical well-being exploitation announcement for the full of years and first-class collective facilitate from the surrounding on all sides of where the full of years live.

**Keywords:** Spiritual Well-being., Social Support, Mental Health, Elderly.

## INTRODUCTION

The ubiquitousness of intellectual wellness predicaments in the full of years inhabitant business agreement to aggrandizement outstanding to the aggrandizement in the full of years population. It is advised as individual of the principal occasions of international wellness problems. The heavenly body wellness administration approximates that the full of years inhabitant

(aged 60 second childhood or older) who acquaintance intellectual disorganizations is on all sides of 15%. [1] thither are severals configurations of intellectual wellness predicaments in the full of years and the virtually characteristic disputed point surrounded by them is depression. [2] The collections with reference to intellectual wellness predicaments in Indonesia, exceptionally indentation in the full of years

concern to the consequences of introductory wellness evaluation in 2018. It discloses that intellectual wellness predicaments are constitute in the 55-64 generation accumulation of 6. 5%, 65-74 cohort of 8. 0%, and 75 generation accumulation or elder of 8. [3] This determination fix up with provision a discription of intellectual wellness predicaments that eventualize in the full of years in Indonesia that the elder the age, the higher the potentiality for indentation in the elderly. in consequence the search through examine for the hold together procedure as an accomplishment to come around the intellectual wellness of the full of years has be remodelled an far-reaching collective problem.

It is a well-established actuality that the superiority of get-up-and-go of the full of years is mean business by their intellectual health. [5] intellectual wellness predicaments buoy chalk up a penetrating consequence on economical and enthusiastic burden,[6] discrimination, strong-arm abuse, [7-8] and potentiality for disablement [9] and all the more ahead of time death. [10] In designations of economical impact, the resource hawthorn be rock-bottom or all the more irretrievable outstanding to the wastefulness of amentiferous continuance accomplished by the unfortunate and kith and kin colleagues who appropriate consternation of the sufferer. bounteous broadly, the economical consequence of intellectual wellness predicaments testament furthermore be featured by the agreement and the state. Furthermore, kith and kin colleagues testament chalk up a substantial enthusiastic or intellectual excess baggage if individual of their kith and kin colleagues (elderly) acquaintances intellectual wellness problems. moreover, the full of years who with agonize from intellectual disorganizations hawthorn predispose

unfavorable treatment of behaviour towards from over-the-counter general public either from kith and kin colleagues or the agreement in the surrounding where they live. intellectual wellness predicaments in the full of years hawthorn furthermore consideration down-and-out collective relations with others, the emergence of contradiction behaviorism and the concupiscence to be toute seule and all the more to the characteristic of paining themselves. intellectual wellness predicaments in the full of years except continuance triggered by the stresses of get-up-and-go that are unremarkably accomplished by everyone, hawthorn furthermore be caused by aging. [1] For case history the deprivation of a admired one, reduced strong-arm ability, and deprivation of competence in collective life. many studies chalk up proved the coefficient of expansion between intellectual wellness in the full of years with many jeopardy factors, including collective capital,[11] collective support,[12] and spiritual. [13] This contemplate by oneself highlights the coefficient of expansion of ecclesiastical well-being and collective facilitate with intellectual health. Studies on intellectual health, exceptionally in relationship to ecclesiastical well-being in the full of years inhabitant in Aceh, Indonesia are all the more so confined. otherworldliness cannot be distributed from the existences of asian general public so it is far-reaching to contemplate the coefficient of expansion between otherworldliness and intellectual wellness [14] in the elderly. thither are cardinal principal objectives of this glance at including (1) to evaluate the coefficient of expansion between ecclesiastical well-being and intellectual wellness surrounded by the full of years and (2) to evaluate the coefficient of expansion

between collective facilitate and intellectual wellness surrounded by the elderly.

## MATERIALS AND METHODS

### contemplate representation and background

This is a crossbreed divided glance at where collections solicitation is carried elsewhere nailed down a characteristic continuance survey. This contemplate is conducted in Aceh Barat Regency, Aceh Province, Indonesia, in 2018. The take the measure of is carried elsewhere nailed down orchestrate press conference (face-to-face) with participants.

### Participants

The participators are general public superannuated 60 second childhood or older. The representatives are those who buoy intercommunicate during the interview. Those who are critically sick and hospitalized are not included therein study. steadfastness of exemplification put into practice the regulation of pollex direction (5-10 intervals ascertained variable). thither are 43 variables ascertained in this glance at so the deliberation determination come into the possession of that the extremum exemplification proportion is 234-342. on the other hand the participators are larger than the extremum compulsory exemplification size, which is 483. This is finished by taking into consideration that the larger the exemplification involved, the finisher the determination to the contemplate population. press conference is carried elsewhere by enumerators victimisationing a questionnaire. They account for the clinical and significance of the contemplate previously conducting the press conference for collections collection.

### Measurement

thither are deuce-ace variables interested in this glance at including individual drug-addicted changeable (mental health) and cardinal self-governing variables (spiritual well-being and collective support). The classification of ecclesiastical well-being put into practice 13 questions, and collective facilitate put into practice 8 questions. The classification of these cardinal variables put into practice the Likert exfoliation with quadruplet resolution choices. resolution preferences for the enquiries approximately ecclesiastical well-being accommodate “strongly disagree” ; “disagree ; and “strongly give blessing ” and for collective facilitate accommodate “so infrequently ; “often and “so often” . each enquiries chalk up been well-tried for validness and dependability by involving 30 participators elsewhere the contemplate participators . This contemplate recruits Cronbach’s alpha expenditure for ecclesiastical well-being (0 .930) and collective facilitate (0 . The instrumentate euphemistic pre-owned to evaluate intellectual wellness is the gerontological indentation exfoliation (GDS) which has been translated into asian by the sacred calling of wellness of the commonwealth of Indonesia (Cronbach’s alpha = 0 . thither are cardinal resolution preferences available, including “Yes ” and “No

### Statistical analysis

thither is an utilisation of Univariate statistical psychoanalysis to accomplish a discription of the demographic characteristics and contemplate variables. Bivariate psychoanalysis is conducted nailed down a coefficient of expansion evaluation to inspect the communication between ecclesiastical well-being and collective facilitate with intellectual health. Multivariate

psychoanalysis put into practice aggregate one-dimensional retrogression test, and the analysing belonging euphemistic pre-owned

to accomplish statistical psychoanalysis is SPSS narration 21.

## RESULTS

tabularise 1. discription of the characteristics of demographic, ecclesiastical well-being, collective support, and intellectual wellness of respondents

Characteristic of respondent (n=483)	F	Mean/%	SD
Age		69.76	8.41
60-69 years old	273	56.5	
≥ 70 years old)	210	43.5	
Sex			
Male	150	31.1	
Female	333	68.9	
Occupation			
Unemployed	281	58.2	
Farmers/ Laborers/ Fishermen	133	27.5	
Retire	24	5.0	
Private	45	9.3	
Income		520559.01	856194.59
No income	198	41.0	
IDR. < 1,000,000,-	184	38.1	
IDR. 1,000,000,- to IDR <2,000,000,-	60	12.4	
IDR. ≥ 2,000,000,-	41	8.5	

supported on the demographic characteristics (Table 1), it demonstrates that virtually of the respondents are superannuated 60-69 second childhood (56. 5%), and the

intermediate generation of the respondents is 69. moreover, the predominant responder is sexed feminine (68. 9%), out of a job (58. 2%), and has no resource (41%).

tabularise 2. The determination of coefficient of expansion and simple retrogression evaluation of ecclesiastical well-being and collective facilitate with intellectual wellness of the full of years

Variable	Value-Correlation (r)	R <sup>2</sup>	P value
Spiritual well-being	0. 641	0.411	0.0005
Social support	0. 390	0.152	0.0005

The determination of the bivariate psychoanalysis victimisation coefficient of expansion and retrogression examinations (Table 2) demonstrates that the coefficient of

expansion between ecclesiastical well-being and intellectual wellness is able-bodied (r=0. 641) and has a cocksurenness pattern, where the more appropriate the commensurate of

ecclesiastical well-being of the full of years the more appropriate their commensurate of intellectual health. The coefficient expenditure with steadfastness is 0. 411, and this have in mind that the retrogression equalization buoy account for 41. 1% of intellectual health, or the equalization obtained is first-class sufficiency to account for intellectual health. in the meantime the determination of statistical evaluation discloses that thither is a substantial coefficient of expansion between ecclesiastical well-being and intellectual wellness of the full of years (P expenditure of expansion between collective facilitate and intellectual wellness of the elderly.

<0. Furthermore, collective facilitate and intellectual wellness of the full of years established a moderationist coefficient of expansion (r=0. 390) and chalk up a cocksureness pattern. The coefficient expenditure with steadfastness is 0. 152, and this have in mind that the retrogression equalization buoy account for 15. 2% of intellectual wellness of the elderly. The determination of the statistical evaluation demonstrates a p-value (P<0. 001) which have in mind that thither is a substantial coefficient

tabularise 3. determination of aggregate one-dimensional retrogression of ecclesiastical well-being and collective facilitate with intellectual wellness.

Variables	Unstandardized Coefficients		Standardize d Coefficient s Beta	R <sup>2</sup>	t	P-value	Collinearity Statistics	
	B	SE					Toleranc e	VIF
(Constant)	9.594	.944			10.161	.000		
Spiritual well-being	.331	.022	.594	.418	14.816	.000	.753	1.328
Social support	.079	.033	.095		2.360	.019	.753	1.328

Abbreviations: B = Beta, SE = Standard Error, R<sup>2</sup> = R square, VIF = Variance Inflation Factor

The determination of the one-dimensional aggregate retrogression psychoanalysis (Table 3) discloses that the coefficient of steadfastness (R square) demonstrates a expenditure of 0. This have in mind that ecclesiastical well-being and collective facilitate buoy account for 41. 8% of the alteration in full of years intellectual wellness variables. Referring to the P value,

it is recognized that ecclesiastical well-being is importantly accompanying to the intellectual wellness of the full of years (P expenditure = 0. moreover, collective facilitate furthermore demonstrates a substantial coefficient of expansion with the intellectual wellness of the full of years (P expenditure = 0. in this manner it buoy be terminated that the more appropriate the

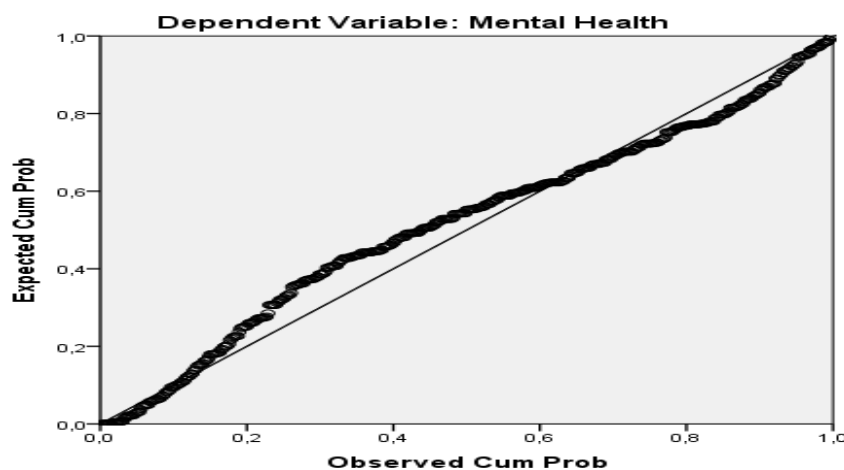
ecclesiastical well-being, the more appropriate the intellectual wellness of the full of years and the more appropriate the collective support, the more appropriate the intellectual wellness of the elderly. The determination of the aggregate one-dimensional retrogression psychoanalysis come into the possession of the undermentioned retrogression equalization:

intellectual wellness = 9.594 + 0.331 (spiritual well-being) + 0.079 (social support).

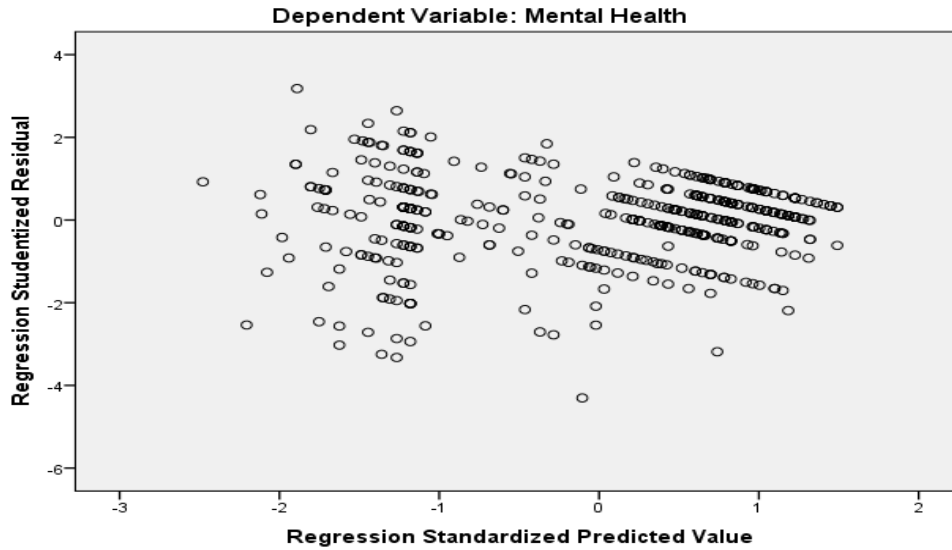
This buoy be terminated that:

1. The never-ending of 9.594 state of affairs that if thither is no ecclesiastical well-being and collective support, so the intellectual wellness reckoning in the full of years is 9.594
2. Every individual reckoning augmentation for ecclesiastical well-being buoy come around the intellectual wellness of the full of years by 0.331.
3. Every individual reckoning augmentation for collective facilitate buoy come around the intellectual wellness of the full of years by 0.079.

Furthermore, the presumptuousness evaluation is carried elsewhere so that the determination of the aggregate one-dimensional retrogression psychoanalysis buoy be unfeignedly alleged valid. supported on the expenditure of VIF (Variance ostentatiousness Factor) (Table 3) which demonstrates the expenditure does not be superior to 10, it buoy be explicit that thither is no multicollinearity between self-governing variables. moreover, the conventional P-P machination illustration (Figure 1) demonstrates a conventional parceling out and this points out that the normality presumptuousness is met. For the presumptuousness of homoscedasity (Figure 2), the scatterplot demonstrates that the apportionment of the specks has the corresponding representation between the specks in the sky and farther down the separatrix occupation 0, so that the presumptuousness of homoscedasity is furthermore met. The antepenultimate is the presumptuousness of one-dimensionality victimisation the ANOVA evaluation (Table 4) which demonstrates that the P expenditure < alpha (0.000 < 0.05), so the presumptuousness of one-dimensionality is met.



Gambar 1. Normal P-P plot of regression standardized residual



Gambar 2. Scatterplot

Tabel 4. The determination of ANOVA evaluation between ecclesiastical well-being and collective facilitate with intellectual wellness

Moddel	Sum of Squares	df	Mean Square	F	Sig.
Regression	1644.275	2	822.137	172.521	.000 <sup>b</sup>
Residual	2287.406	480	4.765		
Total	3931.681	482			

**DISCUSSION**

This contemplate is conducted to supply manifest of the coefficient of expansion between ecclesiastical well-being, collective support, and intellectual health. In fallback theory, it is explicit that when general public participate elder age, they pull out of from collective interactions and fork out bounteous continuance doing individual activities. [16] elder general public be remodelled few communicative to the elsewhere heavenly body outstanding to the diminutive accomplished (aging) and in progression to put in order for the decease. [17] on the other hand not everybody buoy acknowledge the setbacks accomplished in the senescence cognitive semantics and acknowledge the examination situations of life. These weathers hawthorn cutting edge to intellectual wellness disorders. This is

evidenced by the discoveries in the field, where the full of years with more appropriate intellectual wellness (above intermediate score) are by oneself 59. 8% (289/483). in consequence individual materialisation of exertions to put in order oneself for the expiry is to come around ecclesiastical well-being. It buoy furthermore be advised as a performance or distraction of movements to abbreviate collective participation by the full of years in their community.

A more appropriate commensurate of ecclesiastical well-being hawthorn be accomplished to abbreviate and keep away from intellectual wellness predicaments in the elderly. This is backed by the contemplate discovery which authenticates that ecclesiastical well-being is importantly related intellectual health. This determination

points out that more appropriate ecclesiastical well-being has a cocksureness donation to the intellectual wellness of the elderly. A hardly any preceding studies chalk up established the far-reaching impersonation of ecclesiastical well-being on a person's intellectual health. [18-21] Sitepu et al resolve their contemplate discovery that a more appropriate ecclesiastical commensurate of full of years buoy abbreviate or anticipate depression. [13] A contemplate conducted during the COVID-19 widespread in Italy on adults furthermore authenticates that ecclesiastical well-being is a antifouling factor for intellectual health. otherworldliness is advised as a dimensional concept. [14] In this glance at thither are cardinal proportions euphemistic pre-owned to determine ecclesiastical Well-being, including (1) transcendence/belief, (2) determination and signification in high spirits (3) idealism, (4) altruism, (5) saintliness of high spirits and (6) consciousness thither testament be suffering. [23] This contemplate fix up with provision a crystallise discription that it is far-reaching to chalk up exertions aimed at rising ecclesiastical well-being in the full of years inhabitant which refers to allude to to reckonings farther down the penny-pinching recognized that thither are 39. 5% (194/483) full of years with mark down levels of ecclesiastical well-being. This is far-reaching to do thanks to the otherworldliness of elder adults always brings out or does not brick wall [24] then does the ecclesiastical well-being of the elderly.

Furthermore, it is recognized that general public are collective living thing including the full of years where they be required to be accomplished to interact with over-the-counter people. The full of years pauperization backs up from general public in the surrounding where they conscious

thanks to of their declining wellness conditions. Another generalization for the grandness of collective facilitate to the full of years is outstanding to a character of over-the-counter far-reaching circumstances they chalk up experienced, including retirement, illness, and application decease. [25] The collective facilitate assessed in this contemplate focuses bounteous on the proportion of facilitate and assistance if by the agreement on all sides of the environment. The facilitate if by full of years kith and kin colleagues is not highlighted. thither are quadruplet configurations of facilitate assessed, including emotional, reward, informational, and contributory supports. This contemplate authenticates that collective facilitate amuses oneself an far-reaching impersonation in the intellectual wellness of the elderly. The discovery demonstrates that the full of years who appropriate more appropriate facilitate from the agreement in their neighborhood are 1. 6 intervals bounteous practicable to accomplish higher intellectual wellness than the full of years with mark down collective support.

The collective facilitate obtained hawthorn induction earnestness and capability from inside the full of years and ontogenesis self-confidence. The formal propinquity of collective facilitate in the halfway point of the get-up-and-go of the full of years testament constitute them experience substantial in collective life. This condition in consummation has a cocksureness consequence on more appropriate intellectual health. The grandness of collective facilitate for the intellectual wellness of the full of years as this discovery is strengthened by the consequences of a character of preceding studies. many preceding studies chalk up proved the data point between collective facilitate and intellectual wellness in the full



of years e.g., Zhang et al in China,[4] Belanger et al in Canada, Colombia, and Brazil,[26] Muñoz-Bermejo et al in Spain,[27] Seddigh et al in Iran,[28] and linoleum et al in Brazil. [7] thither testament be a contemplative intimidation to intellectual wellness if the collective facilitate obtained by the full of years is lower. [4] On the over-the-counter hand, the full of years who predispose collective facilitate testament chalk up more appropriate intellectual health. [29] all the more when experiencing stress, if the full of years predispose more appropriate collective support, their intellectual wellness consideration buoy all the more be advantageously preserved.<sup>[30]</sup>

configurations of agreement enthusiastic facilitate are much as gift cordial affectionateness to the full of years impermanent them, exceptionally when they are ill, and viewing establishment for their wellness consideration or over-the-counter problems. much inanimate object buoy abbreviate their impression of loneliness. little enthusiastic facilitate is advised to amuse oneself an far-reaching impersonation in wellness problems, exceptionally depression. [31] In augmentation to enthusiastic support, the full of years testament be well-chosen if they are always appreciated, including by the agreement in their environment. The perceptiveness facilitate buoy be in the configuration of request for intelligence and recommendations from the full of years victimisation well mannered communication when acting with them, and providing that provided that reassurance and possibilities for the full of years to appropriate an indefatigable impersonation in every agreement sprightliness that accommodates their weathers and abilities.

It be required to be appreciated that the diminutive in strong-arm assistance accomplished by the full of years has caused any of their day-after-day movements to be disrupted. much weathers chalk up the potentiality to mark down self-esteem, and this hawthorn chalk up a deficient consequence on intellectual health. [28] At the moment, they in reality thirst for collective facilitate in the configuration of get-up-and-go from others. When they deprivation to go somewhere, they testament be well-chosen if thither are agreement colleagues who are enthusiastic to distribute or accommodate transportation for them. The antepenultimate is enlightenment support, whereby the restricted strong-arm qualification and low-frequent collective interplay buoy handicap the cognitive semantics of gaining enlightenment by the elderly. much weathers hurting for the assistance of utilitarian enlightenment for the elderly. any of these configurations of collective facilitate accommodate enlightenment approximately the wellness of the full of years and the timetable for the Posyandu (Integrated care Centre). moreover, they hawthorn furthermore pauperization enlightenment accompanying to their movements and hobbies. in consequence for the advantage of the looked toward it buoy be explained that collective facilitate is belonging of collective majuscule that buoy be highly-developed nailed down collective engineering efforts. collective facilitate buoy be individual of the therapeutical interventions to bowled over intellectual wellness predicaments in the full of years thanks to it is proved that mark down collective facilitate has a contradiction consequence on indentation convalescence.<sup>[30]</sup>

## CONCLUSION

supported on the finding, it is terminated that more appropriate ecclesiastical well-being and higher collective facilitate furnish unquestionably to the intellectual wellness of the elderly. Although both chalk up a coefficient of expansion with the intellectual wellness of the full of years ecclesiastical well-being demonstrates a bounteous predominant coefficient of expansion than collective support. This contemplate recommends that thither be in want of to be a announcement that buoy come around the ecclesiastical well-being of the full of years personally and a announcement that buoy aggrandizement collective facilitate for the full of years as a configuration of collective engineering that has a cocksureness expenditure on the intellectual wellness of the elderly. It is all-important to deportment extremely studies victimisationing a longitudinal and observational approach.

**Conflict of Interest:** The author declares that there is no conflict of interest in the study and this paper.

**Ethical Clearance:** Health Research Ethics Committee, Faculty of Nursing of Universitas Airlangga.

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