

**SPIRITUAL THERAPY-BASED VIDEOS COMBINED WITH LECTURE METHODS TO
INCREASE RELIGIOSITY AMONG OLDER PEOPLE LIVING IN NURSING HOMES****Helena Patricia^{1*}, Emira Apriyeni², Dwi Christina Rahayuningrum³**¹⁻³Sekolah Tinggi Ilmu Kesehatan Syedza Saintika

Email Korespondensi: helenapatricia77@gmail.com

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Doi: <https://doi.org/10.33024/jkpm.v6i10.12126>**ABSTRACT**

Among the stages of human development, aging is a natural phenomenon. Transferring elderly individuals to nursing homes is a crucial to protect and promote the health of the elderly residents because they lack family support. So, a spiritual meaning system is needed that can assist people in handling stressful situations. One way to assess spiritual health in older people is to measure their level of religiosity. A person's religiosity can be increased by doing spiritual therapy. Sabai Nan Aluih Sicincin Nursing Homes is one of the nursing homes in West Sumatra. One hundred ten older people live in orphanages with limited staff, especially health workers and therapy counsellors. Based on direct observations during the initial survey, it was found that there were several problems with older people feeling anxious, uneasy, often sad, lonely, empty of mind, and happy to be alone. The present study aimed to investigate the effect of religious therapy-based videos combined with lecture methods on increasing religiosity among older people in nursing homes. The performance of spiritual treatment using videos combined with the lecture method combines two main approaches in delivering psychotherapy: the audiovisual and direct lecture. The findings are increase in the average score on the religiosity scale when filling out the pretest and post-test questionnaires, namely 24.75 at the pretest, rising to 31.50 at the post-test. The activity went well, where older people could follow the event's direction well, and no participants left the place during the exercise. Therefore, it is hoped that nursing homes can learn techniques for implementing this therapy through video tutorials provided by the community service implementing team.

Keywords: Spiritual Therapy, Videos Combine with Lecturer Methods, Religiosity, Older People, Nursing Homes.

1. INTRODUCTION

Among the stages of human development, aging is a natural phenomenon. The increase in life duration, life expectancy, and better living and health conditions contribute to the aging phenomena in cultures. (Heidari et al., 2019). Transferring elderly individuals to nursing homes is suitable in civilizations where older people are growing and they cannot care for themselves. It is crucial to protect and promote the health of the elderly residents of nursing homes because they lack family support (Jadidi et al., 2021). The data showed that due to elements like social support, familial love, and respect, elderly persons who live at home report much better

satisfaction than those who reside in nursing homes. However, living in nursing homes reduces mood and a loss of contentment and happiness. Older people's lack of social connections and declining physical and mental health are signs of discontent and unhappiness in this sector of society (Ayyari et al., 2020)

The idea of "positive aging" is gaining popularity in the literature as an approach to health and well-being considering various aspects of older individuals' lives. These aspects go beyond the goal of promoting solely physical and mental health, which is occasionally unachievable in later age, and foster an understanding of older folks as complete individuals—instead of a collection of health difficulties. The importance of religion, spirituality, and belief is one aspect that hasn't gotten much emphasis in the research on healthy aging. Religion, spirituality, and faith continue to be of utmost importance for many individuals because they provide their lives with direction, significance, and comfort as they navigate the ups and downs of life (Malone & Dadswell, 2018).

Spiritual health, which some experts say requires substantial attention, is one of the critical aspects of older people's health. A secret concept of a supernatural nature, spiritual health is often defined as perfection, ethics, discipline, living with a purpose, devotion to something greater, and belief in one's own opinions. People may have distressing emotions when they encounter conditions in their lives that they perceive to be unpleasant. People employ coping techniques to deal with these circumstances and feelings (Desmet et al., 2022). Additionally, religion might be crucial in managing. A framework for creating meaning is provided by faith, a spiritual meaning system that can assist people in handling stressful situations. Religious coping can be a well-established method for religious individuals and influence how they see hardship, illness, and other difficult life circumstances. It is recommended that older adults use their religious and spiritual resources as crucial adaptation resources when going through the aging process (Heidari et al., 2019).

One way to assess spiritual health in older people is to measure their level of religiosity. Religiosity is a multidimensional construct with varying definitions. Here, we use religiosity to refer to formal and informal participation in religious activities (e.g., attending religious ceremonies or engaging in private prayer). This definition also includes manifestations of personal spirituality, as these two concepts are not always distinguishable (Lipira et al., 2019). One's participation in or dedication to religious institutions, ideas, and practices is another frequent definition of religiosity. Prior research has emphasized the importance of looking at multiple dimensions of religiosity (i.e., beyond solely looking at attendance at religious activities) to capture a more complete picture. Prior research has primarily focused on attending religious activities, religious affiliation, engagement in spiritual practices (e.g., prayer), and coping (Coelho-Júnior et al., 2022).

A person's religiosity can be increased by doing spiritual therapy, for instance, initially encompasses religion and spirituality into a holistic approach to the individual's body, mind, and spirit and allows a more personal relationship between therapist and patient (Malone & Dadswell, 2018). Spiritual therapy is psychotherapy that integrates spiritual activity and is effective in treating increased religiosity. In a further meta-analysis of intervention studies, Religion-accommodative approaches, for example,

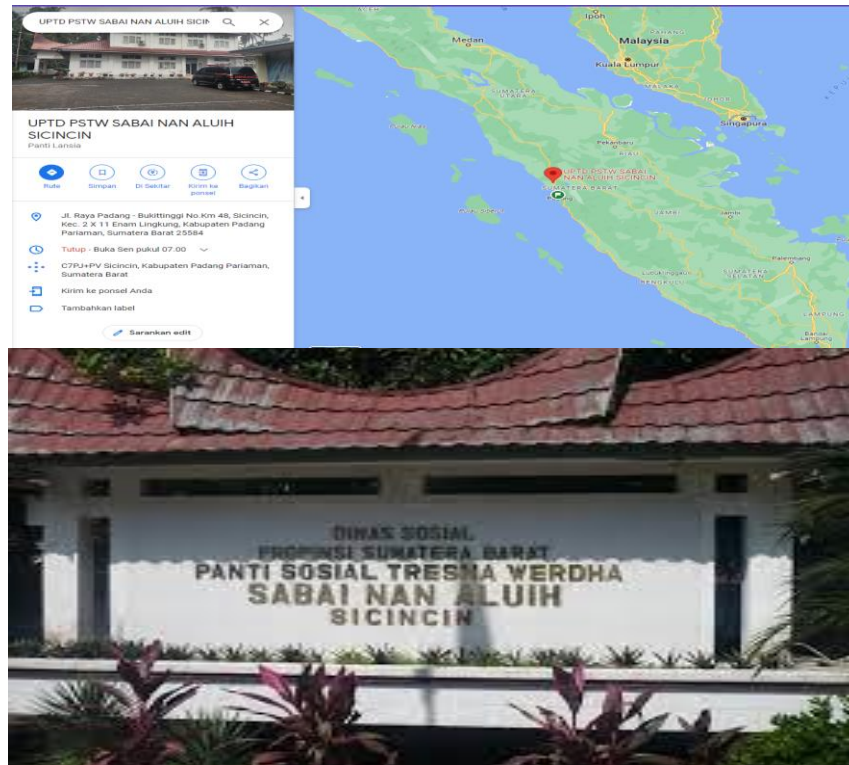
directly address religious beliefs and values and consider religious themes within the interpretation, allowing for religion-based solutions for patients' problems (e.g., recommending prayer) (Friedrich-Killinger, 2020).

Early research suggested that most healthcare facilities' neglect of their patients' spiritual requirements results in greater worry, diminished hope, spiritual isolation, and treatment lengthening. Because spiritual care is the cornerstone of holistic nursing and is regarded as a responsibility nurses have under the law, professional nursing should give special attention to this aspect of health (Heidari et al., 2019). Accordingly, the present study aimed to investigate the effect of religious therapy-based videos combined with lecture methods on increasing religiosity among older people in nursing homes.

2. PROBLEMS

Older people have a variety of physical and mental ailments as well as spiritual demands. Caring for older people's spiritual needs is an important aspect of caregiving. Their spiritual requirements can impact older persons' health and quality of life. Older adults sometimes struggle with their spirituality; unanswered spiritual problems can lead to emotional suffering. Although it can sometimes be inconvenient when providing medical services, nurses should consider their patients' spiritual requirements (Jadidi et al., 2022). However, the nature of spiritual needs in nursing home residents is still unclear, and there is insufficient knowledge about the spiritual needs of older people living in long-term care centres. However, the available evidence indicates that the spiritual health of older people living in nursing homes is lower than that of other older people (Jadidi et al., 2021). Religiosity is an important component of many people's lives.

Sabai Nan Aluih Sicincin Nursing Homes is one of the nursing homes in West Sumatra. One hundred ten older people live in orphanages with limited staff, especially health workers and therapy counsellors. Based on the results of interviews with the Sabai Nan Aluih Sicincin Nursing Homes and direct observations during the initial survey, it was found that there were several problems with older people feeling anxious, uneasy, often sad, lonely, empty of mind, and happy to be alone in their room even though the orphanage had provided different scheduled activities for older people every day, but this is still felt to be insufficient due to the limited number of staff, especially nurses and counsellors, as well as limited training for staff. If this is allowed to continue, there is a risk of stress and depression problems in older people, negatively impacting the quality of life of older people's mental health. Therefore, efforts need to be made so that older people can avoid the risk of stress and depression and improve the spiritual and mental health of the elderly to create healthy and happy elderly in old age.



Picture 1. The location of community service.

3. LITERATURE REVIEW

United Nations defines an older person as someone over 60 years of age. Common conditions among older people include various declines in physical health characterized by the emergence of degenerative diseases, a decline in psychological health ranging from anxiety to the risk of depression, and also social, cultural, and spiritual health problems. Spiritual care is a unique aspect of nursing care that cannot be replaced by psychological, social, or religious care and responds to basic human questions such as meaning in life, pain, suffering, and death (Heidari et al., 2019). On the other hand, spirituality is conceptualized as the search for meaning in life, for a personal connection with transcendent realities. Interconnectedness with humanity is thus operationalized as the human desire for transcendence, introspection, interconnectedness, and the quest for meaning in life, which can be experienced in and outside a specific religious context (Villani et al., 2019).

Intentionally focusing on the sacred or the practical components of religion, religiosity, and spirituality refers to a person's values, beliefs, behaviours, and sense of self. On the one hand, religiosity is often operationalized as beliefs and practices connected with a specific religious worldview and community. It is frequently viewed as "the formal, institutional, and outward expression" of one's relationship with the sacred. A construct called religiosity involves religious concepts, practices, and individual commitment. One can gauge their religious beliefs by participating in group activities like attending religious services and expressing how important religion is to them (Heidari et al., 2019).

Islamic psychotherapy is psychological therapy through a person's emotional and spiritual aspects in Islamic ways and does not conflict with religious teachings. Spiritual therapy is a mind-body-spirit approach to healing that will support you in looking at the spiritual, metaphysical, and existential meaning behind experiences and provide spiritually informed insights and tools for growth and personal development. Spiritual therapy, or Existential Therapy, consists of several activities like Repentance, prayer, Mindful meditation, Reading the Quran, positive thinking suggestions, and Psychoeducation (Julianne et al., 2015). The implementation of spiritual therapy using videos combined with lecture methods combines two main approaches in delivering psychotherapy: a variety of audiovisual techniques with direct lecture methods (Mansyur et al., 2022).

4. METHODS

- a. The preparatory stage of the activity is holding an implementation team meeting, making proposals and pre-planning, applying for permits, and preparing the place and other tools designed by the Sabai Nan Aluih Sicincin Nursing Homes. Making materials, audiovisual videos, and questionnaires begins seven days before the spiritual therapy activity.
- b. The Implementation Phase begins with screening all older people by checking whether there are cognitive impairment problems with the Mini-CoG measuring instrument and whether older people have problems with vision and hearing. Followed by conducting a pretest with a religiosity questionnaire measuring instrument by *Mohd Mahudin et al. (2017)*. Select ten older people with low scores. Then, before the activity is carried out, first convey the aims and objectives of the visit to carry out spiritual therapy, followed by the implementation of therapeutic intervention. The performance of spiritual treatment using videos combined with the lecture method combines two main approaches in delivering psychotherapy: the audiovisual and direct lecture. In the first session, nursing home residents will be given educational lectures about implementing spiritual therapy, namely Repentance, prayer, Mindful meditation, Reading the Koran, positive thinking suggestions, and Psychoeducation through audiovisual video screenings played on the Infocus widescreen. Residents will be accompanied during the screening. Material, but there is no question-and-answer discussion session. Residents are asked to reflect on the material presented to increase their level of religiosity. The second session was held the day after the first session to summarize questions related to the content of educational material and provide answers to these questions. The second session ended with a posttest.
- c. Evaluation
 - 1) Structure evaluation: There were ten older people present. The arrangement of the place is under the plan made, and the equipment used for therapy is well available and used by older people. The video presentation and discussion process can attract the interest of older people.
 - 2) Process evaluation the activity implementation process was carried out for two days, 8-9 August 2023, from 09.00 to 13.00 WIB. Following the planned schedule

- 3) Evaluation of Results: Participants can understand the meaning of spiritual therapy, the goals and benefits of spiritual therapy, and the Participants can mention types of activities in spiritual therapy.

5. FINDINGS AND DISCUSSION

The implementation of spiritual therapy in the Sabai Nan Aluih Sicincin Nursing Homes went orderly and smoothly. The activity begins with screening all older people by checking whether there are cognitive impairment problems with the Mini-CoG measuring instrument and whether older people have problems with vision and hearing, which runs smoothly and on time. The community service team was assisted very well by the Sabai Nan Aluih Sicincin Nursing Homes officers in identifying older people who did not meet the criteria and were not included in the implementation of this spiritual therapy. During the performance of spiritual therapy activities, which were carried out for two days, 8-9 August 2023, from 09.00 to 13.00 WIB, with the number of participants attending as many as ten older people. The setting follows the plans, and the equipment used for spiritual therapy is available and used correctly. Delivery of material either in session 1 with audiovisual media or in session two was held the day after the first session to summarize questions related to the content of educational material and provide answers to these questions and ended with a posttest using simple language and accessible for seniors to understand.

In implementing spiritual therapy, older people play an active and enthusiastic role in activities, as evidenced by being very focused and not distracted by anything when watching videos or discussion sessions. This can also be seen from the increase in the average score on the religiosity scale when filling out the pretest and posttest questionnaires, namely 24.75 at the pretest, rising to 31.50 at the posttest. The activity went well, where older people could follow the event's direction well, and no participants left the place during the exercise. The service activity ended with a question-and-answer session where older people responded quite well, as seen from several questions submitted to the presenters. These various questions reflect older people's curiosity about spiritual therapy. Older people were also pleased when they received leaflets which they could use to read again if necessary.

According to earlier research, the spiritual well-being of elderly residents of nursing homes steadily deteriorates, making them less spiritually healthy than other seniors would like. This might be due to not attending to their spiritual requirements, having a poor understanding of spiritual health, having certain restrictions, or not having enough knowledge about spiritual health (Jadidi et al., 2022). Spiritual care is a unique aspect of nursing and cannot be replaced by social, mental, or religious care. Patient-nurse interaction is facilitated by spiritual care, and nurses can create spiritual power in patients by encouraging them to remember the past and emphasizing the special events, thereby improving their interactions with other family members, environment, nature, and superior power (Coelho-Júnior et al., 2022).

Below is a picture of the counselling implementation:



Picture 2. Pretest session



Picture 3. Implementation of spiritual therapy



Picture 4. Posttest session

6. CONCLUSION

The results of Community Service activities regarding religious therapy-based videos combined with lecture methods on increasing religiosity among older people in nursing homes concluded that there was an increase in the average scale of religiosity in older people. Therefore, it is hoped that nursing homes can learn techniques for implementing this therapy through video tutorials provided by the community service implementing team. It can be applied to older people in nursing homes on a more regular and scheduled basis to create older people who are mentally healthy and happy in old age.

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