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RELATIONSHIP OF SPIRITUAL INTELLIGENCE WITH ANXIETY TOWARDS AGING

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ABSTRACT

Background: Elderly is gift from god. Became old, however, more and more elderly will be more and more weakness. In other words elderly impact on the productivity and it sometimes causes an anxiety.

Objective: To determine the relationship between spiritual intelligence with the anxiety toward aging.

Methods: correlation descriptive study with cross-sectional approach. The population community of Pengalusan vilage, Mrebet Discrit, Purbalingga. Samples taken 96 respondents, using sampling techniques porpositive. Data analysis with chi square test.

Results: Characteristics of the respondents 71.9% aged 55-60, 62.5% female, 64.6% elementary education, 56.1% had a good spiritual intelligence. 41.7% with mild anxiety, anxiety was 40.6% and 17.7% with severe anxiety. There is a significant relationship between spiritual intelligence with anxiety toward aging with p value = 0.002.

Conclusion and Recomendation: There is a significant relationship between spiritual intelligence with anxiety toward aging. Required cooperation with related parties for guidance counseling in an effort to improve the spiritual intelligence to reduce anxiety towards the elderly.

Keywords: Spiritual Intelligence, Anxiety

INTRODUCTION

Background

Increased life expectancy of Indonesian society have an impact on the growing number of elderly. The number of elderly in Indonesia ranks fourth in the world behind China, India, and the United States. Based on BPS data of the elderly population in 2010 as much as 9.58% and is predicted to be 11.20% in 2020. The increase in the elderly population can potentially cause problems that will affect other population groups as well as a variety of more complex problems (Hardwinoto and Tony, 2005).

The problems of the elderly complex one physical deterioration accompanied by various diseases. Therefore, the elderly perceived as a threat, this

would lead to an anxiety. Anxiety is seen in psychological symptoms, such as confusion, anxiety, fear for their future, declining morale, irritability, tension, fatigue and forgetfulness. Feelings of anxiety that can disrupt protracted concentration of individuals in work and interact with their environment. To overcome this necessary spiritual intelligence. spiritual intelligence and behavior aims to place our lives ² in the context of a broader meaning and rich, in addition to assess that person's actions or way of life is more meaningful than others (Agustian, 2009).

Humans with high spiritual intelligence will have a weak gesture, proximity, curiosity, creativity, construction (Knight, 2008). The results of a preliminary study in the Village District of Mrebet Pengalusan Purbalingga ahead on 10 elderly people (age <55th) showed 80% revealed the presence of anxiety. Based on interviews the anxiety caused by (1) the fear of the drop in productivity and a decrease in physical condition due to various diseases of aging. (2) Feeling worthless, due to the limitation of activity due to physical deterioration. 3) Feeling scared and worried about death because death is not yet ready to face. (4) Fear will only be a burden on families who live at home. This is in contrast with Mr. M, Tn. M says do not worry because it thinks the elderly is a time period to be thankful for, so it has a psychological readiness, health, and mental. The description above can be interpreted that the person who entered the elderly will take time to change the orientation of life. Based on the above problems, researchers interested in examining the relationship of spiritual intelligence with Anxiety Towards the Elderly villagers Pengalusan, District Mrebet, Purbalingga.

problem Formulation

Increased life expectancy impact on the growing number of elderly. This leads to many complex problems, ⁶ one of which anxiety towards the elderly. One effort to reduce the anxiety with a good spiritual intelligence, that the formulation of the problem in this research is How Spiritual Intelligence Relationship with Anxiety Towards the Elderly villagers Pengalusan, District Mrebet, Purbalingga

LITERATURE REVIEW

A. Spiritual Intelligence

Spiritual intelligence (SQ) is the intelligence to deal with and solve the problem meaning of life, values, and integrity of the self. Spiritual intelligence is a necessary foundation for the functioning of IQ and EQ effectively, spiritual intelligence allows one to identify the values, traits in others and in himself. (Zohar & Marshall, 2001).

Muhammad Zuhri (in Joseph, 2005) spiritual intelligence is human intelligence that is used to connect with God. The assumption is that if a person's relationship with God then certainly a good relationship with our fellow human beings would be good also. Michael Levin (2000 in Safaria, 2007). Spiritual intelligence is a perspective that means direct way of thinking towards the deepest essence of human life, namely servitude themselves to Allah Almighty creator. The highest spiritual intelligence can only be seen if the individual has been able to make it happen and reflected in their daily lives. This means that the attitudes of individual life will reflect penghayatannya virtues and deep wisdom, according to the sacred path leading to the Creator (Safaria, 2007). Sinetar (2001) describes some of the characteristics of a person who has a high potential for spiritual intelligence include:

- a. Has a deep self-awareness
- b. Has a broad view of the world and nature.
- c. Have a high moral and happy.
- d. Having an understanding of the purpose of his life.
- e. Having a desire to always help others.
- f. Has a pragmatic and realistic view.

B. Anxiety

Anxiety is a condition that indicates a situation that threatens the integrity of existence and manifested itself in the form of behavior such as a sense of helplessness, a sense of inadequacy, fear, specific phobia (Hamid, 2007). Anxiety has various levels, Stuart & Sundeen (1998, in Ermawati, 2010) categorize as follows:

- a. Anxiety Light

b. Moderate anxiety

c. Anxiety Weight

Response Range Anxiety

Range anxiety response can dikonseptualisaikan in response range. This response can be described in a range of adaptive responses to maladaptive. Reactions to anxiety can be constructive and deskruktif. Constructive is the motivation for someone to learn to understand the changes, especially on the changes to the uncomfortable squeeze and survival-focused.

While deskruktif reaction is a reaction that can lead to maladaptive behavior and dysfunction related to severe anxiety (Stuart and Sundeen, 1998, in Ermawati, 2010). Manifestations of Anxiety according to Sue, the Trismiati et al (2006) report that the manifestations of anxiety can be tangible manifestation of the cognitive, embodied in one's mind, about the bad things that will happen. Somatic changes, appears in the circumstances of dry mouth, cold hands and feet, diarrhea, frequent urination, muscle tension, increased blood pressure and others. Affective, intangible in anxiety, and feelings of excessive tension.

RESEARCH OBJECTIVES

1. The General Purpose

To determine the relationship of spiritual intelligence with anxiety towards the elderly in society Pengalusan Village, District Mrebet, Purbalingga.

2. Objectives

- a. Analyzing Characteristics of Respondents
- b. Analyzing Spiritual Intelligence
- c. Analyzing Anxiety Toward Elderly
- d. Analyzing Relation to Anxiety ahead of Spiritual Intelligence elderly

METHODS

Research Design

Type a descriptive correlation study with cross sectional approach(Sugiyono, 2006).

Population and Sample

The population in this study were all leading up to the age of elderly adults (50-60 years). Samples were taken 96 respondents with a sampling technique using porposive sampling.

Research Variables

The variables in this study consisted of a free variable that spiritual intelligence and the dependent variable is anxiety towards the elderly.

Data analysis

Analysis of the data using the chi square test with 5% (confidence level).

RESULTS AND DISCUSSION

a. characteristics of Respondents

Table 1 Description of Characteristics of Respondents

Variable	Frequency	Percentage (%)
age		
- 50-54 years	27	28,1
- 55-60 years	69	71,9
Number	96	100
Sexs		
- Male	36	37,5
- Famale	60	62,5
Number	96	100
Education		
- Elementary schools	62	64,6
- Junior high schools	32	33,3
- Senior high schools	2	2,1
Number	96	100

b. Spiritual Intelligence and Anxiety

Table 2 Description of Emotional Intelligence Level and Anxiety Toward Elderly In Pengalusan Village, District Mrebet, Purbalingga

Variable	Frequency	Percentage (%)
spiritual intelligence		
-Good	54	56,1
- Poor	42	43,8
Number	96	100
levels of anxiety		
- Anxiety light	40	41,7
- Moderate anxiety	39	40,6
- Anxiety weight	17	17,7
Number	96	100

d. Relationships Spiritual Intelligence and Anxiety Toward Elderly

Table 4 Relationship with anxiety towards spiritual intelligence in the elderly Pengalusan village, subdistrict Mrebet, Purbalingga district.

Spiritual Intelligence	Anxiety Toward Elderly								<i>P value</i>
	Anxiety light		Moderate anxiety		anxiety Weight		Number		
	N	%	N	%	N	%	N	%	
Good	28	51,9	14	25,9	12	22,2	54	100	0,004
- Poor	12	28,6	25	59,5	5	11,9	42	100	
Number	39	40.6	40	41.7	17	17.7	96	100	

Table 4 shows the results of the analysis of data with known ¹chi square test $p \text{ value} = 0.004$, this means that there is a significant relationship between the spiritual intelligence before the age of anxiety.

DISCUSSION

The results showed 71.9% aged 55-60 years. According to Nugroho (2008), those aged 40-45 years began to experience anxiety facing old age. In the majority of the gender characteristics are female 62.5%. According to Stuart and Laraia (2005) describes women have higher levels of anxiety than men, because women are more sensitive to the emotions. Ramaiah (2003) concluded that gender is one of the factors that influence the occurrence of anxiety. Characteristics of education as much as 64.6% of primary school. The level of education an important influence in the face of problems. The higher one's education, the more experience of life in its path, so it will be better equipped to handle problems that occur. Generally, the elderly who have a higher education level can still productive, they are just a lot to contribute as a pastime with writing scholarly books and his own biography (Tamher, 2009). The results showed that the respondents have a good spiritual intelligence as much as 56.1%. According ⁸utama (2010) spiritually intelligent person does not solve the problems of life only rationally or emotionally alone. He was connecting with the spiritual meaning of life is to do with regulating relations of life. Abdullah (2004) adds that the spiritual condition of a person is influenced to ease him in life. If spiritual good, then he becomes the most intelligent person in life. For that is best for us is to

improve our relationship to God, which strengthen our vertical backrest by means of enlarging and refining tawakal piety and purify our devotion to Him. studies suggest that the elderly are high spiritual intelligence considers death is not the end of life and is not a threat to him, but death is a driving force for him to live a better life (Avita, 2010).

The results showed 41.7% had mild anxiety level. According to Laila and Sari (2011) stated that anxiety is a manifestation of the various processes of mixed emotions, which occurs when people are experiencing feelings of stress (frustration) and inner conflict (conflict). Anxiety towards the elderly light indicates that the majority of the people in the village Pengalusan not experience fear or worry with the future elderly. Anxiety is one of the psychological symptoms are synonymous with negative feelings. Anxiety has two components consisting of cognitive anxiety is characterized by anxiety and fear that something will happen,

While the second is a somatic anxiety (somatic anxiety) are characterized by the size of one's physical state (Weinberg and Gould, 2007). Changes that occur in a person over time through stages of development from the prenatal period to the elderly. With the change in a person when entering old age, it can affect a person to experience anxiety. This is because a person still can not accept the reality of the changes that happened to him. According to Andri (2013) stated that being old is a natural process and will happen to everyone. Being a parent can not be avoided by anyone, because old age is a natural process that must be faced, in accordance with the passage of time. The question is how we can be aware and prepared to deal with the passage of time in the process.

The results showed a significant association between anxiety towards spiritual intelligence with advancing age. This suggests spiritual intelligence required by a person when approaching old age. Spiritual intelligence that will either make a person more able to accept and understand the changes that happened to him, they regard these changes is the stage of one's development during the life of this world. If someone has an excellent spiritual intelligence then it will reduce anxiety in approaching elderly person. but if the spiritual intelligence about a man having bad then chances are someone has high anxiety in

the elderly ahead. The results are consistent with the results of research conducted by Avita (2010) which states that there is a significant relationship between spiritual intelligence with anxiety in the face of death in the elderly Elderly Social Services Unit of Pasuruan. This shows that a person's level of spiritual intelligence have an influence on one's anxiety in entering the elderly.

Someone who has a good spiritual intelligence, consider approaching advanced age is not the end of everything and not a threat to him, but entered the elderly is a motivation for him to live a life becoming a better person and can be useful for others. Zohar and Marshall (2001) adds that the spiritual aspect can help a person to be able to see the problems it faces with a more simple and clear, so as to find a way out with a clear mind.

CONCLUSIONS AND RECOMMENDATIONS

The study concluded that a significant relationship between anxiety towards spiritual intelligence with advancing age (p value = 0.002). Need for cooperation among stakeholders in order to improve the counseling spiritual intelligence to increase faith and piety as well as recognizing the emotions themselves so as to prevent or reduce anxiety in the face of advancing age.

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