

QUALITY OF LIFE: THE SPIRITUALITY AND SPIRITUAL WELLBEING OF ELDERLIES IN MALAYSIA

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Abstract

With an increasing aging population worldwide, there is a need for greater focus on the spirituality of older people, to better support them and lead them to an enhancement of their inner peace. This study used a qualitative with exploratory sequential design approach (with semi-structured interviews) in exploring spirituality with older people in community of Federal Territory of Kuala Lumpur, which is related to a sense of personal belief and connection that helped them in their daily lives. The research involved a rigorous exploratory process. The fifteen (15) participants provided information about their rich experiences and their connections in four domains: (1) Faith, (2) Belief, (3) Practice and (4) Emotion. Results: The reliability of the dimensions was all high as the Cronbach's Alpha coefficients were above 0.90. Therefore, this spirituality measurement tool can be considered highly reliable. Conclusion: This paper has developed as well as validate the spirituality measurement tool. It was used to construct a profile of elderly in Malaysia, and it may be applied to profile elderly in other countries.

Keywords: Elderly, Malaysia, Quality of Life, Spirituality, Spiritual Well-Being, Spiritual Quality of Life



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INTRODUCTION

Spirituality and religion both honour what is held sacred. Spirituality has been described as a search for the sacred, as well as a process through which people seek to discover, hold on to, and transform what they hold sacred in their lives (Pargament, & Exline 2021). Researchers agree that spirituality is an understudied variable in health research and that it is a moderately robust variable in predicting health-related outcomes (Pasha-Zaidi, 2021). Although there is evidence that holistic palliative care nursing must address spirituality, it is hoped that “spiritual care” will become an integrated part of nurses’ daily work and lives rather than just another task on their to-do list (Miller et al., 2023).

Research has shown that spirituality is positively associated with good physical and psychological health; however, the definitions of spirituality are varied. Spirituality is often used synonymously with religion. Traditionally, the definition of religion includes spirituality. However, in modern times, spirituality and religion have been separated (Kusuma, 2020; Rosmarin & Koenig 2020; Suwarni, 2021; Basyiroh, 2024; Isdiana, Zaid, & Akhtar, 2024). Pargament, & Exline (2021) argued

that religion and spirituality are not independent constructs but are related. Many individuals experience spirituality in the context of an organized religious setting.

Spirituality is a complex concept because it relates to the feelings and experiences of every human being. Humans are all different and we are all spiritual in some way. We have a central core that helps us to develop purpose and meaning in our lives. There are many dimensions of our lives which help to give us peace and to lift (transcend) us above everyday experiences and bring into focus elements of our spirituality. Although spirituality is intrinsically personal to each individual and many individuals may not identify with the concept at all, universally applicable aspects of spirituality include connection, purpose, hope, and tranquility (Weathers et al., 2016; Fernando & Yusnan, 2022; Yohanie et al., 2023; Fitriana & Waswa, 2024).

Many studies have shown that older people tend to be spiritual (Moberg & Damrosch, 2017). Spiritual health is a core dimension of health (Craven et al., 2019), interacting with all other aspects of health (Zapater-Fajari et al., 2021). It is an important source of coping with stressful life events, gives older individuals peace, strength, and a joyful life (Zapater-Fajari et al., 2021). Medical staff need to be aware of the spiritual needs of their older patients and adopt the care of them. Therefore, the evaluation of older adults' spiritual health has been regarded necessary, because spiritual health is one of the important dimensions of the elderly's health which plays an important role in other dimensions in their health (Jadidi et al., 2021; Zakiyah, Boonma, & Collado, 2024).

In the current critical examination of the resurgence, spirituality seems to have a significant role in nursing practice (Barnum, 2006). One recent study developed a model that improve knowledge related with skills that make possible to understand the disease symptoms and how to deal with elder people through spirituality (Lima et al., 2020). Spirituality is a mortality and behaviour to keep and infuse into one's soul, mind, and body together for a positive, delightful, and noble beliefs and practices of rightfulness in one's life as I would describe and explain in my own sense. According to a study's findings, religion did not predict an older adult's quality of life; only spirituality did (T'ng et al., 2020). Malaysia is experiencing an ageing population, with older adults increasing yearly (Ismail et al., 2023; Lim et al., 2023; Azreen et al., 2024). A low quality of life (QOL) is typically rated as suboptimal among older persons, necessitating deliberate and collaborative effort using an evidence-based approach. However, limited research has examined the healthrelated QOL and its relationship with spirituality role participation among elderlies in Malaysia. The purpose of this exploratory sequential design is to develop and validate of spirituality measurement tool. The first phase of the study in developing the Spirituality questionnaire, it will be a qualitative exploration of spirituality among elderly, by collecting data via in-depth interview from 15 elderlies at Federal Territory of Kuala Lumpur to form the construct. It is a non-worldly nor human connectivity but rather solely in connection with his creator or other spirits other than God in generating inner power or energy for those practicing it in their daily living. Aim of this research is to find out the factors which maintain the quality of life of elderlies in Malayasia through spirituality and spiritual wellbeing.

RESEARCH METHOD

Contains The purpose of this exploratory sequential design is to develop and validate of spirituality measurement tool. The first phase of the study in developing the spirituality questionnaire, it will be a qualitative exploration of spirituality among elderly, by collecting data via in-depth interview from 15 elderlies at Federal Territory of Kuala Lumpur to form the construct. In this light, the interview data were intended to support the qualitative result by providing insights into what motivates elderly people to make positive spiritual changes. The interview also probed on how the elderly make and sustain their spiritual health changes and which factors facilitate and hinder their positive quality lifestyle (QOL). The results of the interview data analysis were coded in themes, as described in result section.

The research survey design involved the use of qualitative method to recruit participants based on specific inclusion and exclusion criteria. Inclusion criteria for the study include being 60 years old and above, able to read and write in English, and having resided in Malaysia for at least 5 years. On the other hand, exclusion criteria involve individuals aged 59 and below, those who cannot read and write in English, and individuals who are unconscious, deaf, mute, or have cognitive impairments. The study is limited to the federal territory of Kuala Lumpur, Malaysia, specifically focusing on eleven districts, including Kepong, Batu, Wangsa Maju, Segambut, Setiawangsa, Titiwangsa, Bukit Bintang, Lembah Pantai, Cheras, Seputeh, and Bandar Tun Razak, where elderly individuals are located.

In the framework definition of spiritual well-being (SWB) proposed by the National Interfaith Coalition on Aging (NICA), in Washington DC, four main themes appeared as SWB was seen as “the affirmation of life in a relationship with God, self, community and environment that nurtures and celebrates wholeness” (NICA 1975). Literature reveals that these four sets of relationships are variously mentioned when discussing spiritual well-being (references across the last three decades include (Ellison 1983, Burkhardt 1989, Martsof & Mickley 1998, Benson 2004, Ross 2006, Como 2007). These relationships can be developed into four corresponding domains of human existence, for the enhancement of spiritual health: 1) relation with self, in the personal domain--Thinking of power of God.; 2) relation with others, in the Communal domain--Belief and Practice in spirituality; 3) relation with the environment, in the Environmental domain,---Control of Emotion and Religion; 4) relation with transcendent Other, in the Transcendental domain-----spiritual health.

Ethical consideration: This study was approved by Lincoln University College’s Nursing ethical committee with a reference number of PhD-111191019197-1910 approved on the 10 of January 2021

RESULTS AND DISCUSSION

Qualitative Result (Phase 1 part 1: Developing measuring tools)

This chapter analysed and interpreted the data collected from 15 participants of the total 383. It was intended that the interview data would build on the qualitative result in providing insight into what motivates elderly aged to make positive change in their spirituality, however elderly aged make and sustain their spiritual health changes, what factor facilitated and hinder their positive quality lifestyle (QOL). The analysis of interview data was being coded in themes and it would be described below.

Participants Demography

A total of 15 respondents were interviewed and the summarized data pertaining to respondent’s background information. The data indicates respondent’s age, marital status, education, ethnicity, employment status and monthly income. Table 1 showed that all participants were male and female elderly people, where majority of the male (45.8%) fall in the age group of 60-69 years old, followed by 65 years to 69 years male (41.7%), 60 years to 72 years female (12.5%). In term of marital status of the participants, where most of the male and female (66.70%) were married followed by, separated (25%) while single and never married was (8.5%).

Regarding educational qualification status of the respondents, majority who attained their degree from university were 10 respondents (41.7%) followed by college and technical certificate or diploma 7 respondents (29.2%) and 3 participants (12.5%) completed Malaysian School Certificate and the lowest 2 respondents (8.1%). who had completed SRP and primary school.

All races were approached for data collection in this research, majority were Malays (41.3%), followed by Indian (34.4%), Chinese (20.2%) the least was others (4.1%) to. The income level of the 24 participants, majority 8 respondents (33.3%) of the respondents were having an income less than 3,000 MYR, followed by 4 respondents (16.7%) with an income of 5000 to 8000 MYR, then 8,001 to 10,000 MYR by 5 respondents (16.7 %) and the least income group were earning between of 3,000 to 5000 MYR which made up 3 participants.

Table 1. Demographics of Participants Interview

Demographics	Frequency N=15	%
<i>Age (Years)</i>		
60-69	5	33.3
65-70	7	46.6
60-72	3	20
<i>Marital Status</i>		
Married	9	60
Separated	3	20
Single/Never Married	3	20
<i>Occupational Qualification</i>		
Completed primary school	1	6.6
SRP	2	13.3

Malaysian certificate (SPM)	3	20
Trade, technical, certificate or diploma	3	20
University or college degree	6	40
<i>Race</i>		
Malay	7	46.6
Chinese	4	26.6
Indian	3	20
Others	1	6.6
<i>Employment Status</i>		
Full time	4	26.6
Part time	6	40
Home duty	2	13.3
Unemployment	2	13.3
Permanently ill and unable to work	1	6.6
<i>Monthly Income (MYR)</i>		
Less than 3,000	2	13.3
3,001 to 5000	3	20
5001 to 8000	4	26.6
8001 to 10000	4	26.6
More than 10001	2	13.3

Spirituality Status of Interview Participants

Table 2 illustrates Spirituality (spiritual health) of the respondents, regarding their lifestyle. The spiritual health was a very important data to know the spirituality of the participants. Majority have a normal spirituality (53.3 %) followed by moderate which was (33.3 %) and mild was (13.3%). Observation during interview and data collected during the interview showed that some respondents were in the category of normal spirituality. It was also found that 4 main factors identified during the interview on why they wanted to increase their spirituality behaviour was usually to improve their health status.

Table 2. Spirituality (spiritual health) of the respondents

Spirituality	Frequency	%
Non	-	-
Normal	8	53.3
Moderate	5	40
Mild	2	13.3
Total	15	100.0

Qualitative Interview Data

The main question and sub questions on how the elderly aged made positive changes in spirituality towards quality of life. Their responds were coded in themes. There are 4 themes-Thinking of power of God, Belief and Practice in spirituality, Control of Emotion and Religion and spiritual health.

A total of 15 participants gave significant answers: There is 4 themes obtain from the interview, 4 (26%) participants of the 15 gave answers that fell on the theme called: Thinking of Power of God, while 4 (26%) participants of 15 answers on the theme called: Belief and practice in spirituality. The same goes with the theme, control of emotion which also had 4. Lastly, only 2 participants (8%) of the 15 gave a significant answer that fell on the theme called Religion and spiritual health (Belief in God).

Personal domain-- Thinking of power of God – Supporting the Domain

R1- "I do understand the word of spirituality, spirituality means my belief in soul, usually thinking of power of God. I do brisk walk in the morning, when I feel stress in response to my illness with stress incontinence persisting. My mind was so confused, but the support of spirituality made me feel great and while walking and meeting other friends encouraged me to move on. I belief spirituality can help me a lot in my life. I practice spirituality in my daily life." R2- "I was 65 when I started to do brisk walking around the housing estate in the evening after work as

it safer than my compound gated area with security. I started exercising when I was told by my doctor that I was having Diabetes and hypertension. One of the main advice mentions by my doctor that if I do not exercise, my health problems will be worse due to my ageing process.”R3-“I began to do brisk walking in the morning in the park as I am free during these hours, these hours are the best for me to do exercise and I feel fresh. I am bored staying home alone. I used to drive and fetch my grandson from school. A night, I went to mosque for praying, I do five time pray per day, because I belief, all activities totally submit to almighty.”R4-“I am retired teacher, I maintain simple walking and do some home exercises as advised by my doctor to improve my health problems, as I have arthritis and my leg is experiencing more pain if I do aggressive exercises in the gym. I cannot cope with other activities; I only do exercises in our housing areas, like dancing, because of my leg pain, but I need to keep my legs moving; however, I still need to move even though I am sick with muscle pain so that I can maintain a healthy lifestyle and keep myself fit.”R5-“I always go to the park with my husband as much as I can do as advised by the doctor and I will do myself if my husband unable to accompanied me. My husband supported me until now that I am 68. I still go weekly to the park as much as I can”, in response to her health problem. My husband said, we have too faith as humans and can plan but God decide our destiny. Contacts or Communication to the Creator seeking inner strength. God empowers human being to regain hope and confidence. R6-“I start walking and going to the gym more often, after being diagnosed with high cholesterol as advised by my doctor. I am embarrassed at the age of 60 as I am now overweight and that I have high cholesterol. The doctor has given me Zokor as a drug to reduce my cholesterol, but I have been taking for two years and my cholesterol is still high, so I think I need to do exercise aside from taking drugs. I will then feel better even if I am sick, I will do exercise”. make me feel nearer to my creator. It's a non-worldly nor human connectivity but rather solely in connection with his creator or other spirits other than God in generating inner power or energy for those practicing it in their daily living.R7-“Yes. I go to the gym and physiotherapy as advised by the doctor to reduce my shoulder pain due to arthritis. My husband really supported me by referring to the best physiotherapist in K.L.I have already changed 3 therapist, but I feel I still need to do exercises in the gym such as Tai Chi and Yoga to reduce my weight and should pain,”

Communal domain-- Belief and Practice in spirituality – Supporting the Domain

R1-I have been exercising to be healthier every day and to maintain a healthy lifestyle even though I have borderline diabetic and mild hypertension. I had a trainer in the gym at the age of 40 when I was overweight, so now I am 60, I have managed to maintain an ideal weight. So, all I must do is to keep maintaining it” in response to maintaining health practice the spirituality. “I believe that spirituality started in the late 40s, and I practice spirituality as part of my daily living.R2- “I started young at the age of 20, going to the gym occasionally and doing yoga at home at night after office and had to accompany follow my mum. But now because my children going to the gym giving me discounts and sometimes, they also give me free of charge using gym facilities as special offer. My migraines always persist if I keep myself doing nothing at home. Spirituality is based on your interpretation and practice.So, to make myself healthy, free from migraine I was active in the gym to maintain healthy lifestyle.”R3-“Even at the age of 61, with thyroid problems and I was on medication, the size of my waist is still the same and I still maintain my ideal weight. I do agree that Spiritual believe is influence with experience, good practice will have inner peace. That why, I go to the gym every weekend or do some home exercises using the machines to maintain a healthy lifestyle, these will influence my life to be more positive thinking, peaceful in mind, physical and bodily movements, and social activities I will do more exercises when I am free during the weekends.”R4-“I will walk in the park with friends on the weekends to reduce my stress level as well my weight. I am 68 and I think I need a guide to living peacefully to get better inner peace, I believe that Spirituality can be increased by consistency. Spiritual is a proper navigation to reach a destination.As now I am retired, I have more time to do exercises and other activities, and controlling my blood pressure as I am having hypertension. And my focus is more on spirituality that led me to God and peaceful in mind.”R5-“I will walk in the park with my daughter and use exercise machine at home, I always believe in good deeds, not hurting people, spiritual is a proper navigation to reach a destination and believing in something in Devine, so I will practice a good healthy lifestyle.”

Environmental domain, ---Control of Emotion and Religion – Supporting the Domain

R1-I will do Zumba dancing and alternate days to the gym even though in the group I am the oldest. I am determined to reduce stress and control my emotions because I need to act and tolerate instead of getting sympathize others and to control my stress incontinence which troubling my daily living.”. I believe the higher level of spirituality, simplicity and rationality toward society can overcome the stress level. R2-I will do my weekly Zumba and gym during the weekends, to overcome my grieving process and get ready to move on to control my emotion. I lost my husband 5 years ago who suffered from heart failure and hypertension. I have observed and saw him suffering from health problems, so I do walk in the morning for 30 minutes to 60 minutes twice a week. I feel better

Themes 1: Thinking of power of God.

Illness and disease will always trigger the elderly aged to take new approaches in their life, Aminah explained.

First participant (1): (60 years old) she said that “I do understand the word of spirituality, spirituality means my belief in soul, usually thinking of power of God. I do brisk walk in the morning, when I feel stress in response to my illness with stress incontinence persisting. My mind was so confused, but the support of spirituality made me feel great and while walking and meeting other friends encouraged me to move on. I belief spirituality can help me a lot in my life. I practice spirituality in my daily life.”

Second participants (2): “I was 65 when I started to do brisk walking around the housing estate in the evening after work as it safer than my compound gated area with security. I started exercising when I was told by my doctor that I was having Diabetes and hypertension. One of the main advice mentions by my doctor that if I do not exercise, my health problems will be worse due to my ageing process.”

Spirituality is a mortality and behaviour to keep and infuse into one's soul, mind, and body together for a positive, delightful, and noble beliefs and practices of rightfulness in one's life as I would describe and explain in my own sense. It'll and has indeed guided me in the management and control of my emotions, act, and tolerance, whether in good or bad times, towards any material and/or lifestyle issues over decades. It's a non-worldly nor human connectivity but rather solely in connection with his creator or other spirits other than God in generating inner power or energy for those practicing it in their daily living.

Dollar says in response to his health problem that is back pain and increasing a change in body size. I can't walk properly. I felt disappointed, but my wife always gives me support and told that, it is a test from (Allah SWT). I agreed that Spirituality connected to creator only God will make things possible.

Third participants (3): (68 years), “I began to do brisk walking in the morning in the park as I am free during these hours, these hours are the best for me to do exercise and I feel fresh. I am bored staying home alone. I used to drive and fetch my grandson from school. A night, I went to mosque for praying, I do five time pray per day, because I belief, all activities totally submit to almighty.”

Fourth participants (4) (65 years old) “I am retired teacher, I maintain simple walking and do some home exercises as advised by my doctor to improve my health problems, as I have arthritis and my leg is experiencing more pain if I do aggressive exercises in the gym. I cannot cope with other activities; I only do exercises in our housing areas, like dancing, because of my leg pain, but I need to keep my legs moving; however, I still need to move even though I am sick with muscle pain so that I can maintain a healthy lifestyle and keep myself fit.” response by Asmah regarding her health problem. In this case, it was a matter of exercise more Illness was commonly a trigger at the age of 65 and above.

Fifth participants (5): “I always go to the park with my husband as much as I can do as advised by the doctor and I will do myself if my husband unable to accompanied me. My husband supported me until now that I am 68. I still go weekly to the park as much as I can”, in response to her health problem. My husband said, we have too faith as humans and can plan but God decide our destiny. Contacts or Communication to the Creator seeking inner strength. God empowers human being to regain hope and confidence.

Most elderly aged indicated that the changes they made were not so drastic, they adjusted and modified their daily routine.

Sixth participants (6): “I start walking and going to the gym more often, after being diagnosed with high cholesterol as advised by my doctor. I am embarrassed at the age of 60 as I am now overweight and that I have high cholesterol. The doctor has given me Zokor as a drug to reduce my cholesterol, but I have been taking for two years and my cholesterol is still high, so I think I need to do exercise aside from taking drugs. I will then feel better even if I am sick, I will do exercise”. *make me feel nearer to my creator. It's a non-worldly nor human connectivity but rather solely in connection with his creator or other spirits other than God in generating inner power or energy for those practicing it in their daily living.*

On the other hand, Mala, suffering from arthritis says.

Seventh participants (7): “Yes. I go to the gym and physiotherapy as advised by the doctor to reduce my shoulder pain due to arthritis. My husband really supported me by referring to the best physiotherapist in K.L.I have already changed 3 therapist, but I feel I still need to do exercises in the gym such as Tai Chi and Yoga to reduce my weight and should pain,” in response to her health problem.

In conclusion, health problems in elderly aged cause a lot of pain and suffering, the doctors as a trusted person to patients play a vital and important role in giving advice. Thus, positive behavior changes in exercise will improve the health of the elderly aged.

It's a non-worldly nor human connectivity but rather solely in connection with his creator or other spirits other than God in generating inner power or energy for those practicing it in their daily living.

Themes 2: Belief and Practice (Maintaining health/ healthy lifestyle via spirituality)

Spirituality relating to maintaining health/ healthy lifestyle.

It is important and increasingly recognized that health is maintained and improved not only through advancement and application of modern health sciences advances, but also through the effort and intelligent lifestyle choices of the individual. People in the city areas like Federal Territory of Kuala Lumpur have a more aggressive lifestyle and are more conscious of health, including both young and elderly aged. Chung, who was overweight when he reached 60 years of age mentions that.

Eighth participants (8), “I have been exercising to be healthier every day and to maintain a healthy lifestyle even though I have borderline diabetic and mild hypertension. I had a trainer in the gym at the gym at the age of 40 when I was overweight, so now I am 60, I have managed to maintain an ideal weight. So, all I must do is to keep maintaining it” in response to maintaining health practice the spirituality. “I believe that spirituality started in the late 40s, and I practice spirituality as part of my daily living.

My uncle, who is conscious of exercise and keeps fit to be healthier will influence the rest of the family members in the house. We believe that Spirituality influences my life to be more positive thinking, peaceful in mind, physical and bodily movements, and social activities.”

Ninth participants (9) “I started young at the age of 20, going to the gym occasionally and doing yoga at home at night after office and had to accompany follow my mum. But now because my children going to the gym giving me discounts and sometimes, they also give me free of charge using gym facilities as special offer. My migraines always persist if I keep myself doing nothing at home. Spirituality is based on your interpretation and practice.

So, to make myself healthy, free from migraine I was active in the gym to maintain healthy lifestyle.” Age is influencing the spirituality (Chia), I am 70 years, I believe that spirituality grows with age, can influence my inner peace and I practice spirituality as part of my daily living.

Tenth participants (10) “Even at the age of 61, with thyroid problems and I was on medication, the size of my waist is still the same and I still maintain my ideal weight. I do agree that Spiritual believe is influence with experience, good practice will have inner peace.

That why, I go to the gym every weekend or do some home exercises using the machines to maintain a healthy lifestyle, these will influence my life to be more positive thinking, peaceful in mind, physical and bodily movements, and social activities I will do more exercises when I am free during the weekends.”

In Datuk M’s case he wanted to reduce his weight, reduce stress, get healthy and had more time after retirement.

Eleventh participants (11) “I will walk in the park with friends on the weekends to reduce my stress level as well my weight. I am 68 and I think I need a guide to living peacefully to get better inner peace, I believe that Spirituality can be increased by consistency. Spiritual is a proper navigation to reach a destination.

As now I am retired, I have more time to do exercises and other activities, and controlling my blood pressure as I am having hypertension. And my focus is more on spirituality that led me to God and peaceful in mind.”

Twelfth participants (12) “I will walk in the park with my daughter and use exercise machine at home, I always believe in good deeds, not hurting people, spiritual is a proper navigation to reach a destination and believing in something in Devine, so I will practice a good healthy lifestyle.” According to Hamidah, who is suffering from back pain with high cholesterol and wanted be slimmer and healthier and believe her mind always peaceful when she pray and fasting, show gratitude to God.

Themes 3: Control of Emotion

Most women and man elderly indicated that they will not be comfortable if their health status hinder them from enjoying daily living but rather have a good practice on their spirituality.

Thirteenth participants (13) Sindhu, at the age of 62, who is suffering from stress incontinence, “I will do Zumba dancing and alternate days to the gym even though in the group I am the oldest. I am determined to reduce stress and control my emotions because I need to act and tolerate instead of getting sympathize others and to control my stress incontinence which troubling my daily living. I believe the higher level of spirituality, simplicity and rationality toward society can overcome the stress level.”

On the other hand, grieve due to death as in case of Eleena at the age of 69 says.

Fourteen participants (14): “I will do my weekly Zumba and gym during the weekends, to overcome my grieving process and get ready to move on to control my emotion. I lost my husband 5 years ago who suffered from heart failure and hypertension. I have observed and saw him suffering from health problems, so I do walk in the morning for 30 minutes to 60 minutes twice a week. I feel better.

Themes 4: Religion and Spiritual Health

At the age of 77, according to Anne who is suffering with breast cancer, she says, **Fifteen participants (15)** “I will go to Zumba and gym with my cancer society group who are also in the same condition as me. This is also to reduce my stress and make myself healthier emotion as advised by doctors”. But I rather believe in God. Praying will give peace of mind. Pray will give peace of mind, by doing it focused of mind and sincerity in heart while communicating with Creator make you feel peaceful follows me doing my exercise because my blood pressure is not stable. That is why I changed my behaviour in praying to God because it led to desire and satisfaction, primarily to look good and in effect, it can also control my blood pressure”.

Since spiritual health is one of the most significant indicators of mental health, burnout, and quality of life, the relevance of this novel and useful idea was shown by the mediating function that emotion regulation had in this connection. (Akbari & Hossaini 2018). Maintenance of spiritual health and lifestyles greatly depends on the individual. The spiritual health of the elderly aged will depend partially on the active, passive, and the motivation of others or family members. This is line with the study results which indicate that, when it comes to providing care for the elderly, issues associated with Quality of Life should get more emphasis. It is advised to provide spiritual care for this segment of society, given the correlation between their spiritual well-being and their quality of life. These include personal action for preventing or minimizing the effect of disease. According to one research, higher levels of spiritual well-being are associated with higher life satisfaction. (Bangcola, & Pangandaman, 2022). Another study from Malaysia found that when evaluating potential health risks among older adults, it is important to include religious and spiritual dimensions as well as physical and psychological factors. (Tan et al., 2022) Their lifestyle depends on the aggregation of the elderly aged personal decision over which they are in control for positive change or not. Consequently, it is evident that older people who participated heavily in religious activities had higher levels of cognitive function and were more likely to have healthier lives. (Amir et al., 2022) Not only that different research from different countries shows that spirituality and personal beliefs, as a health strategy, since they have shown an impact on the decrease of depression and a significant increase in quality of life.(Molina et al., 2020; Marznaki et al., 2024; Yousefi Afrashteh, & Rezaei 2021) Therefore another study from Philippines found that if spiritual well-being increases, so does quality of life.(Bangcola, & Pangandaman 2022)

The study results finds that believing in something divine is what spirituality is all about. It provides us with guidance in life and helps us stay on a safe track. Without spirituality, life can be chaotic, and we may feel lost. As we age and gain more experience, peace of mind becomes a priority. This is especially true for individuals over the age of 60 who have gone through a lifetime of positive and negative experiences. Thinking of power of God that is we are Connection with Creator; make you feel nearer to your creator, perform prayer are connected and my objective is clear. See all activities totally submit to almighty, Spirituality connected to creator only God will make things possible. God empowers human being to regain hope and confidence.

Cultivating presence, intentionality, and compassion in clinical care may appear elusive or unrealistic given the rising demands placed on nurses, particularly when taking time and capacity constraints into account. However, these principles may be used in modest and original ways even in hectic clinical settings.

CONCLUSION

The above study concluded that spirituality can be increased by the ageing process. Spirituality can be increased by consistency. Spirituality can influence inner peace. Spirituality influences life to be more positive thinking, peaceful in mind, physical and bodily movements, and social activities. Furthermore, there is a strong correlation between spiritual health and life satisfaction. Therefore, quality of life rises in proportion to spiritual well-being. As a result of the substantial correlations between spiritual well-being and quality of life, it can be concluded that senior patients require more thorough and appropriate care services, as well as programs and techniques specifically aimed at improving their spiritual health. This is because spiritual well-being plays a major role in influencing general health.

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AUTHOR CONTRIBUTIONS

Data collection and article writing was done by Fatimah Binti Yahya, Hafizah Che Hassan and Santhna Letchmi Panduragan guiding the research and data analysis, Samsiah Mat and Faridah Mohd Said helps in editing and publication.

CONFLICTS OF INTEREST

The author(s) declare no conflict of interest.

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