

QURAN STRESS AND PSYCHOLOGY OF THE ELDERLY DURING THE COVID-19 PANDEMIC

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ABSTRACT

The COVID-19 pandemic has had a significant global health impact. This condition requires the government to make self-quarantine rules. The imposition of activity restrictions that last a long time has an impact on physical and psychological conditions, especially in the elderly. The perspective of the mind experienced by the elderly due to seeing and feeling the conditions that occur is at risk of giving psychological pressure to the elderly. The Qur'an which contains a strand of wisdom is expected to make a positive contribution to the psychology of the elderly due to the impact of COVID-19. Research with quantitative type and the number of samples as many as 126 elderly. Analysis of the data used using the Kendall's tau test. The results of this study indicate that there is a relationship between the intensity of reading the Qur'an with psychological stress in the elderly with a P value of 0.000 ($p < 0.05$). The high intensity of reading the Qur'an contributes to the onset of psychological stress in the low and moderate ranges. Reading the Qur'an can be used as therapy for the elderly who have mental disorders and this therapy is able to bring meaning to the lives of the elderly..

Keywords: Elderly, Covid-19 Pandemic, Psychological Stress

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1. INTRODUCTION

The COVID-19 pandemic is a challenge for global health that has an impact not only on health aspects but also on other aspects of life. The recommendations made by WHO are to limit activities either alone or in groups and maintain distance and use personal protection. The Association of Indonesian Mental Medicine Specialists (PDSKJI) conducted a survey on mental health during the COVID-19 pandemic through an online self-examination. The examination was conducted on 1,552 respondents with a minimum age of 14 years and a maximum of 71 years. The survey results show that 63 percent of respondents experience anxiety and 66 percent of respondents experience depression due to the COVID-19 pandemic. The data illustrate that mental health problems, such as anxiety and depression, due to the COVID-19 pandemic are being felt by Indonesians at this time ¹.

Sources of coping mechanisms that have not been adequately possessed have made the individual's response to the COVID-19 outbreak unstable. The instability of the coping response that appears is influenced by the environment that is not ready to face this outbreak Indonesians at this time². An unstable response causes individuals to easily experience stress. These different forms of response can be seen in the distribution of various ages of individuals in society. Anxiety and fear appear to occur in young adults and the elderly. Psychological responses in the form of stress appear in the elderly because there is little information related to this outbreak. Information that is not true triggers the anxiety of the elderly in their lives. The elderly themselves have base experienced a challenge, namely the end of their life. Continuous thinking coupled with uncertainty about information about the outbreak increases the psychological response of the elderly leading to psychological stress ³.

The impact that arises from the COVID-19 pandemic outbreak leads to all elements of life supported ⁴. The impact of social activities that lead to life-supporting aspects contributes to the emergence of psychological stress in the elderly. The conditioned of the elderly, both physically and psychologically, experiences changes and decreases, contributing to the behavior of the elderly in responding to conditions that occur due to the epidemic ⁵. The certainty of the end time related to the outbreak is still not certain to provide additional contributions related to the elderly's resistance to stress experiencing a shift. Resilience needs to be possessed by the elderly to maintain their psychological condition. The ability of the elderly to face these psychological challenges needs to be strengthened by strengthening the values of life at the end of life ⁶. These conditions can be formed by practicing positive behavior for the elderly. The positive behavior in question is adaptive thinking combined with a calm heart. The activity that can be formed is to provide experience and understanding of the importance of peace of mind to get closer to the owner of life, namely ALLAH ^{3,7}.

Worship is a method that can be done by individual to provided peace and tranquility in their lives. One way is to get closer to the Koran. Based on the above study, this study wants to know the effect of the Koran on psychological stress experienced by the elderly.

2. METHOD

This study uses a correlative descriptive approach. The number of elderly in the research area is 157 elderly. After screening with inclusion and exclusion criteria, the population obtained was 126 elderly. The sampling used is total sampling, so the number of respondents is 126 elderly.

Data collection tools were used to measure psychological stress using DASS (Depression Anxiety and Stress Scale) with a total of 21 questions. Data collection tools for the Koran reading installation there are 15 statements. Questionnaire Intensity Reading the Koran and Psychological Stress.

Analysis of the data used using the Kendal Tau test with a p-value <0.05. We try to strictly comply with ethical principles. Before the research, respondents received an explanation of the research objectives and actions to be carried out. After that, they signed the approval form without coercion from any party. All respondents ensure that the data will be collectively collected and anonym.

3. RESULT

The results of the study in the form of respondents' characteristics data, the frequency distribution of the intensity of reading the Koran and psychological stress and the intensity of reading the Koran with psychological stress.

Table 1. Characteristics of Respondents

Characteristic	Group	Frequencies	
		f	%
Gender	Male	51	40,5
	Female	75	59,5
Age	60-70 old	77	61,1
	71-80 old	49	38,9
Education	No School	55	43,7
	Primary School	49	56,3
Work	Entrepreneur	19	15,1
	Breeder	19	15,1
	Housewife	17	13,5
	Farmer	52	41,3
	Retired	2	1,6
	Trader	17	13,5

The table above explains that the gender group of respondents is dominated by women as many as 75 elderly or 59.5%. The majority of respondents in the age range of 60 – 70 years were 77 elderly or 61.1%. The education level of respondents as many as 55 elderly do not have a school background or do not go to school. The majority of occupations occupied by respondents are farmers as many as 52 elderly.

Table 2. The intensity of reading the Al Quran

Variable	Frequensi (f)	Presentase (%)
Low	18	14,3
Currently	42	33,3
High	66	52,4

Table 2 above explains that the intensity of reading the Qur'an carried out by respondents was 66 elderly or 52,4% of all respondents were in the high category.

Tabel 3. Elderly Psychological Stress

Variable	Frequensi (f)	Presentase (%)
Normal	57	45,2
Mild	9	7,1
Moderate	16	12,7
Heavy	31	24,6
Severe	13	10,3

Table 3 shows the data that as many as 13 or 10.3% of elderly respondents experienced severe psychological stress and 31 or 24.6% of elderly respondents experienced severe psychological stress. The largest percentage of psychological stress experienced by respondents is 57 elderly or 45.2% in the normal range.

**Table 4.
Cross-Tabulation Results Between The Intensity Of Reading The Al Quran And The Psychological Stress Of The Elderly**

The intensity of reading the Al Quran	Psychology Stress				
	Normal	Mild	Moderate	Heavy	Severe
High	57	7			
Currently		2	6	10	
Low			10	21	13

The table above shows that the low intensity of reading the Quran has an impact on moderate psychological stress conditions in as many as 10 respondents, heavy in as many as 21 respondents, and very heavy in as many as 13 respondents.

Tabel 5. Analyze of Kendal Tau

Variable	Koefisien Correlation of <i>Kendall-Tau</i>	sig. Value	description
Intensity of reading Al Quran	-0.679**	0,001	Signifikan
Psychology Stress			

The table above explains that there is a relationship between the intensity of reading the Koran with the psychological stress of the elderly, this explanation is based on the p-value < 0.005 which is 0.001. The relationship between the two variables is stated to be quite strong and inversely proportional to the correlation coefficient value of -0.679.

4. DISCUSSION

The majority gender is female and the average age of the respondents is in the range of 60 – 70 years. The majority of the elderly are women because women are emotionally better able to control their emotions^{8,9}. The intensity of reading the Qur'an by the majority of 66 respondents was in the high category. The high intensity of reading the Koran cannot be separated from the self-awareness by the elderly of the importance of the meaning of life in old age. The Qur'an provides wisdom and values in life so that it is widely read by the elderly. Information about the value of the wisdom of the Qur'an is obtained by the elderly from reading the Latin writings in the Qur'an themselves, but the majority of them listen to it from recitations that are followed by the elderly^{7,10}.

The intensity of reading the Qur'an in the medium to a high category is mostly filled by the female gender. Incidents like this are caused by a sense of shame in learning and women have more open social relationships with other people than men. Seriousness, painstaking, and patience are the keys for women to learn to understand the Quran^{11,12}. Older men are more likely to prioritize their ego and maintain their authority in front of the social relationships that are formed. Behavior that appears in elderly men is influenced by past life history and biological factors in men^{13,14}. As a result of the environment where elderly men have been there and the influence of male hormones causes embarrassment if learning the Koran at an old age is an excuse for men to spend very little time with the Koran. The environment in question is an environment that is not supportive for elderly men to improve the quality of their worship^{10,15}.

Psychological stress on respondents, there are data obtained as many as 13 elderly experienced very severe psychological stress and 31 respondents in the category of severe psychological stress. For the elderly, psychological challenges are stages that are passed in the period of the end of the life span of the elderly. Lifestyle changes experienced by the elderly during the young and old adult phases will experience differences when entering old age.

Starting from changes in the economic, social aspects felt by the elderly. The challenge of loneliness because it is far from the environment it used to have and children who are far from the elderly are one of the important factors that cause psychological problems experienced by the elderly^{16,17}.

The incidence of psychological stress experienced by the elderly is also influenced by factors from outside the elderly, namely factors from within the elderly. The factor from within the elderly is about the meaning of the value of worship carried out by the elderly. The experience of worship carried out by the elderly has an impact on the conditions that will occur when the elderly get stressors in their life^{7,18}. The quality of the elderly worship affects the emotional condition of the elderly. Worship performed by the elderly can be used as a sign of the behavior of the elderly in everyday life. In general, the elderly who have a good meaning of worship is seen to have more adaptive behavior, such as patience, tawaduk, and good social relationships^{7,12,16}.

One form of worship that is a guide to life is the Qur'an¹⁹. The spirit of the elderly in carrying out worship is important in maintaining the emotional stability of the elderly. The challenge for the elderly is how to read the Al Quran. Various ways are done by the elderly to maximize themselves in learning the Koran including listening to the reading of the Koran and participating in learning to read the Koran by involving their family as teachers or study friends²⁰. Psychological stress in the elderly needs to be considered for handling. The elderly need happiness in the final phase of their life. Al-Quran is one of the therapies that can be given to the elderly because it can reduce stress levels in the elderly. The elderly reading the Koran can bring a feeling of comfort to his heart. Reading the Koran can reduce cortisol levels in the elderly so that the level of emotional stress in the elderly can decrease^{21,22}.

5. CONCLUSION

Based on the results of the study, it was found that the p-value = 0.001 which means that there is a relationship between the intensity of reading the Koran with the psychological stress of the elderly. The higher the intensity of reading the Qur'an, the psychological stress level of the elderly is within the normal to a mild threshold.

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