

## RELATIONSHIP BETWEEN EMOTIONAL INTELLIGENCE AND SPIRITUAL INTELLIGENCE WITH LONELINESS IN ELDERLY

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### ABSTRACT

**Introduction:** Elderly undergo an aging process that causes changes across the board. Good emotional and spiritual intelligence helps elderly determine the direction and adapt to change so that they do not experience loneliness. **Objective:** This study aims to determine the relationship between emotional intelligence and spiritual intelligence with loneliness in elderly. **Method:** This research is quantitative using descriptive correlation and cross-sectional approaches. The research sample was 52 elderly people using purposive sampling technique. The instruments used in this study are Wong and Law Emotional Intelligence (WLEIS), Spiritual Intelligence Self Report Inventory (SISRI), University of California Los Angeles Loneliness scale version 3. The chi squares test statistical technique used for data analysis. **Result:** The majority of the elderly have high emotional intelligence 36 (69.2%), have high spiritual intelligence 33 (36.5%), and elderly did not experience loneliness 25 elderly people (48.1%). There was a significant relationship between emotional intelligence and spiritual intelligence with loneliness in elderly with a p-value of  $0.00 < 0.05$ . **Conclusion:** Emotional intelligence and spiritual intelligence have a significant relationship with loneliness in the elderly. Increasing the emotional intelligence and spiritual intelligence of the elderly can reduce the loneliness felt by the elderly.

**Keywords:** Elderly; Emotional Intelligence; Loneliness; Spiritual Intelligence

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### INTRODUCTION

Elderly is a condition of a person's age that continues after adulthood, which is  $> 60$  years old (Badan Pusat Statistik [BPS], 2020). Currently, the elderly population is increasing every year. This condition is seen data from the World Health Organization (WHO, 2022) stated that the overall population of the elderly in the world aged  $> 60$  years will increase by around 1.4 billion from 1 billion in 2020 and it is estimated that in the next 10 years, 1 out of 6 people will enter the age of 60 so that in 2050 it is projected to double as much as 2.1 billion people aged 60 years and above. In the Southeast Asia region, the elderly population in 2010 was 24,000,000 (9.77%) and increased in 2020 to 28,800,000 (11.34%) of the total population (Sudayasa et al., 2023). Based on the Survei Sosial Ekonomi Nasional (SUSENAS 2022) elderly in Indonesia as many as 10.48%. This percentage is increasing, this can be seen from the results (SUSENAS, 2023) elderly in Indonesia as many as to 11.75% of the total population. The Riau Province

region in 2023 based on Riau Province BPS data, the number of elderly people in Riau is 518,814 people. BPS Pekanbaru City in 2020 the number of elderly people in Pekanbaru City is 66,725 people with a percentage of 6.78% of the entire population of Pekanbaru City.

The elderly will experience many health problems in their lives that can trigger a decline the quality of life the elderly (Gawara et al., 2023). This is because the elderly experience an aging process that causes holistic changes (Gemini et al., 2021). According to Kemperman et al (2019), the changes experienced, elderly have less social contact but the complexity of emotional experiences from social contact is getting deeper. Therefore, emotions must be managed so that the relationship between the elderly and the surrounding environment is not disturbed. Emotional management can be aided by emotional intelligence. Emotional intelligence is the ability to understand and manage one's own feelings and those of others, using those feelings as

a guide for thoughts and attitudes. (Goleman, 2018).

Emotional intelligence becomes more effective and active if it is based on good spiritual intelligence as well (Pratama et al., 2022). Spiritual intelligence is intelligence often associated with God. According to Pakpahan (2021), spiritual intelligence is the intelligence to face and solve problems, meanings and values of life by placing human behavior and life in the context of a broader meaning. High spiritual intelligence can control the response to changes experienced by the elderly well so as to help the elderly to face reality and play an active role in life (Ratnasari et al., 2021).

A psychosocial problem that is often experienced by the elderly is (Vitayala et al., 2023). Loneliness is a state of being alone without anyone accompanying either intentionally or unintentionally due to different life circumstances (Garcia, 2022). Loneliness is vulnerable to being experienced by the elderly who are in social institutions such as nursing homes, even though the elderly have many friends, their needs are met and various activity programs, this does not guarantee that the elderly are free from loneliness. Based on research by (Gardiner et al., 2020), around 61% of the elderly living at nursing homes experience moderate loneliness and around 35% experience severe loneliness. Arlis (2019) the research at the Guna Budi Bakti Foundation Nursing Home, Medan City, from 41 respondents obtained the result majority of elderly people as many as 32 people (78%) who were severely lonely.

Loneliness that occurs in the elderly in nursing homes is due to the elderly being separated from their families, even some of the elderly no longer have a family (Wafa & Sosialita, 2023). According to Anisa et al (2023), apart from being far from family, the elderly in nursing homes feel lonely due to bad emotional relationships with other elderly, feel wasted and uncomfortable with their environment. Low spirituality and spiritual emptiness make it difficult for the elderly to solve problems due to the lack of trust in God's help, which is another cause of loneliness for the elderly (Susilowati et al., 2023)

This phenomenon is in line with several previous studies. Research conducted by Yunnita et

al (2024) on 108 elderly people regarding the relationship between loneliness and the level of emotion of the elderly in the elderly in Karang Wreda Jember found that there was a relationship between the two. Elderly people who are not able to manage their emotions well tend to feel lonely due to the interaction of the elderly and the environment that is disrupted due to the inability to manage emotions properly. Setyowati et al (2021) in their research entitled Spirituality related to loneliness in the elderly obtained results from 50 respondents, the majority of whom had a low spiritual level influenced by spiritual intelligence as much as 78% and experienced high loneliness as much as 44%. This shows that there is a relationship between the two. Another study conducted by Sadeghi & Bavazin (2019) on 368 elderly people found that the elderly with spiritual intelligence, subjective well-being levels and High psychological capital can reduce the loneliness experienced by the elderly.

The results of a preliminary study conducted by researchers on December 8, 2023 at PSTW Khusnul Khotimah found that the number of elderly people in PSTW Khusnul Khotimah was 67 elderly, consisting of 39 elderly men and 28 elderly women. Researchers conducted interviews with 5 elderly people, found that 5 out of 5 elderly people had good emotional intelligence and spiritual intelligence and 4 out of 5 elderly people said that they experienced loneliness. The loneliness experienced by the elderly appears when the elderly remember their distant family, when they go to bed without anyone accompanying them and when they feel bored.

Based on a preliminary study conducted by researchers, it can be concluded that 4 out of 5 elderly people experience loneliness even though they have good emotional intelligence and spiritual intelligence. This is inversely proportional to the previous research, therefore the researcher is interested in researching "The Relationship between Emotional Intelligence and Spiritual Intelligence with Loneliness in Elderly".

## METHOD

This research is a quantitative-research using a descriptive correlation design. This study will use a cross-sectional approach. The population

in this study is the elderly aged  $\geq 60$  years who live in PSTW Khusnul Khotimah. The sampling technique used is a purposive sampling technique using inclusion and exclusion criteria. The purposive sampling technique is a technique in which sample selection is based on criteria with certain considerations. This technique is used so that the selected sample is able to provide in-depth and significant information and can be representative of the population being studied (Kusumastuti et al., 2024).

The criteria specified consist of predetermined inclusion and exclusion criteria. The inclusion criteria in this study are the elderly who are  $\geq 60$  years old and live at PSTW Khusnul Khotimah, agree to be respondents, cooperative and able to communicate well. Meanwhile, the exclusion criteria in this study are the elderly in clinical care and total care who are unable to become respondents, cannot hear, cannot speak and experience mental disorders.

This research was conducted using a questionnaire that was read to the elderly offline. The instrument used in this study is Wong and Law Emotional Intelligence (WLEIS) to measure emotional intelligence consisting of 16 questions. The Spiritual Intelligence Self Report Inventory (SISRI) to measure spiritual intelligence consists of 21 questions. The University of California Los Angeles (UCLA) Loneliness version 3 to measure consists of 20 questions. The validity and reliability of the instrument have been tested in previous studies, with results that meet the standards.

This research was carried out at PSTW Khusnul Khotimah on July 27, 2024-September 18, 2024 after obtaining a research ethics permit from the Ethics Committee of the Faculty of Nursing, University of Riau with number 1086/UN19.5.1.8/KEPK.FKp/2024. The data collection of this research was carried out by reading a questionnaire to the elderly and the elderly chose the appropriate answer offline. Data collection was carried out by explaining the purpose of the research, the rights of the respondents and providing informed consent to the respondents to be signed by the respondents if they were willing to be involved in the research. In addition, the researcher upholds research ethics related to the confidentiality

of names, providing benefits, data confidentiality only for research purposes and is fair to each respondent.

After the data is collected, the data is analyzed. The data analysis used was univariate analysis and bivariate analysis with a chi-square statistical test with a confidence degree of 5% ( $\alpha = 0.05$ ). As for the decision-making in this study, if the result of the p value is  $< \alpha = 0.05$ , it can be concluded that there is a significant relationship between the variables that are connected so that  $H_0$  is rejected.

## RESULTS

**Table 1 Frequency distribution and percentage of emotional intelligence, spiritual intelligence and loneliness in elderly (n=52)**

Emotional Intelligence	Number (n)	Percentage
Low	0	0
Moderate	16	30,8
Tall	36	69,2
Spiritual Intelligence		
Low	0	0
Moderate	19	36,5
Tall	33	63,5
Loneliness		
Not loneliness	25	48,1
Mild loneliness	17	32,7
Moderate loneliness	10	19,2
Severe loneliness	0	0
<b>Total</b>	<b>52</b>	<b>100</b>

In table 1, this research found that from a total of 52 respondents, the majority of the elderly have high emotional intelligence as many as 36 elderly people (69.2%), high spiritual intelligence as many as 33 elderly people (63.5%) and elderly people who do not experience loneliness as many as 25 elderly people (48.1%).

**Table 2 Relationship between emotional intelligence and loneliness in elderly (n=52)**

Emotional Intelligence	Loneliness						Total		p-value
	Not Loneliness		Mild		Moderate				
	N	%	N	%	N	%	N	%	
Moderate	0	0	8	50	8	50	16	100	0,00

Tall	25	69,4	9	25	2	5,6	36	100
Total	25	48,1	17	32,7	10	19,2	52	100

In table 2 shows that the results of the analysis of the relationship between emotional intelligence and loneliness in elderly show that most of the respondents have high emotional intelligence and do not experience loneliness. Of the total 52 elderly people, as many as 25 elderly people are in this category. The statistical test carried out with the chi test obtained a p value of 0.00 smaller than the value of  $\alpha$  (0.05) so that  $H_0$  was rejected and  $H_a$  was accepted. This shows that there is a significant relationship between emotional intelligence and loneliness in elderly.

**Table 3 Relationship between spiritual intelligence and loneliness in elderly (n=52)**

Emotional Intelligence	Loneliness						Total		p-value
	Not Lonely		Mild		Moderate				
	N	%	N	%	N	%	N	%	
Moderate	0	0	9	47,4	10	52,6	19	100	0,00
Tall	25	75,8	8	24,2	0	0	33	100	
Total	25	48,1	17	32,7	10	19,2	52	100	

In table 3 shows that the results of the analysis of the relationship between spiritual intelligence and loneliness in elderly showed that most of the respondents had high spiritual intelligence and did not experience loneliness. Of the total 52 elderly people, as many as 25 elderly people are in this category. The statistical test carried out with the chi test obtained a p value of 0.00 smaller than the value of  $\alpha$  (0.05) so that  $H_0$  was rejected and  $H_a$  was accepted. This shows that there is a significant relationship between spiritual intelligence and loneliness in elderly.

## DISCUSSION

### Emotional Intelligence

The research results show that the majority of respondents have high emotional intelligence, with 36 elderly individuals (69.2%). Based on the

results of the questionnaire, the elderly have high emotional intelligence where the majority of respondents think that they are able to manage feelings and emotions, motivate themselves, understand the emotions of others, control patience, overcome difficulties well, always try their best to achieve their goals and can quickly calm down when angry. Based on the results of the questionnaire, this is in accordance with the characteristics of individuals who have high emotional intelligence according to Astuti (2021), namely having the ability to motivate themselves and being able to survive in the face of frustration, controlling impulses so that they do not exaggerate a pleasure, being able to regulate their mood and being able to keep them from stress, and being able to empathize with others.

The results of this study are in line with the research of Nurkhalizah et al (2021) on 110 elderly people in Kampung Pangodokan Kidul, the majority of elderly people as many as 57 people (51.8%) have good emotional intelligence. The same study was also found by Nurmansyah & Kundre (2019) in 69 elderly people, the majority of whom were 39 people (56.5%) had good emotional intelligence. Elderly people who have high emotional intelligence and are physically healthy can do positive things, achieve happiness and life satisfaction because the elderly are able to interact well. On the other hand, low levels of emotional intelligence in the elderly cause negative behaviors as a result of boredom (Rahman & Mariyati, 2023).

### Spiritual Intelligence

The results of the study showed that most of the respondents had high spiritual intelligence as many as 33 elderly people (63.5%). Spiritual intelligence does not only carry out worship activities but also includes a person's ability to interpret his life, remain happy in any situation and build relationships between others (Jannah et al., 2024). A person with high spiritual intelligence will have characteristics namely, living a more flexible life, daring to face problems, thinking thoroughly, high contemplation by praying, having high self-awareness and high reflection (Pebria, 2022).

The results of this study are in line with research by Jannah et al (2024) on 80 people, the

majority of elderly in Jambesari Village, as many as 40 people (50%) have high spiritual intelligence, and 40 people (50%) have moderate spiritual intelligence, and none have low spiritual intelligence. The results of a study on the level of spirituality of the elderly by Meidia & Chalid (2023) on 31 elderly people at Tresna Wreda Budi Mulia 1 Social Home Cipayung, the majority of the elderly have a high level of spirituality as many as 17 people (54.8%). In another study conducted by Sigit et al (2023) on 68 elderly people at the Pelita Hati Pombewe Orphanage, Sigi Regency, Sigi Biromaru District, the majority of the elderly had high spiritual intelligence as many as 26 people (38.2%). Elderly people with a high level of spiritual intelligence will have the ability and provisions to live the end of life. In addition, the elderly who have a good spiritual understanding will establish good relationships with others so that they have a good quality of life in old age (Setyowati et al., 2021).

### **Loneliness**

The research results show that the majority of respondents do not experience loneliness, with 25 elderly individuals (48.1%). This is supported by the questionnaire results, where the majority of respondents believe that the elderly feel compatible with those around them, have close friends, are never alone, are part of their friends, are sociable, and friendly. Based on the questionnaire results, this is in contrast to the characteristics of someone who feels lonely according to Hardika et al (2019), which describes a lonely person as feeling different from others, being solitary and marginalized, quiet, and unable to express what they feel, thus it can be concluded that the majority of the elderly do not feel lonely.

The results of this study are in line with research by Faujiah et al (2023) on 67 elderly people at the Al-Kautsar Foundation Nursing Home in Palu, the majority of the elderly do not experience loneliness as many as 34 people (50.7%). This study states that the elderly who experience loneliness are the elderly who feel that no one else agrees with them, feel that they do not have close friends, feel alone, isolated, and their interests and ideas are not conveyed. On the other hand, the elderly who feel not lonely will always feel happy

and there are no problems in their lives (Iswanti et al., 2018).

### **Relationship between emotional intelligence and spiritual intelligence with loneliness in elderly**

The results of data analysis showed that there was a relationship between emotional intelligence and spiritual intelligence with loneliness in elderly because elderly experienced various changes that occurred when entering the aging process (Gemini et al., 2021). According to Kemperman et al (2019), the changes experienced by the elderly make elderly have less social contact but deep emotional complexity. Therefore, emotions must be managed so that the relationship between elderly and the surrounding environment and the psychological well-being of elderly are not disturbed. Emotional management can be helped by the emotional intelligence possessed by elderly.

This is in line with the research of Rahman & Mariyati (2023) on 152 elderly people in Griya Wreda Jambangan Surabaya stating that emotional intelligence has an important role in influencing the response of the elderly when facing change so that it does not cause psychological problems. A psychological problem that often occurs in the elderly is loneliness (Vitayala et al., 2023). The same results were also found in Wu (2022) study on 238 elderly people in China, the results were found that there was a relationship between emotional intelligence and loneliness in the elderly. This study states that good emotional intelligence makes the elderly able to identify and regulate their own emotions and those of others so that they have better social adaptability and do not experience loneliness. The results of this study are also in line with the research of Yunnita et al (2024) on 108 elderly people in Karang Wreda Jember, which found that there was a relationship between loneliness and the emotional level of the elderly. Elderly people who are unable to control their emotions with their emotional intelligence tend not to have good relationships with others and cause interaction with the elderly to be disrupted and cause loneliness problems.

Emotional intelligence becomes more effective and active if it is based on good spiritual

intelligence as well (Pratama et al., 2022). Spiritual intelligence in a person increases due to high spirituality or religiosity. The more intelligent a person is spiritually, the more obedient a person is to his God (Furqani, 2021). The results of this study are in line with the research of Setyowati et al (2021) with the results of a significant relationship between spirituality and loneliness in elderly at Melati Elderly Posyandu, Karet Hamlet, Pleret District, Bantul Regency, Yogyakarta with a p-value of  $0.002 < 0.05$ . The same results were found by Himawan et al (2023) which showed a significant relationship between the level of spirituality and the risk of loneliness in elderly with a p-value of  $0.000 < 0.05$  in Ngembal Kulon Village, Jati District, Kudus Regency. The results of this study are supported by a research statement by Sadeghi & Bavazin (2019) which states that elderly with high levels of spiritual intelligence, subjective well-being and psychological capital can reduce loneliness in elderly.

Spiritual intelligence is very important for the elderly to control their response to changes that occur so as to help them face reality and play an active role in life (Ratnasari et al., 2021). A strong spiritual foundation allows the elderly to have a fulfilling life and fill their time with more useful things. Elderly people with strong spiritual intelligence will pray, worship, interact with other elderly, interact with nature and other living things by gardening, raising animals and other activities to combat loneliness (Himawan et al., 2023).

This research is expected to broaden horizons in the field of gerontic nursing and develop science related to the incidence of loneliness with other aspects of intelligence. It is hoped that this research can be used as a basis for developing programs to overcome loneliness by improving aspects of emotional intelligence and spiritual intelligence in the elderly. In addition, it is recommended that researchers can further develop research such as looking at the relationship between the incidence of loneliness that occurs in the elderly and other aspects of intelligence. The limitations of this study are the large number of questionnaire items and the physical limitations of the elderly, which require repeated explanations, thus necessitating more time during the research.

## CONCLUSION

There is a significant relationship between emotional intelligence and spiritual intelligence in the elderly. This shows that loneliness that occurs in the elderly can be reduced by increasing emotional intelligence and spiritual intelligence. Develop research such as looking at the relationship between the incidence of loneliness that occurs in elderly and other aspects of intelligence, developing interventions to improve emotional intelligence and spiritual intelligence to overcome the problem of loneliness in the elderly.

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