

## The Role of Islamic Spiritual Guidance in Overcoming Loneliness in the Elderly: Study at the Mandalika Social Service Center for the Elderly (PPSLU)

Saimun<sup>1</sup>, Hanafi<sup>2</sup>, Septi Haryani<sup>3</sup>

<sup>123</sup>Universitas Islam Negeri Mataram, Mataram, Indonesia

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### Abstract

*The Mandalika Elderly Social Service Center shows that the elderly often experience death due to the loss of close family members and lack of social attention. This study aims to describe the level of equality experienced by the elderly and analyze the role of Islamic Spiritual Guidance in overcoming loneliness. With a qualitative descriptive approach and case study, this study involved three elderly aged 70-80 years who regularly follow spiritual guidance programs. Data were obtained through in-depth interviews and analyzed using data reduction, validation, and triangulation techniques. This study is expected to provide deeper insight into the psychosocial conditions of the elderly and the importance of spiritual support. The results showed that inequality has a significant impact on the mental well-being of the elderly, especially due to loss and lack of social attention. Islamic Spiritual Guidance has proven to be an effective solution in building emotional resilience, providing emotional support, and reducing loneliness. Through religious activities, the elderly find peace of mind, strengthen social relationships between congregations, and improve their psychosocial well-being. Thus, spiritual guidance not only helps overcome loneliness but also contributes to improving the overall quality of life of the elderly.*

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### Corresponding Author:

Saimun

Universitas Islam Negeri Mataram

Email: [saimunhanafi@uinmataram.ac.id](mailto:saimunhanafi@uinmataram.ac.id)

## 1. INTRODUCTION

All humans will experience development in a series of consecutive periods during their lives, starting from the prenatal period to old age. At this time, elderly people will experience physical and psychological decline. This decline or degeneration can cause decreased mobility, hearing ability, and other factors that prevent older people from interacting with their environment. This can also impact the quantity and quality of social contacts that older adults have [1]. Matters related to old age are regulated in the Law of the Republic of Indonesia No. 13 of 1998 concerning the Welfare of the Elderly. In article 1 paragraph 2 of Law No. 13 of 1998 it is stated that "what is meant by elderly is someone aged 60 years and over." [2].

Data from the Central Statistics Agency (BPS) for 2021, the National Population and Family Planning Agency (BKKBN) revealed that the number of elderly people in Indonesia is projected to reach 19.9 percent in 2045. In 2021 BPS data, it is stated that the proportion of the population aged 60 years and over is projected to increase, from 9.0 percent or 23 million people in 2015, to 19.9 percent or the equivalent of 63.3 million people. in 2045 [3].

Loneliness is a personal thing and will respond differently for each individual. In another definition, loneliness is the result of interactions that are not in accordance with what was previously expected [4]. So, loneliness is defined as a feeling of loss and dissatisfaction resulting from a mismatch between the type of social relationship desired and the social relationships a person has in their daily life [5].

The results of observations carried out by researchers at the Mandalika Elderly Social Services Center (PPSLU), 9 September 2024 showed an interesting phenomenon that occurred after the Dhuha prayer. Three elderly people decided to stay silent in the mosque, waiting for the arrival of the ustadzah who was going to give a lecture. The warm and hopeful atmosphere at this moment seemed able to ward off the feeling of loneliness that often haunted them when they were at the guest house. The activity of waiting for a lecture is not just a routine, but becomes a moment to look forward to, where they feel each other's presence, creating a sense of mutual belonging that is much needed in their old age [6].

This phenomenon reflects how important social interaction and spiritual support are in the lives of the elderly. Moments of togetherness at the mosque show that spiritual activities can function as a forum for strengthening relationships between individuals, as well as providing a sense of purpose and hope. Elderly people who often face loneliness can find new meaning in their lives through spiritual guidance which not only increases knowledge, but also strengthens ties of brotherhood. Therefore, this observation illustrates that spiritual guidance has great potential to overcome the psychological problems faced by the elderly. The urgency of this research lies in the need to better understand the role of Islamic spiritual guidance in overcoming loneliness among the elderly.

By making PPSLU Mandalika the focus, this research aims to explore how religious activities, such as lectures and discussions, can have a positive impact on the mental well-being of the elderly. The aim is to help elderly people realize themselves as complete human beings so that they can achieve happiness both in this world and in the afterlife [7]. At the Center for Social Services for the Elderly (PPSLU), various programs are designed to support the welfare of the elderly, including recreation, Islamic spiritual guidance, and exercise activities. Based on an interview with the Head of TU PPSLU, the recreation program is implemented once every three months, although it is rarely implemented and is adapted to the needs of the elderly.

This program aims to provide entertainment and reduce the boredom felt by the elderly. Apart from that, there is a regular gymnastics program held every week on Tuesdays. These activities are designed to maintain seniors' physical fitness, help them stay active, and improve overall health. The flagship program at PPSLU is Islamic spiritual guidance, which is held every week except on Tuesdays and Fridays. On Friday, the activity was filled with reading Yasin together, which was an important moment to strengthen relationships between residents. This Islamic spiritual guidance not only provides spiritual support, but also helps the elderly find peace of mind and overcome feelings of loneliness. Through these religious activities, elderly people can feel togetherness, strengthen social relationships, and get much-needed emotional support in their daily lives [8].

Islamic spiritual guidance is very important, especially for the elderly, to overcome feelings of loneliness in the elderly because they feel they receive less attention and affection from their family, declining health, social factors, and the loss of their life partner. Based on the background explained previously, researchers feel it is important to examine how loneliness actually feels on elderly living at PPSLU Mandalika [9]. Previous research by Millenia, which focused on seniors aged 60 years and over, found that the elderly period is often characterized by a decline in physical, psychological and social functioning, which leads to psychological problems, especially loneliness.

This research aims to explore the condition of the elderly and the effectiveness of Islamic spiritual guidance in overcoming loneliness. Using descriptive qualitative research methods, data was obtained through observation, interviews, and documentation from five informants, including three elderly people, one clergy mentor, and one administrator. The process of Islamic spiritual guidance is carried out in three ways level: planning, implementation, and evaluation, which showed positive results in improving the psychology of the elderly [10]. As a result, the elderly experienced significant changes in the way they think, speak and act, which shows that Islamic spiritual guidance can have a positive influence, making them better, independent and responsible individuals. Therefore, researchers are interested in conducting further research on "The Role of Islamic Spiritual Guidance in Overcoming Loneliness in the Elderly: Study at the Mandalika Elderly Social Service Center."

## 2. RESEARCH METHOD

This research is included in the qualitative research category with a case study approach. This approach allows research to describe and analyze various phenomena, events, social activities, attitudes, beliefs, perceptions and thoughts of individuals and groups [11]. Qualitative research produces findings that cannot be achieved (obtained) through quantification (measurement) techniques or statistical procedures.

The main aim of qualitative research is to gain an understanding of social phenomena or symptoms by providing a clear picture of phenomenon or social phenomena in the form of a series of existing words that will ultimately produce a theory [12]. Research method Case study examines a particular case or phenomenon in society and is carried out thoroughly to study the background, circumstances and interactions that occur. The system used in a case study can be a program, activity, event, or group of people who exist in certain circumstances or conditions [13].

The research location was carried out at the Mandalika Elderly Social Service Center (PPSLU). At PPSLU Mandalika, research was conducted in the context of the social environment of the elderly who live there, where they face emotional challenges, including feelings of loneliness. The data source is primary data in the form of 3 elderly people at the Mandalika Elderly Social Service Center (PPSLU). From the data available at the Mandalika Elderly Social Service Center, there are 80 elderly people and secondary data in the form of data from other people or documents.

Data collection techniques consist of observation techniques, interview techniques, and documentation techniques. Data analysis techniques consist of data collection, data reduction, data presentation, and conclusions. Meanwhile, checking the validity of the data consists of triangulation of sources and triangulation technique.

## 3. RESEARCH RESULTS AND DISCUSSION (12 Pt)

### 3.1. Portrait of Loneliness in the Elderly at PPSLU Mandalika Mataram

Loneliness is a painful thing for a person that arises when a person feels excluded from the group, is not noticed by the people around him, is isolated from his environment, is not noticed by the people around him, is isolated from his environment, there is no one to share experiences with and a person has to be alone without any choice [14].

From the research obtained, researchers found that there are several factors that cause loneliness experienced elderly at PPSLU Mandalika including psychological factors and sociological factors.

#### 1. Psychological Factors

One of the psychological factors that causes loneliness is Existential Loneliness. Existential Loneliness is a type of loneliness that arises due to the limitations of human existence, where a person feels separated from other people, so he cannot share feelings and experiences with anyone.

Based on the interview results, this feeling of isolation and not being able to connect with other people can cause a deep sense of loneliness in the elderly. Feelings of separation from those closest to you, such as children, can trigger the emergence of Existential Loneliness which causes a person to feel lonely.

Such that experienced Mrs J in her interview disclose:

*“Saya punya anak 1 tapi tidak pernah di urus, sudah 5 bulan saya di sini, paling saya sedih ke inget anak saya 1 yang tidak pernah urus saya, dia kerja di sana Malaysia, kalau orang-orang bisa kumpul cerita sama anak-anaknya saya sendiri sudah dulu di rumah benar-benar kesepian setiap hari itu.”*[15].

It can be concluded from the results of the interview. Mrs. J said that even though he had a child, the child could not look after him because he worked in Malaysia. It's been five months, Mrs. J lives in a guesthouse, and he feels very sad every time he remembers that he was never taken care of by his children. He expressed how jealous he was that other people could gather and share stories with their children, while he lived his days in deep loneliness. The results of observations on December 5 also confirmed this feeling, where it was seen that Mrs. J sits alone on the bench in front of his guest house with a contemplative expression, showing the silence and depth of the loneliness he experiences. This state reflects how existential loneliness can influence a person's psychology.

Different from that experienced by Mrs S, namely the traumatic experience of losing close people occurs when someone loses someone very close suddenly and unexpectedly, which is often the cause of loneliness [16].

Mrs S's statement revealed:

*“Bilang malem no taok k girang sepi, sedih nangis k kadang inget anak 2 mame no, aran Muhammad cobakn bae masih idup mungkin ndk k lek te taok ndh, seneng k jage, laguk ye wah nasib ndh, kadang tindok k doang lek kamar momot, untung araq senam, ceramah ye wh kegiatan k adek sak ndk inget lalok.”* (Setiap malam itu saya sering merasa sepi, kadang sampai nangis teringat anak saya yang bernama Muhammad coba saja dia masih hidup mungkin bkan di sini saya sekarang, tapi itu sudah mungkin sudah nasib, kadang tidur, diem di kamar, untung saja ada senam, ceramah, itu sudah kegiatan saya biar tidak terlalu teringat) [17].

## 2. Sociological Factors

Another factor that causes elderly people to feel lonely is sociological factors, namely life at PPSLU, routines at PPSLU such as meal times, noise at the guest house, and other habits will also cause someone to feel lonely because of boredom. Based on observation results, elderly people who live in the Elderly Social Service Center (PPSLU) and experience monotonous daily routines can feel isolated from the social environment.

Boredom with routine activities in the nursing home can trigger feelings of loneliness in the elderly. Apart from that, the atmosphere of the nursing home which is sometimes crowded or noisy can also make the elderly feel uncomfortable and disturbed, thus triggering a feeling of loneliness. This condition can further exacerbate the problem of loneliness experienced by the elderly at PPSLU Mandalika [18].

As an interview with Mr S, he revealed:

"Life here is very different from at home. The routine here is very scheduled, from meal times, daily activities, even commotion at the guesthouse often occurs. I often feel bored and fed up with all the same activities every day. Sometimes the atmosphere at the orphanage is also busy and noisy, making me feel uncomfortable and disturbed." [19]

It can be concluded that loneliness in the elderly is a condition that painful which can be caused by various factors, both psychological and sociological. Psychological factors, such as existential loneliness, occur when someone feels emotionally isolated and does not have meaningful relationships with other people, as experienced by Mrs. A. Meanwhile, sudden or unexpected loss of people close to you, as experienced by Mrs. S, can give rise to emotional trauma that makes feelings of loneliness worse. On the other hand, sociological factors, such as boredom due to monotonous routines at the orphanage without meaningful activities, as experienced by Mr. S, is also the main cause of loneliness. However, this loneliness can be overcome by creating a more supportive environment, such as participating in activities or joining a community that provides a sense of involvement and togetherness. By understanding these causes of loneliness, appropriate emotional and social support can be provided to help older people reduce their feelings of loneliness.

### **3.2.The Role of Islamic Spiritual Guidance in Overcoming Loneliness in the Elderly at the Mandalika Elderly Social Service Center**

Islamic spiritual guidance is a superior program at the Mandalika Social Services Center for the Elderly (PPSLU) because it is carried out almost every day of the week, except Tuesdays. This program is designed to increase the religiosity of the elderly through various activities such as lectures guided by ustadzah, learning to read prayers for those who cannot yet, reciting the Iqro Koran, and group yasinan which is regularly held on Friday nights. With this approach, PPSLU Mandalika not only meets spiritual needs of seniors, but also creates an atmosphere of togetherness that helps them feel more valued and emotionally connected. Elderly people who follow this spiritual guidance often try to overcome feelings of loneliness which are influenced by various factors, such as losing a child or feeling worthless. Through this activity, the elderly receive significant spiritual and social support, which can help them face the emotional challenges that often arise in old age.

The results of observations and interviews conducted by researchers relate to the role of spiritual guidance Islam in overcoming loneliness in the elderly, it can be seen from spiritual experiences, moral values and physical health problems:

#### **1.Spiritual Experience**

Islamic spiritual guidance has an important role in overcoming the feeling of loneliness that is often experienced by the elderly at PPSLU Mandalika, especially through a spiritual experience approach. Elderly people who feel isolated often face mental problems, such as anxiety, loneliness, emptiness and depression, due to losing a sense of connection with other people and Allah SWT. Through activities such as congregational prayer, dhikr, reading the Koran, and Islamic studies, they are invited to get closer to Allah and understand the concept of destiny (qadha and qadar) with full sincerity. This helps the elderly accept their situation patiently and make life's trials part of God's plan full of wisdom. In addition, the practice of corporate worship creates a sense of togetherness that eradicates feelings of loneliness and builds an emotionally and socially supportive environment. Thus, Islamic spiritual guidance

not only provides inner peace, but also restores a sense of optimism and meaning to life in the elderly.

**a. Associated with mental problems**

The spiritual experience of the elderly at PPSLU is an effective way to overcome feelings of loneliness, especially those related to mental problems. Through spiritual guidance activities such as lectures, reciting the Iqro Koran, yasinan together, and learning prayer readings, the elderly find inner calm which helps relieve feelings of anxiety, sadness, or isolation. These spiritual activities not only strengthen their relationship with God, but also provide a new sense of peace, hope, and meaning in life. By getting closer to religion, many elderly people feel more enthusiastic about living their days, reduce stress, and get direct emotional support. influence the well-being of their souls.

As stated by Mrs S:

*"Saya merasa tenang dan senang setiap kali selesai mengikuti kegiatan bimbingan rohani Islam di sini. Rasanya hati ini jadi lebih lapang, seperti ada beban yang hilang. Apalagi saat dzikir atau mendengarkan kajian, saya merasa lebih dekat dengan Allah dan lebih ikhlas menerima keadaan hidup saya sekarang."*

As stated by Mr S:

*"Bimbingan rohani ini benar-benar memberikan rasa damai buat saya. Selain itu, saya juga merasa punya harapan dan makna hidup yang baru. Saya jadi lebih yakin bahwa semua yang terjadi adalah takdir Allah, dan saya belajar untuk menerima semuanya dengan sabar dan bersyukur. Kegiatan ini sangat membantu saya untuk merasa tidak sendirian."*

The spiritual experience of the elderly at PPSLU has been proven to be an effective way to overcome feelings of loneliness, especially those related to mental problems, through spiritual guidance activities such as lectures, reciting the Iqro Koran, group yasinan, and learning prayer readings, which help them find inner peace and relieve feelings of anxiety, sadness, or isolation; This activity not only strengthens their relationship with God, but also provides a sense of peace, hope, and new meaning in life, so that many elderly people feel more enthusiastic about living their days, reduce stress, and get direct emotional support. influence their mental well-being, as expressed by Mrs. S, who felt calm and happy after participating in this activity, and Mr. S, who feels peace and new hope in his life, believes that everything that happens is God's destiny which must be accepted with patience and gratitude.

This is supported by the Maulidiyah theory quoted from Gusti Sumarsih's book, which states that in old age, a person tends to experience an increase in spirituality because at that age they want to get closer to God. Seniors who participate in religious activities, such as spiritual guidance, not only strengthen their relationship with God, but also help reduce the loneliness and feelings of abandonment that often arise at this phase of life. Through these activities, elderly people feel calmer, gain a new meaning in life, as well as emotional support that makes them more sincere and enthusiastic about living their days in the twilight years [20].

**b. Faith in destiny**

Belief in destiny among the elderly at PPSLU Mandalika is an important aspect that is reflected in their life experiences. For the elderly, faith provides inner strength to face various life challenges, such as feelings of loneliness. In their daily lives, many elderly people strengthen their spiritual connection through worship, prayer, reading holy books, and participating in religious activities held at PPSLU Mandalika.

Faith in destiny is not only a guide to life, but also a source of peace of mind that helps them get through difficult times more firmly. With faith in God, the elderly feel more motivated, gain new enthusiasm, and feel that their lives remain meaningful even in their old age.

As stated by Mrs J:

*"Di usia saya sekarang, keimanan menjadi sumber kekuatan terbesar dalam hidup saya. Ketika kehilangan orang-orang terdekat atau menghadapi keterbatasan fisik, saya selalu ingat bahwa Tuhan memiliki rencana yang baik untuk saya. Setiap pagi, saya berdoa dan memohon kekuatan agar tetap sabar dan ikhlas. Kegiatan keagamaan di PPSLU ini juga menjadi momen yang sangat berarti bagi saya karena saya bisa berbagi kebahagiaan dengan teman-teman lainnya sambil mendekatkan diri kepada Tuhan."*

Similarly, Mrs J said:

*"Bagi saya, keimanan adalah segalanya. Hidup ini tidak mudah, apalagi di masa tua seperti ini, tetapi dengan berdoa dan mendekatkan diri kepada Tuhan, saya merasa lebih tenang. Saya sering merasa kesepian, tetapi saya yakin Tuhan tidak pernah meninggalkan saya. Kehadiran-Nya selalu menjadi penghiburan ketika saya merasa sedih. Saya juga senang mengikuti kegiatan keagamaan di sini, karena itu memberikan saya semangat baru untuk terus bertahan dan menjalani hidup dengan lebih bermakna."*

Research conducted by Devi Eryanti shows that Islamic spiritual guidance programs, such as lectures, prayers, dhikr, and reciting the Koran, have a significant contribution in improving individual psychological well-being. This program helps the elderly at PPSLU Mandalika to get closer to God, so that they feel calmer, motivated, and able to face life's challenges more firmly. This spiritual support not only provides peace of mind, but also strengthens their enthusiasm in living their daily lives [21].

## 2. Moral Values

Islamic spiritual guidance at PPSLU Mandalika not only functions as a means of increasing religiosity, but also becomes a forum for instilling and strengthening moral values that are reflected in the behavior of the elderly. These moral values are related to the traits embedded in the human soul, which produce positive actions automatically without needing to think long. Seniors who take part in this program show changes in the way they think, speak and behave, which is an expression of a calmer and kindred spirit. For example, they become more patient, humble, and respectful of each other, creating a harmonious atmosphere in their social environment. Activities such as religious lectures, prayer lessons, and group yasinan not only strengthen their spiritual connection with God, but also shape better moral character, so that they are able to face emotional challenges such as loneliness more wisely and sincerely.

Based on observations, researchers found that elderly people have a unique view of the world and their lives in old age. Through spiritual guidance activities, the

elderly show a new understanding of the moral values believed in by society, such as the importance of mental peace, sincerity and patience in living life.

This spiritual guidance helps them understand that being alone is not something bad, but rather a moment to get closer to God and find inner peace. One of the elderly, Mrs. J, has an interesting view of himself and how he compares his life to others outside the neighborhood where he lives. Mrs. J realizes that his life at PPSLU is different from other elderly people out there, but he has accepted this difference with an open heart. She believes that everyone has their own path, and through the religious activities she participates in, Mrs. J feels more able to accept his situation calmly, without any feelings of envy or regret. This view shows that spiritual guidance not only provides spiritual calm, but also strengthens the elderly's morality and ability to understand and accept their life as a whole.

Such that expressed the J:

*"Kegiatan bimbingan rohani ini membuat saya lebih dekat dengan Allah dan juga dengan teman-teman di sini. Saya belajar banyak tentang kesabaran dan bagaimana tetap bersyukur di usia ini. Rasanya, semua yang saya pelajari dari ceramah dan doa bersama membantu saya menjadi pribadi yang lebih baik, dulu saya sering banget membandingkan diri dengan orang lain diluar sana yang bisa tinggal Bersama anaknya, tapi ya sudah emmang ini jalannya."*

Mr S also revealed that:

*"Dengan adanya bimbingan rohani ini, saya merasa lebih damai dan punya pegangan hidup yang kuat. Selain itu, saya juga merasa perubahan dalam diri saya, seperti menjadi lebih sabar dan lebih peduli terhadap sesama. Kegiatan ini seolah mengajari kami untuk menjalani kehidupan dengan lebih bijaksana dan ikhlas, meskipun ada kesulitan yang harus dihadapi."*

This is also supported by the results of Meidama Lawolo's research, which shows that suffering can be an educational tool from God to shape character, develop faith, and help humans understand their limitations in understanding God's plan. Job 5:17-23 teaches that suffering is not only a punishment, but also a call to rely and trust in God, even in the midst of difficulties. With this view, elderly people who follow spiritual guidance not only find inner peace, but are also able to face emotional challenges such as loneliness with more wisdom and sincerity [22].

### 3. Physical Health

The role of spiritual guidance does not only focus on spiritual aspects, but also contributes significantly to the physical health of the elderly. By actively participating in various spiritual guidance activities, seniors are involved in activities that encourage them to move a lot, thereby helping maintain their physical fitness. Activities such as lectures, prayer lessons, and group yasinan not only strengthen spiritual connections, but also encourage seniors to interact and move more. This leads to improvements in their physical health, which is important for a better quality of life in their twilight years. Thus, spiritual guidance functions as a holistic tool, supporting the physical and mental well-being of the elderly simultaneously. Physical health is an important aspect that influences elderly participation in Islamic spiritual guidance activities at PPSLU Mandalika.

Physical health can be an obstacle for the elderly in participating in Islamic spiritual guidance activities, as experienced by Mrs. S. The limitations of her knees



made Mrs. S find it difficult to walk, especially when it rains, because slippery roads increase the risk of slipping. This condition is not the only one that influences his physical ability to carry out activities, but also has an impact on his self-confidence in participating regularly.

This obstacle shows the importance of paying attention to the physical health of the elderly so that they can remain involved in spiritual guidance activities, which have a big role in providing spiritual and emotional support, as well as helping them overcome feelings of loneliness. By maintaining physical health, elderly people can continue to feel the benefits of this activity, both spiritually and socially. As stated by Mrs S:

*“Saya sangat rajin datang ke masjid sebelum orang adzan setelah sholat dhuha diem sudah saya disana. Namun, saya mengalami kesulitan karena lutut saya bermasalah. Saat hujan, saya merasa takut untuk pergi ke masjid karena jalanan menjadi licin, dan itu membuat saya khawatir akan terpeleset. Meskipun begitu, saya berusaha untuk tetap terlibat dengan cara lain, seperti mendengarkan ceramah dari kamar.”*

In Nailis Sa'adah's research, it was found that there were driving factors and obstacles in implementing da'wah among the elderly. Driving factors include family support and the availability of adequate facilities and infrastructure, while the obstacles faced include the psychological and physical aspects of the elderly themselves. This is relevant to the condition of the elderly at PPSLU Mandalika, such as Mrs. S, who has physical limitations in his knees, making it difficult for him to go to the mosque, especially when it rains. Thus, a da'i needs to have sensitivity in reading the situation and condition of the elderly in order to provide a more effective and inclusive da'wah approach, so that understanding of Islamic teachings can continue to be improved despite limitations [23].

#### 4. CONCLUSION

Loneliness is a mental and emotional state experienced by individuals who have lost their closest family members and feel less cared for by the people around them. Feelings of isolation and deep sadness arise from this condition, especially when the individual spends time alone, which is often a moment of reflection that reinforces the feeling of loneliness. This illustrates that loneliness is not only a physical problem, but also a significant emotional experience, which can impact mental wellbeing, especially in older people who often face isolation due to lack of social interaction. Social support from interactions with family and community has an important role in reducing feelings of loneliness. When individuals receive attention and support from the people around them, they feel happiness and satisfaction which can improve emotional conditions. Initiative and independence in seeking life opportunities also add meaning to individuals, showing that even in difficult circumstances, there are still ways to feel empowered and meaningful. Overall, this highlights the importance of social support and small successes in daily life for overcoming loneliness among older people.

Recitation activities in mosques also have a significant impact on the emotional and spiritual well-being of individuals. This activity not only creates a sense of calm and happiness, but also strengthens social relationships among the congregation. Through interaction in religious activities, much-needed emotional support can be obtained, thus reducing the feeling of loneliness often experienced by people in old age. Thus, mosques function as important spaces for social interaction, improving the quality of life of the

community and playing a role in building the spiritual and emotional well-being of individuals.

## 5. ACKNOWLEDGEMENT

### 5.1 To PPSLU Mandalika

PPSLU needs to improve social support programs for the elderly, including providing more activities that involve social interaction. This can be done by holding regular events that invite family and community members to participate, so that the elderly feel more cared for and connected to their social environment. In addition, training for staff regarding the importance of emotional support and how to interact with the elderly is also highly recommended.

### 5.2 To future researchers

Future researchers are advised to explore further the impact of religious and social activities on the mental well-being of the elderly. More extensive research involving various locations and demographics could provide a more comprehensive picture of this issue.

### 5.3 To the family

The family also has an important role in reducing loneliness in the elderly. Therefore, it is recommended that families be more active in communicating and interacting with elderly members, as well as involving them in family activities. Simple activities such as regular visits or inviting the elderly to participate in family events can have a positive impact on their mental health.

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