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Description Of Religuisity And Fear Of Death In Middle Adults

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Abstract

Humans in living their lives will experience a span of life, one of which is middle adulthood. Middle adulthood is a transitional period between early adulthood to late adulthood, which is in the age range of 40 to 60 years. Middle adulthood is marked by physical changes due to biological changes such as decreased fertility and health. This condition causes middle-aged adults to worry about death. The fear of death at this age is even higher compared to other age groups. An effective strategy for dealing with the fear of death is to increase religion. The aim of this study is to clarify the relationship between religion and fear of death in middle adulthood. The data collection method is the qualitative research method. Collecting data by means of interviews with research subjects. Based on the results of the study, it was found that the research subjects felt unprepared to face death by feeling anxious, helpless, and wanting to be in the position of other people who had better religious behavior. Subjects viewed that closeness to God Almighty made subjects better prepared to face death. This research has implications that middle adults need to improve their religiosity attitudes and behavior to minimize their fear of death.

Keywords: Religiosity, Fear, Middle Adults

INTRODUCTION

Along with increasing age, humans will experience a decrease in body functions when entering old age both physically, physiologically and psychologically. Aging is a process of slowly disappearing the ability of the tissue to repair itself or replace and maintain its normal function so that it cannot survive infection and repair the damage received. The aging process is a continuous (continuous) process naturally. The aging process starts from birth and is generally experienced in all living things (Nugroho, 2012). Some of the psychosocial problems that occur in the elderly include anxiety, depression, insomnia, panaroid, and dementia, as well as anxiety about facing death (Maryam, Ekasari, Rosidawati, Jubaedi, & Batubara 2012).

Everyone faces death without exception because it is inevitable, but no one knows

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how, when, or where it will occur. In mid-adulthood, there is a greater risk of death than at other developmental stages (Santrock, 2012). In addition, Santrock (2012) also states that humans in middle adulthood are responsible for maintaining their careers, doing positive things that help the younger generation, and caring for and preparing other people and important children. In addition, middle-aged humans are also responsible for preparing for retirement so that death can be used as a source of income threat to achieve or achieve life goals.

Hurlock (2009) argues that humans who are in the middle adulthood phase are middle-aged individuals who are in the range of 40-60 years and are starting to abandon their adult physical and behavioral characteristics and enter life stages with new physical and behavioral characteristics. This period is also characterized by reduced physical fitness and increased responsibility for them. Wrinkles began to appear on the face, menopause set in, and chronic and acute illnesses were observed. It gives consideration to the remaining time in personal life. Middle adulthood is marked by physical changes due to biological changes such as generativity and declining health. When health declines, individuals think more about death. Hartanto (1996) explains that the uncertainty associated with a person's death can cause them to experience fear of death. Rice (2009) states that the fear of death is a huge anomalous fear, accompanied by emotions such as anxiety, fear of death, or fear of what might happen to the individual, revealing an individual's mental health is improving.

The effect of fear of death on individuals varies, and some people cannot sleep because they are afraid of not being able to wake up (Hartanto, 1996). Schaie and Willis (1991) argue that fear of death is a problem related to several factors, one of which is related to religious or religious beliefs. The same thing was expressed by Lemming, Madde, and Marlan (2010) who explained that one of the factors that influence a person's fear of death is his religious beliefs. Carpenito & Moyet (2008) mentions death anxiety as a condition in which individuals experience feelings of anxiety due to unclear or vague discomfort or fear generated by perceptions of threats to one's existence, whether real or imagined. Anxiety about death increases at this age compared to other ages. One effective strategy for dealing with death anxiety is increasing religiosity.

The results of previous research by Duff and Hong in 2000 indicated that the level of religion can empower and protect individuals. Negative thoughts such as fear of death. The same thing was stated by Wen (2012), where religion can reduce the level of anxiety and fear

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of someone's death. There are several previous studies which state that there is a relationship between religion and fear of death, including research by Fakhrurrozi (2008), Wisudawanto (2009), and Wen (2010 & 2012). Considering the background and results of previous studies, the authors are interested in further researching whether there is a relationship between religion and fear of death in middle-aged adults.

Based on the background above, the researcher is interested in conducting research related to the description of the relationship between religion and fear of death in middle adults.

RESEARCH METHODS

This study uses qualitative methods in the form of interviews. Qualitative research is research that needs to be done after a problem is examined quantitatively, but the solution has not yet been revealed. It can be said, if you are not satisfied and want to know more deeply about a problem, even though you cannot guess or it is difficult to make assumptions, then the research that is suitable to do is qualitative (Subana and Sudrajat, 2005). The subject of this study was an elderly aged 40-60 years (middle adult age). This research was conducted on May 31 2022. The interview was conducted at the subject's residence and began with greetings, building report cards, requests for subject willingness (Informed Consent). The questions asked were 8 main questions. The interview begins with the submission of light questions and ends with the main question, namely, how are you prepared to face death. After that, the interview session was closed by greeting and thanking the subject for their willingness to be interviewed..

RESULTS AND DISCUSSION

Based on the results of the study, it was known that the research subjects did not spend time thinking about death. In addition, the research subjects stated that they were not ready to face death, so the subjects sometimes wished they wanted to be in someone else's position and wanted to return to the past. helpless and want to be someone else who is successful and has better worship behavior. This shows that the subject considers worship and belief in God Almighty will make him feel more secure and calm to face death, otherwise failure or the past is considered bad makes the subject afraid and feels unprepared to face death. This is in line with the results of research from Fakrurrozi (2008) showing that individuals who are very religious have a low fear of death, he explains that there is a negative relationship between religiosity and

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fear of death. The results of a similar study were also shown by Wen (2012) that there is a relationship between religion and fear of death.

Religion or religiosity is one of the most important factors that influence the fear of death. Belief in action and religion has a positive effect on increasing the meaning of life. Actions that reflect a high degree of religion, such as believing in God, praying, and visiting holy places, can provide positive hope and encouragement. This creates inner peace that reduces the fear of death for individuals (Ziapour, Duti & Asfajir, 2014). A study by Duff and Hong (2000) states that high religion can be empowered and strengthened. Protects the individual from negative thoughts such as fear when thinking about death.

Fear of death in middle-aged individuals is associated with Ericsson's theory of developmental fertility and stagnation. Gererativity includes plans that individuals wish to work on to preserve their heritage for future generations. Stagnation, on the other hand, occurs when an individual feels that he or she has done nothing for the next generation. At this stage, individuals start to worry about approaching death, but this worry is reduced if they can prosper and become good examples for the next generation (Cicirelli, 2006).

Religiosity can reduce the fear of death because it helps individuals find the meaning of death in their lives. The hope for the post-mortem world embodied in religion can also reduce the fear of death. Religion also helps individuals embrace the fate of death and overcome concerns about the process of dying and fear, and religion provides helpful teachings. Both in understanding and practice to reduce the risk of death. Middle-aged people who are very religious tend to see death as a phenomenon of the afterlife, and death is seen as a motive to succeed in life and leave something useful for others (Cicirelli, 2006).

CONCLUSION

Based on the results of the study it can be concluded that the research subjects felt unprepared to face death by feeling anxious, helpless, and wanting to be in the position of other people who had better religious behavior. Subjects viewed that closeness to God Almighty made subjects better prepared to face death. This research has implications that middle adults need to improve their religiosity attitudes and behavior to minimize their fear of death.

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