

## DAILY SPIRITUAL EXPERIENCE OF UNDERGRADUATE NURSING STUDENTS AT SANTA ELISABETH HEALTH SCIENCES COLLEGE MEDAN 2024

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### ABSTRACT

Pengalaman Spiritualitas harian sesuatu yang sangat pribadi dan unik bagi setiap orang yang membuka hati dan pikiran untuk merasakan kehadiran Tuhan di dalam dirinya. dengan begitu pribadi memiliki perasaan seperti, rasa kagum, belas kasih, kekuatan, bimbingan, pertumbuhan, dan makna hidup yang membuat diri merasa terhubung dengan sesuatu yang lebih besar dari diri sendiri, itulah yang disebut pengalaman spiritual. Penelitian ini bertujuan untuk mengetahui Pengalaman Spiritualitas Harian mahasiswa Program studi sarjana keperawatan di Sekolah Tinggi Ilmu Kesehatan Santa Elisabeth Medan pada tahun 2024 ini menggunakan desain penelitian deskriptif kuantitatif. Teknik pengambilan sampel yang diterapkan adalah simple random sampling, dengan jumlah responden sebanyak 162 orang. Instrumen yang digunakan dalam penelitian ini adalah kuesioner Daily Spiritual Experience Scale (DSES). Hasil penelitian menunjukkan pengalaman spiritualitas baik yaitu (96,9%), dan Cukup (3,1%). Tingginya tingkat pengetahuan remaja tentang spiritualitas sehari-hari dalam kehidupan mereka dan mengajarkan untuk lebih mendekatkan diri pada Tuhan dalam situasi apapun. Hasil penelitian ini dapat dijadikan dasar penelitian lebih lanjut sekaligus pengalaman bagi peneliti dalam melakukan penelitian.

Kata kunci : Pengalaman spiritualitas harian, Mahasiswa, Keperawatan

### ABSTRACT

*Daily spiritual experience is something very personal and unique for every person who opens his heart and mind to feel the presence of God within him. This study aims to find out the Daily Spirituality Experience of students of the undergraduate nursing study program at the Santa Elisabeth College of Health Sciences Medan in 2024 using a quantitative descriptive research design. The sampling technique applied was simple random sampling, with a total of 162 respondents. The instrument used in this study is the Daily Spiritual Experience Scale questionnaire. (DSES). The results of the study showed that the experience of spirituality was good (96.9%), and sufficient (3.1%). The high level of knowledge of teenagers about the daily spirituality of their lives and teaches them to get closer to God in any situation. The results of this study can be used as a basis for further research as well as experience for researchers in conducting research.*

*Keywords: Daily spiritual experience, Students, Nursing*

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## INTRODUCTION

Daily Spiritual Experience creates a feeling of amazement, compassion, giving love to others, deep inner peace find strength, guidance or comfort from God's source of post-traumatic growth and a sense of meaning in the face of illness, trauma and stressors in daily activities (Underwood and Vagnini 2022). Spirituality is known to have a positive impact on a person's mental and psychological health. The individual who directs himself to God will be the furthest from the selfishness that exists within himself, this experience is related to the transcendent and meaningful things in life, such as feeling closer to God, having a sense of longing, getting support and affection, having admiration, generosity, and gratitude for all the graces received from God.

With the development of the times, many changes in students' lifestyles cause stressors in their environment, to deal with stressors students also require perseverance and faith, if students change their perspective to be more positive and have a good spiritual experience will make the student more confident and help them cope with stress (Shabrina, Salwa and Nurul Hartini, 2021). The research at the Santa Elisabeth College of Health Sciences Medan said that the spirituality of students with 82 people included in the high category (93.2%), and 6 people included in the medium category (6.8%) can be concluded that most of the spirituality of second-level nurse students is in the high category.

According to data collected by the Indonesian Statistics Center, more than 64.19 million people in Indonesia are teenagers, which is almost 24.01% of the population and the highest percentage is male 50.78%. This shows 346,030 adolescents aged 10-19 years. Adolescents who have lost self-control, or are unable to setting goals, can cause the teenager to lose control and neglect his behavior, causing stress and weakness. In addition, adolescents' inability to develop sufficient self-control over their behavior, which causes them to feel unclosed to God, also known as juvenile delinquency, do not understand the spiritual values instilled in the family, and do not feel happiness in their association (Darmawan, Ardhian Indra and Shanti Wardhaningsih, 2020).

The Nurse Study Program at the Santa Elisabeth College of Health Sciences Medan offers an educational program to become a nursing worker. bachelors and students of the Nurse profession program. Students of the undergraduate nursing program for the 2024-2025 academic year number approximately 394 people, which is 90% Students live in school dormitories. Morning and evening prayer activities are carried out every day and worship in the chapel or mass is carried out 1 time a week. Likewise, other spiritual activities such as retreats or recollections are carried out regularly every year, but not all students perform the worship, apart from the fact that there are students who are Muslims, also because Many students are lazy to carry out daily worship.

Based on the findings of interviews conducted with six students regarding retreats or recollections, the results of 2 students said that it was very useful when participating in retreats and recollections that they had participated in, but from 6 respondents there were 4 students who said that participating in retreats and recollections made them sometimes sleepy and did not focus on following them and there were also those who were lazy to follow it or with a heavy heart because it follows the schedule and regulations of the dormitory.

## RESEARCH METHODS

Descriptive quantitative research is a type of research that focuses on explaining new concepts by giving names, describing specific situations, or phenomena. The purpose of this study is to understand the daily spiritual experiences experienced by nursing students at the Santa Elisabeth College of Health Sciences in Medan in 2024. This research involved all students of the undergraduate nursing program at the Santa Elisabeth College of Health Sciences Medan for the 2024-2025 academic year, totaling 400 people. The sample in this study is the students of the Nurse Study Program from levels 1-4, a total of 162 people live in the dormitory. In this study, there is only one single variable, namely *the daily spiritual experience* of students. The instrument used in this study is in the form of a *Daily Spiritual Experience scale questionnaire*. The research instrument in *the Daily Spiritual Experience* variable, the researcher used the Lynn Underwood questionnaire (2016), where there were 6 indicators assessed, Admiration questions consisted of no. 1, 12, 4, & 2, gratitude in no. 13 & 5, Compassion in no. 15, Feeling connected in no. 16, 8, 6 & 3, Love in no. 14, and inner eulogy in no. 11, 10, 9, & 7. In the study, the questionnaire consisted of 16 questions that discussed daily spiritual experiences with a choice of answers using a Likert scale. Categories are rated 3, sometimes 2, rarely 1, and never rated 0. There were no negative statements in the questionnaire. The data in the study were obtained from primary data collected directly through questionnaire distribution. Category Good 32-48, Enough 16-31 and Less 0-15. The researcher no longer conducts validity and reliability tests on the instrument because the questionnaire used has been completely modified from the 2020 Risda Fatin Fitria research publication, which has a validity value of 0.374 and reliability by 0.973. Ethics Committee of Santa Elisabeth College of Health Sciences Medan this research has been declared ethically feasible No. 192/KEPK-SE/PE-DT/IX/2024.

## RESULTS AND DISCUSSION

Table 1 Distribution of respondents' demographic characteristics based on age, gender, religion and ethnicity of undergraduate nursing students at levels 1 – 4 at the Santa Elisabeth College of Health Sciences Medan in 2024.

Characteristics	(F)	(%)
<b>Age</b>		
17	6	3.7
18	31	19.1
19	36	22.2
20	44	27.2
21	39	24.1
22	4	2.5
23	2	1.2
<b>Gender</b>		
Male	1	6
Female	161	99.4
<b>Tribe</b>		
Toba	123	75.9
Karo	15	9.3
Nias	24	13.6
<b>Religion</b>		
Protestan	151	5.6
Catholic	11	9.3
<b>Total</b>	<b>162</b>	<b>100</b>

**Table 2     Distribution of the frequency of daily spiritual experiences of students at the Santa Elisabeth College of Health Sciences Medan in 2024 based on respondents' answers to the questionnaire**

No	Question	Never	%	Infrequently	%	Sometimes	%	Always	%
1	I felt God's presence in the prayers I followed in the dorm	1	6	8	5	30	18	123	76
2	I live the celebration of the Eucharist and worship wholeheartedly	0		8	5	42	26	112	67
3	I feel that God is always with me in every part of my life	0		2	1	18	11	142	88
4	I found purpose in my religion and spirituality.	0		10	6	44	27	108	66
5	I am not worried about my problems when I worship or when I am in contact with God	0		10	6	51	31	101	62
6	I feel comfortable in my religion or spirituality	0		5	3	19	11	138	85
7	I felt peace and calm in myself as I prayed	0		10	6	18	11	134	83
8	I ask God for help in every activity I do	1	6	28	17	28	17	122	75
9	I feel guided by God in every daily activity	0		6	4	28	17	128	79
10	I feel God's love for me directly in my daily life.	0		5	3	25	15	132	82
11	I felt God's love for me through others.	4	2	18	11	58	35	82	50
12	I was amazed by God's creation	2	1	5	3	17	10	138	85
13	I feel grateful for everything I received	0		8	5	26	16	128	79

14	I help others selflessly.	0	0	13	8	71	44	78	48
15	I accept others even when they do things that I think are wrong	3	2	19	11	87	54	53	33
16	I want to always be closer to God in whatever conditions I experience every day	0	0	6	4	21	13	134	83

Table 3 Distribution of *Daily Spiritual Experience* of Students at Santa Elisabeth College of Health Sciences Medan in 2024

Category	Frequency(f)	Percentage (%)
Good	157	96,9
Enough	5	3,1
Less	0	0
<b>Total</b>	<b>162</b>	<b>100</b>

## DISCUSSION

The results of the research conducted at the Santa Elisabeth College of Health Sciences Medan involving 162 students, examined their daily spiritual experiences. The results showed that 157 students (96.9%) reported having good daily spiritual experiences, while only 5 students (3.1%) were categorized as having sufficient spiritual experiences. These findings show that most college students show a high level of spiritual awareness and engagement, showing a strong dependence on God in both times of success and failure. This is an important indicator of the depth of their spirituality, which includes their beliefs and experiences with spiritual life. However, the survey revealed several challenges, such as some students still lacking confidence about their future and experiencing a lack of support from their peers when it comes to participating in worship activities.

The results of the above research are in line with the research Simorangkir, Lindawati (2021) regarding the spirituality of Nurse Study Program students. In the study, it was obtained that the majority of students had high spirituality, namely 93.2%. This shows that students maintain and nurture their spirituality by actively engaging in collaborative efforts with others, caring for the environment, and offering help or sharing with those around them.

In addition, another study by Derang et al. (2022) on undergraduate nursing students also obtained high student spirituality. There is even a close relationship between their spiritual beliefs and moral sensibilities. This relationship manifests itself in their higher awareness of compassion, kindness, and ethical behavior towards others. Students with higher levels of spirituality tend to demonstrate a deeper sense of empathy and a commitment to upholding ethical standards in their interactions with patients, peers, and the wider community. Their spiritual values not only guide their personal behavior but also shape their professional attitudes, which emphasizes the importance of treating others with dignity, respect, and care in all aspects of their lives, particularly in their future roles as healthcare providers.

Modern student spirituality often incorporates elements of humanistic psychology, emphasizing the importance of self-development and the achievement of the individual's full potential. This often

involves practices such as meditation or self-reflection in order to achieve a deeper understanding of themselves and the world around them. In addition, many students are also inspired by mystical and esoteric traditions, which focus on mystical experience, heightened consciousness, or the search for deeper meaning, both through spiritual texts and transformative practices (Brodrick 2018).

These students come from various ethnic backgrounds, such as Toba, Karo, Nias, and Simalungun, and adhere to different religions, including Catholicism, Protestantism, Islam, and Buddhism. Despite having religious and cultural diversity, based on the observations of researchers, all students consistently participate in the worship and celebration of the Eucharist that has been established. As a result, it can be concluded that the level of spirituality of the students is relatively high. They show strong self-awareness, recognize who they are, they show a higher level of confidence in their abilities both now and in the future and feel peace of mind.

In a questionnaire distributed to respondents, the researchers found that many college students chose a "never" answer to the question "I feel God's love through others." Researchers observed this as a sign that there was indifference, pride, and indifference among students to acts of love given by others, even if it was in the form of small things such as giving attention, greetings, or reprimands with affection.

On the contrary, students often think that the act shows that others do not like them. This causes mutual gossip, accusations, and mockery between friends, so that students become increasingly indifferent to their surroundings. Thus the question in the questionnaire "Even though others do things that they think are wrong, I still accept them well" also recorded a high score in the "never" section. shows that many college students have difficulty accepting others, especially when they perceive someone's actions or behavior as wrong or inappropriate. The student accepts the idea that everyone has flaws and is able to learn from their mistakes, students tend to judge others based on their own judgments and standards. The mindset of students makes it difficult for them to be understanding or patient when someone does something they don't agree with. When college students offer support or give others a chance to improve, they often react with frustration, impatience, or even resentment. As a result, students may distance themselves from each other, which fosters an intolerant and judgmental environment for themselves and others.

God's presence may be experienced more personally, often manifesting as inner strength or peace of mind when facing life's challenges. They may feel that God is empowering them to deal with personal, academic, or emotional struggles. Their relationship with God may be felt most strongly in times of prayer, self-reflection, or in the quiet peace that arises during times of solitude, or when faced with difficult situations. Therefore, even though they face challenges in recognizing God's love in social interactions or in their relationships with others, some students still feel God's unwavering presence in their life journey.

According to the researchers, spiritual experiences are not only seen from the religious activities they follow, but also from how the individual applies these values in daily life, both in social interactions and in the way they manage personal responsibilities in their lives.

## CONCLUSION

According to the findings of the research conducted, for 162 respondents regarding *the daily spiritual experience* of nursing undergraduate students at levels 1-4 at the Santa Elisabeth College of Health Sciences Medan in 2024, it can be concluded that *the daily spiritual experience* of nursing undergraduate

students is based on *vertical* dimensions and *horizontal* dimensions. Of the 162 respondents were in the high category, 157 people (96.9%).

## SUGGESTIONS

The results of this research can be used as a basis for further research as well as an experience for researchers in carrying out research.

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