



# Islamic Education Programme for Senior Citizens at Muhammadiyah Health and Daycare Centre Singapore

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**Abstract.** It is necessary to have Islamic Education Program as there is an emergency in facing the twilight years and others including the Covid-19 Pandemic. The researcher has researched Islamic Education Program specifically targeted to the Elderly in MHCC. The research method was descriptive analytic using observations, interviews, documentation, and analysis with triangulation. The result of the research has generated a setup that the Islamic Education Programme for the Elderly consist of the reciting of the Al-Quran and its translations, the knowledge of Fiqh' related to daily living for the elderly taught by religious teachers; physical education together with physiotherapy activities using sports equipment such as treadmill; mental and spiritual guidance for the elderly facing depression and stress by an occupational therapist as well as religious teachers. Other research has shown similarities in the treatment of health and psychology towards the elderly. The result of this research shows that Islamic Education instils constant religious practice in the heart of the elderly although they lack the mobility to seek education outside. To further improve the program, it is suggested to increase the interaction between caretaker and elderly and to practice more "Zikir" together. This is to increase the sense of kinship.

**Keywords:** Islamic Programs · Exercise and Health

## 1 Introduction

Every living being of Allah SWT creation undergoes a live cycle where maturity is one of the factors of aging. As the world is aging with advancements and materialism, resulting in increasing social issues. There is now a crisis of accommodating the aging population and it is predicted to multiply in the 21st century. In America, the population that is 65 years and above totals 35 million and is expected to increase in the next 25 years (NIH- National Institute on Aging) [1]. The aging community of 85 years and above exemplifies a greater growth in the population of America.

In Singapore, the population increased to 5.61 million in 2017, from 5.6 million in the previous year. This is due to the increase in the Malay population or about 530,000 which represents about 13.4% of the whole population of Singapore[2] By 2035 it was estimated that around 32 percent of Singaporean will be aged 65 and above [3] (Fig. 1).

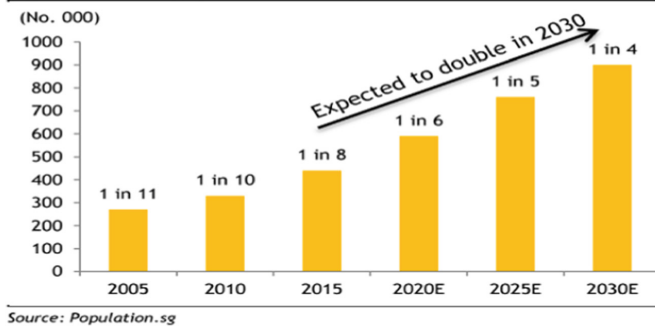
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S. Februanti et al. (Eds.): MICon 2021, ASSEHR 708, pp. 806–811, 2023.

[https://doi.org/10.2991/978-2-38476-022-0\\_89](https://doi.org/10.2991/978-2-38476-022-0_89)

## Ageing population

**Fig 3: No. of Singapore citizens aged 65 and above**



**Fig. 1.** Singapore elderly population Statistic [3]

With this, the government is concerned with the basic needs of its aging population that is living independently without a stable source of income. If the government is not pro-active in looking for a solution to manage the issue, it will create a social issue in the country. The government must not only concern about daily needs; but must also consider the health of their aging population which will affect their physical strength, emotional and mental well-being.

Therefore, several incentives have been provided by the government to take care of the older generation so that they are not neglected and can live in comfort and peace. In the debate of care, there needs to be a plan to ensure that their elderly can adapt to their situation. By interacting with housemates, they can eliminate the feeling of loneliness and depression. This is where the study begins on analysing the available programs and their suitability for the elderly in the Islamic Nursing Homes.

According to Executive Director of Samaritans of Singapore (SOS), Madam Christine Wong, the number of elderly living alone is expected to increase, and she expresses her concern that they might choose suicide as a solution to end their suffering and pain in life. A frequent issue that arises includes being a burden to the family and friends, and the trail of managing a decrease in physical health and mental capacity [4]. That is why the treatment and care of the elderly should have an emphasis on family happiness, religious deeds, and participation in physical activities that can benefit and improve their quality of life for comfort and peace towards the end of life. However, there are also experience where the elders do not feel comfortable living in harmony in nursing homes.

To analyse the programs set by the nursing homes, in-depth research is conducted on the programs offered to the elderly and their conditions found at Muhammadiyah Health and Day Care Centre (MHCC). The main objective of these programs is to enhance physical strength, mental health, and spiritual health. The purpose is so that the elderly can achieve a happier long life, independence, and security in the home.

## 2 Method

When this article is being written, this study uses Qualitative analysis. With the limited means to do field research due to the Covid-19 Pandemic that has affected us for a long

time, an alternative means of research is to be carried out to comply with the Safety Management System (SMS). As such, research is conducted via phone interview and video observation, library research and articles, website sources to put together original data.

Research methodology can only be conducted as Qualitative Descriptive Research, as field research cannot be held physically at the specified location. This research gives a factual picture with an informative narrative of the data collected from the nursing home. The researcher is the main instrument, and the target of the research is the elderly that undergoes the activities of the arranged programs by the nursing home.

### 3 Result and Discussion

Through the scrutiny from the various sources, there has not been a study or research done on the programs offered by the Islamic nursing homes for the elderly in Singapore. The purpose of this research is to study every offered program in nursing homes that is suitable for the elderly. From this study, is there a possibility of re-establishing or enhancing the offered program for Islamic Education so that it can achieve and provide benefits for the elderly, organization, and society.

Several articles from Indonesia have written and discussed this topic is used as references for academic analysis so as there is no repeating article.

First ‘Pusat Layanan Integratif Lansia Di Masyarakat (Senior Centre)’, Sri Sunarti, Rahmat Ramadhan (2018) dari Department Ilmu Penyakit Dalam, Fakultas Kedokteran Universitas Brawijaya, Malang, melakukan kajian melalui diskusi, praktik dan referensi (library research). Hasil penelitian itu, terdapat bahawa keadaan lansia ada yang tidak mempunyai kesedaran diri (selfawareness), kesepian dan ada juga yang lebih suka bersendirian. Biarpun beberapa program yang telah disiapkan seperti aktiviti berkumpulan, kegiatan fisik, intergenerasi dan juga adanya penjagaan dan rawatan kesihatan, lebih-lebih lagi program rehabilitasi kepada yang mengalami kesihatan jasmani, masih juga tidak ada yang banyak memberi kesan positif, sehingga apa yang dilihat dan diperhatikan, tiaSunarti,S. Ramadhan, R. (2018). Pusat Layanan Integratif Lansia Di Masyarakat (Senior Centre). Jurnal Ilmu Kesihatan dan Kedokteran Keluarga (Saintika Medika), pp32–41.

Civitas Dan Kebermaknaan Hidup Lansia (Studi Kasus di Panti Budhi Dharma, Yogyakarta)”, dari Fakultas Interdisciplinary Islamic Study (IIS), Universitas Islam Negeri Sunan Kalijaga, Yogyakarta, Ahmad Wahyu Adi Probowo (2017). Hasil penelitian ini dengan adanya program-program yang disediakan untuk mereka, seperti aktiviti kesihatan setiap hari, kesejahteraan sosial iaitu pelayanan sosial didalam dan diluar panti, preventif, kuratif dan rehabilitasi, namun masih lagi kurang membangkitkan semangat dan kurangnya berantisipasi dalam kegiatan fizikal kerana kesibukan penjaga dengan rutin tugasannya sehingga tidak ada kesempatan untuk membawa lansia beraktivitas [6].

Third “Program ‘Lansia Sabar’ Berbasis Reminiscence dan Art Therapy Untuk Meningkatkan Self-Compassion Pada Lanjut Usia di Panti Wredha”, Journal of Professional Psychology, Fakultas Psikologi Universitas Gadjad Mada, Ni Made Rai Kistyanti, Sofia Retnowati (2019). The result of analysis shown 2 out of 3 participants had and an

increasing mean of self-compassion in the intervention phase. The other participant had a little decreasing mean of self-compassion in the intervention phase. Overall, although there was a different result in one of the participants, the trend showed a positive response during the intervention phase [7].

Fourth “Perancangan Program Pendampingan lanjut Usia Berbasis Home Care di Posbindu Kelurahan Geger Kalong (2017)”, Rosita Nurfatimah, Melly Sri Sulastris, Yoyoh Jubaedah. “Recommended for families and the elderly Posbindu, the program can be implemented to meet the various needs of the elderly. For the elderly should introspect, especially in the health and follow the advice recommended by related parties. For further researched the elderly assistance program base Home Care can be developed or modified according to the needs of research” [8].

Fifth “Keberadaan Panti Jompo dalam Masyarakat dan Budaya Aceh (suatu analisis sosiologis)” (2018), Jurusan Sosiologi, Fakultas Ilmu Sosial dan Politik, Universitas Teuku Umar, Irma Juraida. “The results of this study indicate that the Nursing Home in the culture of the people of Aceh is more determined by the interaction (knowledge) of social background, culture and religious values which is shared by a person or group in Aceh society” [9].

From Dictionary Reverse, various terms have been put forward, 1) relating to old age and it’s medical problem, GERIATRIC 2) relating to old age, especially showing mental deterioration in old age, SENILE, 3) mindedness and Loss of faculties through old age SENILITY, DOTAGE [10].

Emotional Intelligence generally involves the following three skills: Firstly, emotional awareness or the ability to recognize and name the emotions; Secondly, the ability to develop the emotion and use it towards thought and solving problems; and Thirdly, the ability to manage emotion as a result, the above two skills and use it to help others [11]. Physiotherapy is an exercise to return and restore strength and mobility with the personal care plan by a recognized physiotherapist. Psychology falls under a group of knowledge that requires expertise to treat emotion and thought instability. According to Dr. H. Ramayulis in his book Psikologi Agama, “Psikologi agama membicarakan bagaimana pengaruh ajaran agama dan proses kejiwaan orang beragama, sementara kesehatan mental melanjutkan dan memperdalam apa yang dikaji psikologi agama tersebut”. The need for religious education at any age is necessary to widen the knowledge while revising and practicing with greater focus.

Throughout the development of life, every individual will face changes in physical, biological, and mental. In the western world, the principle of development is based on hereditary traits and its environment, whilst in Islamic work, it is Allah SWT will that is the most important basis in human development.

MHCC carries out 3 types of treatment programs of which is Rehabilitative Care, Nursing Care, and Social Care. All of this includes exercise or physiotherapy, depending on the health of the elderly that has been diagnosed by a doctor to undergo healing treatment. The elderly will also undergo diagnosis by the physiotherapist for suitable exercise for the injury. For Social Care, other than physical exercise, there are mental activity programs and religious education available. These programs also give the elderly benefits as their lack of strength and mobility does not allow them to visit mosques and sightseeing.

## 4 Conclusion

The programs in MHCC show a priority of health and rehabilitation of the elderly. The treatment follows a schedule authorized by the Resident Doctor and the in-house physiotherapist. The elderly that are in MHCC are not permanent residents but are those who are needy and injured, disabled and weak, to recuperate their mobility. Rehabilitative and Nursing Care are important in the recovery of physical, emotional, psychological, intellectual, social, and spiritual.

In the care and treatment known as Social Care, MHCC created a program that is beneficial such as physical activities using equipment for light exercise, arts and crafts like writing, drawings, and puzzles. And not forgetting, religious education is to instil constant religious practice in the heart of the elderly although they lack mobility and no opportunity to seek education outside.

**Acknowledgement.** With best wishes, I would like to thank to my mentors who always give me courage and motivation in writing, and this is part of the condition of completion to acquire master program in Islamic Education.

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