

Six Basic Energy Management At Middle-Aged Adults Moslem

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Abstract

This research aims to examine how Six Basic Energy Management (physical, instinctive, intellectual, emotional, spiritual and transcendental energy) in middle-aged individuals in Medan, then it is studied based on existing theories and research results. This research was conducted using quantitative descriptive methods. The population in this research were middle-aged adults, aged between 40-59 years old, Muslim and living in the Medan. Sampling is done by using purposive sampling technique. This research uses a Six Basic Energy management scale which is modified based on the Six Basic Energy Management concept from Suryanto (2008). The results showed that the respondents generally had six basic energy management which was in the quite constructive category, where the analysis of the management of each dimension of six basic energy (physical energy, instinctive, intellectual, emotional, spiritual and transcendental) in the research respondents was in a fairly constructive category. It means that the respondents are able to manage the Six Basic Energy they have so they can be profitable in their lives. It means that the respondents are able to manage their Six Basic Energy so they can be profitable in their lives.

Keywords: Six Basic Energy, Middle-Aged Adults, Moslem , Self Control

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Introduction

Middle aged adult is the age of change. Middle aged adult is often considered as the age where their physicality has gradually decreased (Merrill & Verbrugge, 1999) and they are also reported about their health which decreased (Cleary et al., 2004).

The research results of Helson, R and Soto, CJ on 123 middle aged adult women showed that most of the middle aged adult individuals experienced changes in social roles, status, health, motives, personality characteristics, emotional regulation, and social relationships (Helson & Soto, 2005).

The important thing is that there is a relationship between changes in his involvement in work and physical health and also changes in personality.

Mari, Alves, Aerts, and Camara (2016) also did a research aimed for understanding middle adults' perceptions to

health and the aging process. Increasing age of respondents making they feel and become aware of signs such as slowness to perform daily tasks, fatigue, muscle pain, rheumatic pain, weight loss, gray hair, vision and hearing problems, difficulty making certain movements, skin marks and forgetfulness. . In order to protect themselves, they exercise physical activity, have a healthy diet, are involved in social and family life and having jobs.

Their greatest wish is to reach an older age with good health, independence and good living conditions. Another research whom was done by Wakasaki, Matsumoto, and Kakehashi (2016) on the study of success in the aging process in middle and elderly women living in three districts in Japan. This research aims to examine how successful they are in undergoing the aging process by doing a questionnaire survey to 99 women aged 30

to 59 living in three districts in Japan. Successful aging is a process where humans are able to adapt themselves so that they can adapt well to the changes caused by aging and to live happily and have a life worth living.

The results of this research have identified the characteristics of a successful aging process in women in middle and advanced adults, namely: 1). They are able to fulfill their public and private activities and be satisfied with their daily lives, both of which are realized through efficient time management; 2). They have creative preparation for their future life by always wanting and doing self-development activities.

Hurlock (2000) states that the age between 40 and 60 years is included in middle aged adult. Their personalities and social behavior have a greater religious orientation than those of the previous developmental steps. His concern for and interest in religion is based on personal and social needs.

From the above description, it is very necessary for middle-aged individuals to be better able to organize and control themselves, so that they can successfully carry out their lives in middle aged adult. Suryanto in his book entitled "Achieving a Healthy, Successful, and Happy Life through Six Basic Energy Management" said that humans actually come from the form of six basic energies, namely physical, instinctual, emotional, intellectual, spiritual and transcendental (Suryanto, 2008).

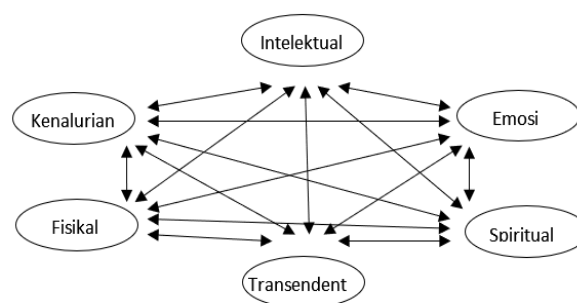
Physical energy is the energy that underlies all the processes of the human body. It comes from food and drink eaten by humans. Instinctual energy is psychological energy and bodily needs that demand satisfaction such as sexual libido, hunger, thirst, competition, self-esteem, self-defense, self-defense, attack, and other basic needs. This instinctive energy generates desire, will, motivation, and drive to drive personality

processes. Intellectual energy corresponds to the circle of human consciousness. The ability to analyze, memory, abstract thinking skills, artistic creation skills, language skills, and the ability to imagine space are related to the power of intellectual intelligence.

Emotional power deals with how individuals know and handle their own emotions, are able to read and deal with the emotional conditions of others that will determine happiness and success in life. Spiritual energy is related to the way humans are willing to suffer and sacrifice for anything because of two things. First, for the sake of serving Allah SWT. Second, the way humans live their religious beliefs or beliefs about supernatural powers. This transcendental energy is energy that comes from outside humans (extrinsic).

Transcendental energy when it reaches a high level, then humans can pick up signals from the universe or from Allah SWT. A person who meditates with peak concentration, then gets blissful spiritual enlightenment, has cultivated his transcendental energy. This condition describes the condition of humans who are very close to Allah SWT (Suryanto, 2008).

Figure 1. Six Basic Energy Management



The six energies which are working in the human body will experience such regulation and utilization by the human person, so that constructive control will make benefit for humans. Constructive control of energy is a means for humans to achieve progress, success and goodness.

Meanwhile energy can also be destructive, uncontrollable, wild, not used properly, wrongly using it. Thus, if individuals in middle aged adult can control or manage the six energies constructively, they will be able to carry out their lives in middle adulthood successfully.

Building the energies possessed by individuals, namely physical, instinctual, intellectual, emotional, spiritual and transcendental energies in a constructive manner will provide enormous benefits, which will support individuals to achieve progress and goodness. In this case, the individual is able to control and utilize these energies to achieve a healthy, successful and happy life (Suryanto, 2008).

Suluk (tarekat) is a meditation activity in Islam through dzikir that has been developed by Sufi followers, which aims to improve spiritual level and physical health (Suryanto, 2008). Suluk activities can improve physical and psychological health or purify the soul (instinctive, emotional, intellectual, spiritual and transcendental) for the practitioner.

Therefore, suluk can be used as a technique to control and utilize the Six Basic Energy that is owned by the practitioner in achieving a healthy, happy and successful life. This article provides an overview of how the saliks (people do suluk) in controlling and utilizing Six Basic Energy within him.

Research Method

This research was done by using descriptive methods. The population in this study were individuals of middle age, aged 40-59 years, were Muslims and lived in the city of Medan. Sampling was done using purposive sampling technique.

The number of samples used in this research amounted to 200 people, with a gender composition of 117 males and 83 females, with an age range of 40-59 years.

According to Hurlock (2000), the age of 40-59 years is in the middle age development phases. This research uses a Six Basic Energy management scale that is modified by the researcher based on the Six Basic Energy Management concept from Suryanto (2008).

Results and Discussion

The results of the study regarding the description of Six Basic Energy Management in middle adulthood are shown in Table 1 as follows:

Table 1:
Research result

Manajemen	Norma			Rata-rata	Klasifikasi
	Destruktif	Cukup	Konstruktif		
Six Basic Energy	76-105	105-133	133-162	113	Cukup Konstruktif
Energi Fisik	10-17	17-23	23-30	17	Cukup Konstruktif
Energi Instingtif	8-14	14-19	19-25	15	Cukup Konstruktif
Energi Intelektual	15-21	21-27	27-33	22	Cukup Konstruktif
Energi Emosi	5-8	8-12	12-15	9	Cukup Konstruktif
Energi Spiritual	10-15	15-20	20-25	16	Cukup Konstruktif
Energi Transendental	13-22	22-31	31-40	24	Cukup Konstruktif

Based on Table 1 above, it is found that the six basic energy management in middle adult individuals in the city of Medan is generally still in the destructive category. This means that the respondents are still unable to control their energy into beneficial or constructive behavior (Suryanto, 2008). However, the analysis of each energy shows that the management of energy, physical, instinctive, intellectual, emotional, spiritual and transcendental is quite constructive.

The results showed that physical energy management was in the quite constructive category. It means they control their physical energy so that it can benefit their health (Suryanto, 2008). Respondents controlled their health condition by doing check-ups even in a simple way, exercising,

regulating food consumption, maintaining cleanliness, improving body health, seeking treatment when sick, but it seems that this has not been done optimally.

The results of the research of Justine, Azizan, Hassan, Salleh, and Manaf (2013) that examined barriers to participating in physical activity and sports among middle-aged and elderly individuals showed that the most common internal barrier for middle-aged respondents was feeling too tired as much as 48.3%, 'already quite active' 38.3%, don't know how to do it 36.7% and 36.7% are too lazy.

The results showed that instinctual energy management was in the quite constructive category. This means that they control their desires and urges, for example fasting, adjusting their meal times, choosing what to eat, trying to achieve their desires correctly, honestly, and so on. The behavior carried out by research subjects is like that of other people in general.

Kielerstajn (2008) research shows that chronologically younger employees place a greater value on their careers and report that they will continue to work even when they are financially independent. Meanwhile, older employees consider their careers less important and say that they will choose to retire early in order to have more time to enjoy the money they have.

The results showed that intellectual energy management was in the quite constructive category. This means that the respondents control their intellectual energy by doing positive activities that can improve their intellectual abilities. They still want to learn to increase their knowledge, have sufficient memory, are willing to analyze problems that occur in their environment, and so on. According to Hurlock, during middle adulthood there is a decline in ability, even though he has made a lot of efforts to overcome this problem (Hurlock, 2000).

The results showed that emotional energy management was in the quite constructive category. It means they control their emotional turmoil so that their emotional condition is positive and beneficial for their life, for example, they want to love others, have empathy for other people's conditions, are calm and patient. According to Hurlock (2000) the occurrence of very extreme adjustments to changes in roles and life patterns in middle adulthood, especially with the occurrence of many physical changes, will disturb or even damage the physical and psychological balance and will cause stress, in carrying out adjustments in various functions. in their life.

The research results also show that spiritual energy management is in the quite constructive category. This means that they are always trying to carry out activities that are God's commands. They emulate the nature of Allah SWT such as compassion, compassion, justice, righteousness, creating, unifying, forgiving, and sowing sustenance by always carrying out what is ordered by Allah and avoiding what is forbidden by Allah.

According to Hurlock (2000) middle aged adult ranges from 40 to 60 years of age. Their personalities and social behaviors are in middle aged adult with new physical characteristics and behaviors. They have a greater religious orientation than the previous stages of development. His concern for and interest in religion was based on personal and social needs.

In line with Rahmah, Hatthakit, and Chunuan's (2008) research entitled Religiosity and Health Status in Middle Aged Male Muslims in Indonesia, it shows that there is a positive correlation between religious intrinsic motive and spiritual health, religious behavior and general health perception as well as spiritual health in male individuals. - Male adult in Indonesia. Of all research subjects, 57% have a religious orientation and

55.6% have low religious behavior. Among them, almost 27% have high religiosity, 40.5% have low religiosity, 15% have high religiosity behavior and 17.5% have high religious intrinsic orientation. 69.1% indicated having good health status.

The results of research showed that transcendental energy management was in the quite constructive category. This means they carry out activities that can get closer to God. They devote themselves to Allah, feel close to Allah, feel amazed and amazed by Allah's creation, often feel calm when communicating with Allah, have experienced extraordinary experiences in which they believe that this experience is God's will.

This finding is in line with the results of research by Bahril Mukasif Afin and NRH (2016) which show that Sufism is a noble morality, both acting on Allah SWT in worship and having good character to fellow humans regardless of their background. The research subjects decided to practice the tarekat and study Sufism, to want to get closer and get the pleasure of Allah SWT.

Conclusion

From the results of research which done to Muslim middle aged adults in the city of Medan, the results show that respondents generally have six basic energies which are in the fairly constructive category, where the analysis of each management dimension of the six basic energies of the research respondents is in the fairly constructive category.

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