

## Opinion Article

# Spiritual Considerations on Frailty in the Elderly Population

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## Opinion

Considering the dramatic growth of the elderly population in communities [1] and the advent of aging and its consequences as emerging issues in different sectors particularly health, it is necessary to address the problems faced by these citizens. Aging is accompanied by a loss or decrease in different aspects including physical, mental, and psychological. This state of weakness is termed frailty and is associated with social factors and influences different aspects of health.

To control the effects of frailty on the quality of life of the elderly, different efforts are made to ensure healthy and successful aging [2]. Nevertheless, to achieve a full consideration of the factors influencing frailty among the elderly, health authorities, policy-makers, and practitioners in different layers of the healthcare system should pay adequate attention to the spiritual aspects of health and the factors affecting their spiritual well-being. Spiritual health is increasingly recognized as a dimension of health and the spirituality of patients is regarded as an advantage that could be utilized for a better state of health and quality of life. Spiritual health is not only a dimension of health along with other dimensions but an umbrella covering the other aspects of health and influencing them. Spirituality and spiritual needs are more evident in the elderly and aging and thus some studies have underscored and highlighted spirituality as a vital need of this population [3-5].

Despite the important role of spirituality in preventing or coping with frailty in the elderly, it seems that it has been neglected or has not received the full attention it deserves. Spirituality is a need for all people, especially in critical situations. Health-related studies have revealed considerable findings about the relationship between spirituality and health in aging [3]. According to some studies, religious elderly are healthier and less prone to physical and mental harm [4]. On the other hand, spiritual tendency and attendance in religious rituals increase with age [5,6]. From another perspective, spirituality can transform the meaning of loneliness, reduce anxiety, and prevent depression [4], and even, affect nutrition, physical

activity, and other components of quality of life. Spirituality has considerable effects on resilience, social and community networks and socioeconomic and living conditions and with fewer degrees on individual and biological factors. Spirituality effects may be observed both individually and collectively through the general atmosphere governing the community and thus, it can be regarded among the most influential factors of social capital enhancement through reducing the rate of frailty and promoting quality of life.

In conclusion, the role of religion/ spirituality with its varying levels in different countries and communities should be regarded in the health framework of the elderly. So, it is necessary to include the spiritual dimension among the main factors influencing the health and quality of life of the elderly.

## References

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