

**APPENDIX A**  
**INFORMED CONCENT**

Dear participant,

My name is Hayuni Rahmah. I am a lecturer at Faculty of Nursing University of Indonesia. Now I am a master student of Faculty of Nursing, Prince of Songkla University, Thailand. I am conducting research project regarding the relationship between religiosity and health status of middle age male Muslims in Jakarta, Indonesia. Information or data from this study will be valuable for the development of nursing profession, particularly in giving nursing care for Muslims patients. If you agree to participate, you would be asked to complete questionnaires that take time around 20 minutes. Your personal identity and all answers will be kept confidentiality. The information gathered will only be used for purpose of this study project. Your participation is voluntary. You may withdraw from this study at any time and there will be no penalty or any effect of your decision to refuse to participate in this study. Your signature in this form will indicate that you understand this form and you willing to participate in this study. However, there is no obligation to sign it.

-----

Signature

-----

Date

If you find any difficulty in understanding and completing the questionnaires or need more information, please do not hesitate to ask me at the following address:

Maternal and Child Department  
Faculty of Nursing, University of Indonesia  
Phone (021) 78849121, 78849120  
Mobile 08129618013  
Email: [uni.303@wildmail.com](mailto:uni.303@wildmail.com)

**APPENDIX B****INSTRUMENT**

Code: .....

Date: .....

**Demographic Data and Health Information**

I would like to ask you some information regarding personal data and general health information. Please answer the best choice using mark (√) in the space available that is appropriate for you.

1. Age ..... years old

2. Educational background

1 ( ) No formal education

4 ( ) Senior high school

2 ( ) Elementary school

5 ( ) College/ University

3 ( ) Junior high school

6 Others, .....

3. Job/ occupation

1 ( ) Government employee

2 ( ) Private employee

3 ( ) Business person

4 Others,.....

4. Family income per month

1 ( ) &lt; Rp 500,000

4 ( ) Rp 2,000,001 – 3,000,000

2 ( ) Rp 500,000 – 1,000,000

5 ( ) more than Rp 3,000,000

3 ( ) Rp 1,000,001 – 2,000,000

5. How do you consider about the family income?

1 ( ) Satisfy

2 ( ) Enough

3 ( ) Fair

4 ( ) Not Enough



### The Islamic Involvement Questionnaire

This instrument has two parts. The first part is questionnaire regarding Religious Attitude and the second part is questionnaire regarding Religious Behavior. Please answer the following questions by circling in the right column to indicate the agreement with your condition.

#### Part 1: Religious Attitude Questionnaire

1 = Strongly Disagree

4 = Agree

2 = Disagree

5 = Strongly Agree

3 = Not Certain

ITEMS	Strongly Disagree	Disagree	Not Certain	Agree	Strongly Agree
1. Belief in Allah means much to me.	1	2	3	4	5
2. I find it inspiring to study the Qur'an.	1	2	3	4	5
3. I obey Allah's laws in my life.	1	2	3	4	5
4. Religion is especially important to me because it answers many questions about meaning of life.	1	2	3	4	5
5. I seek Allah's guidance when making important decisions.	1	2	3	4	5
6. There are many more important things in life than religion.	1	2	3	4	5
7. My whole approach to life is based on Islamic teachings.	1	2	3	4	5
8. The prayers or worship I perform when I am alone carry as much or more meaning and personal emotion as those performed in congregation.	1	2	3	4	5

ITEMS	Strongly Disagree	Disagree	Not Certain	Agree	Strongly Agree
9. Being <i>taqwa</i> needs supporting knowledge regarding Islamic principles and teachings.	1	2	3	4	5
10. Practice or performing Islamic teachings is a part of being <i>taqwa</i> .	1	2	3	4	5
11. Acting to maintain and promote health is a part of being <i>taqwa</i> .	1	2	3	4	5
12. The Prophet practiced health teachings as guidance.	1	2	3	4	5

## Part 2: Religious Behavior Questionnaire

Please answer the following questions by circling in the right column to indicate the agreement with your condition.

1 = Never

4 = Often

2 = Rarely

5 = Always

3 = Sometimes

ITEMS	Some-				
	Never	Rarely	times	Often	Always
1. I maintain praying five times a day.	1	2	3	4	5
2. I perform ramadan fasting unless I get sick.	1	2	3	4	5
3. I voluntarily pay <i>zakah</i> or <i>saddaqa</i> (religious feast).	1	2	3	4	5
4. I study the Qur'an and/ or read literature about Islam.	1	2	3	4	5
5. I perform <i>sunnah</i> (meritorious) prayer.	1	2	3	4	5
6. I perform <i>sunnah</i> (meritorious) fasting.	1	2	3	4	5
7. I smoke.	1	2	3	4	5
8. I drink alcohol.	1	2	3	4	5
9. I eat following the Islamic teaching.	1	2	3	4	5
10. I maintain cleanliness of surrounding environment.	1	2	3	4	5
11. I spend time to have good sleeping and rest.	1	2	3	4	5
12. I spend time to have recreation/ pleasure or doing hobbies.	1	2	3	4	5
13. I do exercise.	1	2	3	4	5
14. I maintain relationship ( <i>silaturahmi</i> ) with my neighbors and families.	1	2	3	4	5

### **Health Status Questionnaire**

**INSTRUCTIONS:** This set of questions asks for your health status. Answer every question by marking the answer as indicated. If you are unsure about to answer a question please give the best answer you can.

#### **(General Health Perception)**

1. In general, would you say your health is: (Please mark **one** box)

- |                    |               |
|--------------------|---------------|
| 1 (    ) Excellent | 4 (    ) Fair |
| 2 (    ) Very Good | 5 (    ) Poor |
| 3 (    ) Good      |               |

#### **(Physical Functioning)**

Activities	Yes, Limited A Lot	Yes, Limited A Little	Not Limited At All
2. Lifting or carrying groceries	1	2	3
3. Climbing several flights of stairs	1	2	3
4. Walking several blocks	1	2	3

#### **(Role Physical)**

5. During this month, how much difficulty did you have doing your work or other regular daily activities as a result of your physical health? (Please mark **one** box)

- |                       |                                |
|-----------------------|--------------------------------|
| 1 (    ) None at all  | 4 (    ) Quite a bit           |
| 2 (    ) A little bit | 5 (    ) Could not do any work |
| 3 (    ) Moderately   |                                |

#### **(Role Mental)**

6. During this month, to what extent have you accomplished less than you would like in your work or other daily activities as a result of emotional problems (such as feeling depressed or anxious)? (Please mark **one** box)

- |                       |                      |
|-----------------------|----------------------|
| 1 (    ) None at all  | 4 (    ) Quite a bit |
| 2 (    ) A little bit | 5 (    ) Extremely   |
| 3 (    ) Moderately   |                      |

**(Social Function)**

7. During this month, to what extent has your physical health or emotional problems interfered with your normal social activities with family, friends, neighbors, or groups? (please tick **one** box)

- |                  |                   |
|------------------|-------------------|
| 1 ( ) Not at all | 4 ( ) Quite a bit |
| 2 ( ) Slightly   | 5 ( ) Extremely   |
| 3 ( ) Moderately |                   |

8. During this month, how much of the time has your physical health or emotional problems interfered with your social activities (like visiting with friends, relatives etc.)

- |                            |                        |
|----------------------------|------------------------|
| 1 ( ) None of the time     | 4 ( ) Most of the time |
| 2 ( ) A little of the time | 5 ( ) All of the time  |
| 3 ( ) Some of the time     |                        |

Question (Please tick <b>one</b> box.)	All of the time	Most of the time	Some of the time	A little of the time	None of the time
<b>(Mental Health)</b>					
9. Have you felt satisfy with your relationships?	1	2	3	4	5
10. Have you felt calm and peaceful?	1	2	3	4	5
11. Have you felt downhearted and blue?	1	2	3	4	5
12. Have you been a happy person?	1	2	3	4	5
<b>(Spiritual Health)</b>					
13. Have you felt that your life is valuable and meaningful?	1	2	3	4	5
14. Have you felt that your life is important?	1	2	3	4	5
15. Have you felt that you know how to create a balance life?	1	2	3	4	5

*Thank you for completing these questions*



## APPENDIX C

## TABLES

Table 1

Percentage of Subjects' Religious Attitude (N = 126)

ITEMS	Percentage				
	Strongly Disagree	Disagree	Not Certain	Agree	Strongly Agree
1. Belief in Allah means much to me.	-	-	-	16.7	83.3
2. I find it inspiring to study the Qur'an.	-	-	6.3	36.5	57.1
3. I obey Allah's laws in my life.	-	-	2.4	32.5	65.1
4. Religion answers questions about meaning of life.	-	-	4.0	38.9	57.1
5. Seeking Allah's guidance when making important decisions.	-	-	4.0	37.3	58.7
6. Living following Islamic guidance.	-	-	-	28.6	71.4
7. My whole approach to life is based on Islamic teachings.	-	-	6.3	49.2	44.4
8. The prayers or worship performed alone carry as much or more meaning and personal emotion as those performed in congregation.	-	3.2	6.3	38.9	51.6
9. Being <i>taqwa</i> needs supporting knowledge regarding Islamic principles and teachings.	-	-	-	43.7	56.3
10. Practice or performing Islamic teachings is a part of being <i>taqwa</i> .	-	-	-	42.1	57.9
11. Acting to maintain and promote health are part of being <i>taqwa</i> .	-	1.6	1.6	52.4	44.4
12. The Prophet practiced health teachings as guidance.	-	-	-	39.7	60.3

Table 2  
Percentage of Subjects' Religious Behavior (N = 126)

ITEMS	Percentage				
	Never	Rarely	Some- times	Often	Always
1. I maintain praying five times a day.	-	0.8	2.4	27.8	69.0
2. I perform ramadan fasting unless I get sick.	-	1.6	0.8	16.7	81.0
3. I voluntarily pay <i>zakah</i> or <i>saddaqa</i> (religious feast).	-	-	5.6	17.5	77.0
4. I study the Qur'an and/ or read literature about Islam.	-	9.5	27.8	40.5	22.2
5. I perform <i>sunnah</i> (meritorious) prayer.	-	8.7	22.2	50.8	18.3
6. I perform <i>sunnah</i> (meritorious) fasting.	4.8	21.4	45.2	19.8	8.7
7. I smoke.	42.9	16.7	15.9	10.3	14.3
8. I drink alcohol.	88.1	7.9	3.2	0.8	-
9. I eat following the Islamic teaching.	-	3.2	13.5	32.5	50.8
10. I maintain cleanliness of surrounding environment.	-	1.6	8.7	42.9	46.8
11. I spend time to have good sleeping and rest.	-	0.8	16.7	28.6	54.0
12. I spend time to have recreation/ pleasure or doing hobbies.	5.6	33.3	39.7	15.9	5.6
13. I do exercise.	3.2	22.2	34.9	28.6	11.1
14. I maintain relationship ( <i>silaturahmi</i> ) with my neighbors and families.	-	2.4	19.8	54.8	23.0

## The Percentage of Subjects' Health Status (N = 126)

## 1. General Health

Excellent	( 2.4)	Fair	(31.0)
Very good	(11.1)	Poor	(-)
Good	(55.6)		

Activities	Yes, Limited	Yes, Limited	Not Limited
	A Lot (%)	A Little (%)	At All (%)
2. Lifting or carrying groceries	27.0	57.0	15.9
3. Climbing several flights of stairs	7.1	38.9	54.0
4. Walking around along 10 houses	1.6	14.3	84.1

5. Having difficulty in doing your work or other regular daily activities as a result of physical health.

None at all	(39.7)	Quite a bit	(-)
A little bit	(35.7)	Could not do any work	(-)
Moderately	(24.6)		

6. The extent to accomplish less than would like in working or other daily activities as a result of emotional problems

None at all	(40.5)	Quite a bit	(2.4)
A little bit	(42.9)	Extremely	(2.4)
Moderately	(11.9)		

## 7. The extent physical health or emotional problems interfering normal social activities with family, friends, neighbors, or groups.

Not at all	(42.1)	Quite a bit	(0.8)
Slightly	(26.2)	Extremely	(-)
Moderately	(31.0)		

8. The amount of time that physical health or emotional problems interfering social activities (like visiting with friends, relatives etc.)

None of the time	(50.0)	Most of the time	(4.8)
A little bit of the time	(5.6)	All of the time	(0.8)
Some of the time	(38.9)		

ITEMS	All of the time (%)	Most of the time (%)	Some of the time (%)	A little of the time (%)	None of the time (%)
9. Feeling satisfy with relationships others.	39.7	32.5	23.0	4.0	0.8
10. Feeling calm and peaceful.	48.4	34.1	15.9	1.6	-
11. Feeling downhearted and blue.	31.0	20.6	40.5	7.9	-
12. Have been a happy person.	23.8	28.6	30.2	13.5	4.0
13. Feeling that life is valuable and meaningful.	34.1	36.5	23.0	6.3	-
14. Feeling that life is important.	29.4	38.1	22.2	10.3	-
15. Know how to create a balance life.	32.5	26.2	23.0	13.5	4.8

## LIST OF EXPERTS

Three experts validated the content of the Islamic Involvement Questionnaire and the Health Status Questionnaire, they were:

1. Assist. Prof. Dr. Sang-arun Isaramalai  
Nursing Lecturer, Faculty of Nursing, Prince of Songkla University, Thailand.
  
2. Assoc. Prof. Dr. Wandee Suttharangsee  
Nursing Lecturer, Faculty of Nursing, Prince of Songkla University, Thailand.
  
3. Prof. Dr. Winyou Mitnun  
Department of Pathology Songklanagarind Hospital, Thailand.