

Lifestyle and Life Span of the Seventh-day Adventists in Minahasa Conference

Keyzha Linny Malinti and Samuel M. Simanjuntak

School of Nursing, Universitas Advent Indonesia,
Bandung Barat

Abstract: Seventh-day Adventist (SDA) health principle that promotes healthy lifestyle is proven to increase health and life expectancy beyond most populations. But SDA members' death rate increased in recent years, so the lifestyle and life span (age of death) depiction was surveyed to answer the problem. Firstly, this descriptive research aims to examine the lifestyle and life span of Adventist members in Minahasa Conference who died 10 years recently with 21 years of age and over. Secondly is to describe the depiction and correlation of lifestyle and life span. Samples were taken 20% from churches established since 2007 using simple random sampling technique. Data were obtained using questionnaires filled by families or church elders of the members that passed away. All respondents (n=191) joined without rejection.

The highest results of lifestyle depictions: disease as highest death cause (81.2%); members who are devoted (90.1%); never diagnosed with cancer (86.9%); never diagnosed with chronic disease (13.6%); pesco-vegetarian diet (45.0%); consumed merely pure water (51.3%); rarely exercise (40.3%); 3-6 hours of sleep at night (49.2%); not smoking (81.2%). The average age of death is 70-79 years (24.6%). Significant correlation of lifestyle and life span: positive correlation with spiritual status $r=0.232, p<0.05$; diet $r=0.271, p<0.05$; beverage $r=0.258, p<0.05$; hours of sleep at night $r=0.243, p<0.05$; and negative correlation with smoking history $r=-0.202, p<0.05$. The healthy lifestyle of the SDA members has been proven to increase life span. But not all members applied it, causing the increase in mortality rate. Health promotion is needed to maintain healthy lifestyle.

Keywords: Age of death, lifestyle, life span, Seventh-day Adventist members