THE EFFECT OF RELIGIOSITY ON LIFE SATISFACTION WITH ALTRUISM AS A MEDIATING VARIABLE

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Abstract. **Background:** *A nurse who has strong religiosity has close relationship to God, doing the best at the job as the part of altruism behavior, and it will increase the life satisfaction.*
Aim: *This article therefore aims at analyzing the influence of religiosity on life satisfaction with altruism as mediation variable*
Setting: Siloam Hospital and PKU Muhammadiyah Hospital Yogyakarta.
Methods: *A cross-sectional design was employed and 187 respondents were selected Siloam Hospital and PKU Muhammadiyah Hospital Yogyakarta. Quantitative data were collected and analyzed by using descriptive and inferential statistics in which frequencies, percentages, mean, standard deviation and regression, also Sobel test were employed.*
Results: The results show that religiosity has positive effect on altruism, religiosity has positive effect on life satisfaction, and this study also has result that altruism mediating the effect of religiosity on life satisfaction.
Conclusion: Altruism inherent in all religions is a determinant of life satisfaction. Individuals who have good religiosity will be encouraged to always do good on the basis of religion and it increases the individual's life satisfaction.

Keywords: religiosity, life satisfaction, altruism

INTRODUCTION

Life satisfaction is one indicator of employee welfare. An employee who feels happy with his job, then he will feel satisfaction in his life. This is in accordance with Jung's theory (2017) which states that employees who are satisfied with their work in the organization are considered satisfied in general, including in their lives. For employees, life satisfaction has a positive effect on performance, so employees who have a greater level of life satisfaction will make their performance better because satisfied individuals will use their best energy in doing their work (Ocktafian, 2021).

As one of the health workers, nurses have an important role to provide health services in the form of comprehensive bio-social-cultural-spiritual nursing care to individuals, families, groups and communities, both healthy and sick, covering all processes of human life. Nursing is an independent profession that has the right to provide nursing services independently, and not as a doctor's assistant profession (Budiono, 2016).

The nurses' duty has high level of stress, because at work, nurses are in direct contact with various kinds of patients with different disease diagnoses and responses. This of course has a negative impact on medical personnel because it reduces motivation and eventually psychological problems arise as well as a decrease in the immunity of the medical personnel themselves. Various tendencies of negative emotions compared to positive emotions will indicate that their life satisfaction is low, it has an impact on carrying out their duties and demands so that it is hoped that as far as possible they must maintain their mood and emotions well in dealing with various daily events (Diener et al., 1999).

Life satisfaction is a cognitive component of subjective well-being. This involves a cognitive assessment of how well the individual has done in his life as a whole and on the main areas that are considered important in life such as interpersonal relationships, health, work, income, spirituality, and leisure activities (Diener et al., 1985). A nurse who has life satisfaction will try to do the best in everything, including in her work. The higher life satisfaction can increase organizational commitment of a person (Hanifa et al., 2020).

There are various factors that affect in life satisfaction. According to Diener et al. (1999), life satisfaction factors include economic status or income level, occupation, marital status, important events or experiences in life, adaptation level, religiosity, gender, education level, and intelligence. According to Peristianto (2020), religiosity can provide a way out for individuals to feel safe, brave, and not anxious in dealing with various life problems. Therefore, religiosity is an internal factor that plays an important role in the psychological condition of each individual, especially nurses in dealing with a fairly heavy workload.

The negative impact of the pressure faced by nurses can be minimized by the value of religiosity on nurses in the form of religious behavior to facilitate problem solving to prevent or alleviate problems (Ozcan et al., 2021). Religiosity is a complex system that

arises from each individual's trust in beliefs and rituals that connect individuals to a divine existence (Amal dan Amir, 2021).

This research will focus on the intrinsic religiosity of nurses. This is because individuals who have an intrinsic religiosity dimension have the ability to adapt and make good adjustments to their environment. A nurse who has high religiosity feels that the work must be done as a nurse is purely because of a sense of humanity and as part of worship. It allows nurses with high religiosity to carry out their work wholeheartedly, voluntarily, without feeling burdened. This is because religiosity provides supporting strength in reducing mental stress and increasing life satisfaction (Bal et al., 2021).

In carrying out their duties, nurses have a unique task in helping individuals, both sick and healthy, through their efforts to carry out various activities to support individual health and healing or the process of dying peacefully, which can be done independently by individuals when they have strength, ability, willingness, or knowledge for it (Budiono, 2016). Helping behavior that is done voluntarily by nurses is known as altruism.

Voluntary help or altruism is a helping behavior that is motivated by a desire to benefit others and is not done for selfish purposes ((Setyawati & Kustanti, 2021). Altruistic individuals have a concern for helping other individuals or groups even though they do not benefit themselves. This is what nurses with a high level of religiosity feel. Nurses with a high level of religiosity will have a positive outlook on everything.

Religiosity as one of the fundamental factors in the individual, which concerns the individual's closeness to the Creator. This close relationship makes a person feel safe, calm, happy which is the embodiment of positive affect. This can increase the well-being in the individual. Individuals who have strong religious beliefs have higher life satisfaction (Peristianto, 2020).

This study is in line with Sharif et al. (2021) about hope, religiosity, and life satisfaction. The results identified that there was a positive relationship between closeness to religiosity and a negative relationship between attachment anxiety and religiosity. Religiosity is positively related to hope and hope is related to life satisfaction. Religion and expectations mediate the relationship between attachment and attachment anxiety and life satisfaction. More specifically, overall, religiosity and hope fully mediate the relationship between close attachment and life satisfaction.

The research objective is analyzing the influence of religiosity on altruism, analyzing the effect of religiosity on life satisfaction, and analyzes altruism in mediating the effect of religiosity on life satisfaction.

LITERATURE REVIEW

Religiosity

Religiosity is a complex system that arises from each individual's belief in beliefs and rituals that connect individuals to a divine existence that connect individuals to a divine existence (Amal dan Amir, 2021). According to Lipnicka dan Peciakowski (2021), religiosity is a personal and communal expression of one's bond with a particular religion. According to Darvyri et al. (2014) there are two dimensions of religiosity, which are:

1. Intrinsic religiosity. This dimension shows that beliefs are carefully thought out and must be carried out seriously.
2. Extrinsic religiosity. This dimension is a condition in which individuals involve religion to achieve other goals.
3. In this study, researchers focused on examining the intrinsic dimensions of religiosity.

Life Satisfaction

Life satisfaction) is characterized by a cognitive theory approach, which is how seeing someone's self with a reference or standard measure of someone (Diener et al., 1999).Life satisfaction is the desire to change life, satisfaction with the current life, satisfaction with the past, satisfaction with the future, and the views of significant others about one's life (Hanifa et al., 2020).

Life satisfaction consists of five dimensions contained in The Satisfaction with Life Scale (SWLS) according to Diener et al. (1985), which are:

1. Desire to change life
2. Satisfaction with current life
3. Life satisfaction in the past
4. Satisfaction with future life
5. Individual assessment of his life.

Altruism

Altruism is a helping behavior that is motivated by a desire to benefit others and is not done for selfish purposes (Setyawati dan Kustanti, 2021). According to Kaya et al. (2020), altruism is a desire to help others even at a cost to oneself.

There are 6 dimensions of altruism, which are: moral reason, nurturance, sensitive-attitude, social responsibility, empathy and pro-social values (Rushton et al., 1981).The factors behind altruism are:

1. Feelings, which is humans tend to give help when they are in a pleasant situation (positive mood).

2. Empathy, with high empathy humans will tend to be more altruistic than individuals with low empathy.

3. Religiosity, humans who have religiosity will bring out the nature of generosity and sincerity to help other individuals who need help.

4. Interpersonal relations, because the closeness between individuals and other individuals is the emergence of altruism, because individuals tend to help their family members first, friends, neighbors, and then other individuals who are not known.

5. Social norms, by having social norms, humans will be responsible for helping other individuals who need help.

RESEARCH DESIGN

Research Approach

This research is quantitative research, which is research that demands the use of numbers, starting from data collection, interpretation of the data, as well as the appearance of the results. At the conclusion of the research, it would be better if it was accompanied by pictures, tables, graphs, or other displays (Siyoto dan Sodik, 2015). The scope of research regarding the effect of religiosity on life satisfaction in nurses with altruism as a mediating variable.

Research Method

This study is cross-sectional design. The data that collected from Siloam hospital and PKU Muhammadiyah hospital Yogyakarta. A sample size of 187 nurses was from the population numbers of 251 nurses, that counted by Slovin formula:

$$n = \frac{N}{1+Ne^2} \qquad \textbf{(Eqn 1)}$$

In the equation, n is the sample size, N is the population size, and e is the level of precision. The formula assumes that $\rho = 0,05$ and the degree of precision or sampling error accepted is $\pm$ 5%. Therefore, the sample number of Siloam Hospital is n $= \frac{78}{1+78(0,05)^2} = 65,27$, or stated as 66 samples. While the sample number of PKU Muhammadiyah is $\frac{173}{1+173(0,05)^2} = 120,76$ or 121 samples. So, the total samples are 187.

The sampling technique that applied in this research is purposive sampling, which is a sampling technique with certain considerations or special selection (Siyoto dan Sodik, 2015).

The data collection technique that will be used in this research is using a questionnaire. The questionnaire is data collection technique that is carried out by giving several questions according to the research topic in writing to the respondents (Nursalam, 2020b). This study uses a questionnaire that contains 33 items of questions that have to be answered by the respondents. The questions in the questionnaire consist of 4 parts, which are: demographic data, religiosity, life satisfaction and altruism. Furthermore, the measurement scale that applied is Likert scale that labelled strongly agree = score 5, agree = score 4, neutral = score 3, disagree = score 2, strongly disagree = score 1.

Research procedures that taken in this research are: 1) Conceptual stage (formulating and identifying the problem, review the relevant literature, define the framework theoretical, formulate hypotheses); 2) Design and Planning Phase (choose a design research, identify the population under study, specialize in methods for measuring research variables, designing sampling plans, terminating and reviewing plans research, carry out research and make revisions); 3) Making instruments and collecting research data; 4) Empirical Phase (data collection, data preparation for analysis) collect research data that has been carried out in the field; 5} Analytical Phase (analyze data and calculate data results research), processing and analyzing research data. Data that have been collected from the field are processed and analyzed to reach conclusions which include: conclusions from the results of testing the research hypothesis; 6) Dissemination phase, designing research results. In the final stage, so that research results can be read, understood, and known by the reader, the results of the research are arranged in the form of conclusions from research results.

This study was conducted by paying attention on principles of research ethics that known as the five right of human subjects in research (Resnik, 2019), that consists of: 1) respect of autonomy, participants have the right to make informed decisions to accept or refuse to participate; 2) privacy or dignity, participants have the right to be respected for what they do and what is done to them and for control when and how information about them is shared with other people; 3) anonymity and confidentially, the researcher explained to the participants that their identity confidentiality is guaranteed by using coding instead of the identity of the participants; 4) justice, researchers provide equal opportunities for respondents who meet the criteria to participate in this study; 5) beneficence dan nonmaleficence, this study did not harm the participants and the researcher has trying to protect participants from the danger of discomfort.

Validity and Reliability

Validity test is used to measure whether a questionnaire is valid or not to be used as a basis for research. An instrument that is valid or valid has high validity, while an instrument that is less valid means it has low validity (Nursalam, 2020). Research results are valid if there are similarities between the data collected and the data that actually occurs in the object under study. The validity test in this study used the corrected item-total correlation. If the significance value 0.05 then the variable or indicator is valid, if the significance 0.05 then the variable or indicator is not valid. Validity test can be obtained by using the SPSS program.

Reliability test is conducted to determine whether the results of the existing questionnaires can be trusted to be processed into research results. Reliability is a measure that shows that an instrument is reliable enough to be used as a data collection tool because the instrument is already good (Siyoto & Sodik, 2015). This reliability test is carried out by testing the consistency of the measurement results if repeated measurements are made. If the value of Cronbach's alpha item > 0.60 then it is reliable, whereas if the value of Cronbach's alpha item < 0.60 then it is not reliable. The reliability test in this study was carried out using the SPSS program.

Data Analysis

Descriptive statistical analysis is an analysis used to find out information about the profile and identity of all respondents in this study. This analysis was carried out by describing respondents into several characteristics (Nursalam, 2020). This method is used

to present all the results of respondents' answers to questions regarding the respondent's personal data. The size of the percentage of respondents' answers will show the characteristics of the overall research respondents. This method is used to provide an overview of the demographic information of the respondents in the form of: gender, age, status, last education, and length of work in the hospital.

Multiple linear regression is a linear regression that involves more than one independent variable to explain the dependent variable. According to Siyoto and Sodik (2015), multiple regression analysis is used as a descriptive tool in three types of situations. First, it is used to develop the equations used to predict the values for the criterion variables. Second, controlling for confounding variables to better evaluate the contribution of other variables. Third, to test and explain causal theory.

The results of the regression measure the effect of each variable on the dependent variable. The model of the regression equation can be stated as follows:

$$Y = \beta_0 + \beta_1 X_1 + \beta_2 X_2 + \mu$$

Information:

Y = dependent variable

X1= independent variable 1

X2= independent variable 2

μ = disturbance variable (residual).

According to Siyoto and Sodik (2015) in the regression analysis there are 3 types of criteria of accuracy (goodness of fit): partial test (Test Statistics t), statistical t test is used to see the effect of each independent variable (independent) partially on the dependent variable (dependent). If the probability of t-count < then the independent variable affects the dependent variable, = 0.05 (5%). Simultaneous test (statistical test F), which shows whether all the independent variables contained in the model have a joint effect on the dependent variable. If the probability of F-count < then it is significant, meaning that overall, the independent variables have an effect on the dependent variable. Coefficient of determination, the coefficient of determination is a tool that measures how far the model's ability to explain variations in the dependent variable is. The fundamental weakness of using the coefficient of determination is the bias towards the number of independent variables included in the model. Therefore, many researchers recommend using the Adjusted R2 value when evaluating the best regression model. Unlike R2, the

value of Adjusted R2 can increase or decrease if an independent variable is added to the model.

In order to test the effect of the mediating variable used path analysis method (path analysis). According to Nursalam (2020), path analysis is the relationship/influence between independent variables, mediating variable and dependent variable where the researcher clearly defines that one variable will cause other variables which are usually presented in the form of diagrams. After conducting path analysis, the next step is to test the mediation hypothesis, using the procedure developed by the Sobel test. The Sobel test was carried out by testing the strength of the indirect influence of the independent variable (X) to the dependent variable (Y) through the Intervening variable (M), where in this study the influence of religiosity on life satisfaction with altruism as a mediating variable (Sarwono, 2016).

RESULTS

Description of Respondent Characteristics

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Table 1. Descriptive Statistics of Respondents

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Characteristics	Information	Respondents Amount	Percentage (%)
Gender	Male	51	27,3
	Female	136	72,7
	Total	187	100,0
Age	< 20 years old	29	15,5
	21 – 25 years old	71	38,0
	26 - 30 years old	41	21,9
	31 – 35 years old	18	9,6
	36 years old or more	28	15,0
	Total	187	100,0
Religion	Catholic	16	8,6
	Christian	16	8,6
	Islam	150	80,2
	Hindu	3	1,6
	Buddha	2	1,1
	Total	187	100,0
Marital Status	Not Married	121	64,7
	Married	66	35,3
	Total	187	100,0
Education	Highschool	29	15,5
	Academy/ Diploma	76	40,6
	Undergraduate	77	41,2
	Postgraduate	5	2,7
	Total	187	100,0
Employment Status	Permanent	88	47,1
	Temporary	99	52,9
	Total	187	100
Working Unit	ICU	30	16,0
	HCU	14	7,5
	ICCU	17	9,1
	NICU	20	10,7
	PICU	7	3,7
	Other working unit	99	52,9
	Total	187	100,0
Years of Service	< 1 year	64	34,2
	1-3 years	48	25,7
	3 years or more	75	40,1
	Total	187	100,0

Based on data collection conducted through Google Form, 187 respondents were obtained, with the majority of respondents being female as many as 136 with a percentage of 72.7. Based on age, obtained the majority of respondents aged 21-25 years as many as 71 with a percentage of 38.0. Characteristics of respondents based on religion, the majority of respondents are Muslim as many as 150 with a percentage of 80.2.

Characteristics of marital status, the results obtained that the majority are unmarried as many as 121 with a percentage of 64.7. Characteristics of respondents based on education, the results obtained the majority have undergraduate education as many as 77 with a percentage of 41.2. In terms of staffing, the results were obtained, the majority as temporary employees as many as 99 with a percentage of 52.9. Characteristics of respondents based on work units, it is known that the majority of respondents have other work units outside the work unit written in the questionnaire as many as 99 with a percentage of 52.9. While, the characteristics of respondents based on years of service, it is known that the majority have a working period of 3 years or more as many as 75 with a percentage of 40.1.

Research Variables Description

Table 2. Research Variables Description

Variables	Information	Respondents Amount	Percentage (%)
Religiosity	Less	2	1,1
	Moderate	52	27,8
	Good	133	71,1
	Total	187	100,0
Altruism	Less	37	19,8
	Moderate	127	67,9
	Good	23	12,3
	Total	187	100,0
Life Satisfaction	Less	6	3,2
	Moderate	104	55,6
	Good	77	41,2
	Total	187	100,0

Based on the description of the respondent variables, it is identified that the majority of religiosity variables have good religiosity as much as 133 with a percentage of 71.1. The description of altruism identified that the majority have moderate altruism as many as 127 with a percentage of 67.9. The description of life satisfaction identified that the majority of respondents have moderate life satisfaction as many as 104 with a percentage of 55.6, respondents with less life satisfaction as many as 6 with a percentage of 3.2 and respondents with good life satisfaction with a percentage of 41.2 with a percentage of 41.2.

Statistic Description

Table 3. Statistic Description

Variable	N	Minimum	Maximum	Mean	Std Deviation
Religiosity	187	10	40	31,52	4,365
Altruism	187	30	100	58,82	14,121
Life Satisfaction	187	5	25	17.81	3,773

Based on 187 respondents, it can be concluded that of descriptive statistical tests on religiosity variable (X) can be seen that the minimum value of the X variable is 10 and the maximum value is 40. This shows that the value of the religiosity variable (X) in this research sample ranges between 10 to 40. The mean is 31.52 with a standard deviation of 4.365. The results of descriptive statistical tests on the altruism variable (M) can be seen that the minimum value of the Z variable is 30 and the maximum value is 100. This shows that the value of the altruism variable (M) in this research sample ranges from 30 to 100. The mean 58.62 with a standard deviation of 14.121. The Life Satisfaction variable (Y) can be seen that the minimum value of the Y variable is 5 and the maximum value is 25. This shows that the value of the Quality of Life (Y) variable in this research sample ranges from 5 to 25. The average The mean is 17.81 with a standard deviation of 3.773.

Regression Test Result

Table 4. Model 1 of Multiple Regression Linier Test

	Coefficients					
	Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	22.952	7.083		3.240	.001
	Religiosity	1.138	.223	.352	5.112	.000

a. Dependent Variable: Altruism

The regression equation can be explained that the religiosity variable has a positive value, so it can be concluded that religiosity has a direct influence on altruism. It means that if a nurse's religiosity increases, her altruism tendency will also increase.

Table 5. Model 2 of Multiple Regression Linier Test

	Coefficients				
Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
1 (Constant)	4.749	1.774		2.677	.008
Religiosity	.414	.056	.479	7.432	.000

a. Dependent Variable: Life Satisfaction

The regression equation can be explained that the religiosity variable has a positive value so it can be concluded that religiosity has a direct influence on life satisfaction. It means that if the nurse's religiosity increases, the tendency of life satisfaction will also increase.

Hypothesis Test Result

Table 6. Model 1 t Statistic Test Result

Variable	Coefficient	Std. Error	t	Significance
Religiosity	1,138	0,223	5,112	0.000

Base on the sample amount of 187 respondents and a significance level of 0.05, the results obtained that the religiosity variable has significance probability value of 0.000. Significantly t is smaller than (0.05), then H1 is accepted. It shows that religiosity has a positive effect on altruism.

Table 7. Model 2 t Statistic Test Result

Variable	Coefficient	Std. Error	t	Significance
Religiosity	0,414	0,056	7,432	0.000

Base on the sample amount of 187 respondents and a significance level of 0.05, the results obtained that the religiosity variable has significance probability value of 0.000. Significantly t is smaller than (0.05), then H1 is accepted. It shows that religiosity has a positive effect on life satisfaction.

Table 8. Model 1 and 2 of Regression Test Result

Variable	Coefficient	Std. Error	t	Significance
Model 1	Religiosity	1,138	0,223	5,112
Model 2	Religiosity	0,414	0,056	7,432
	Altruism	0,131	0,017	7,675

After identifying the results of the regression test models 1 and 2, the Sobel test then can be carried out, as shown in the following figure:

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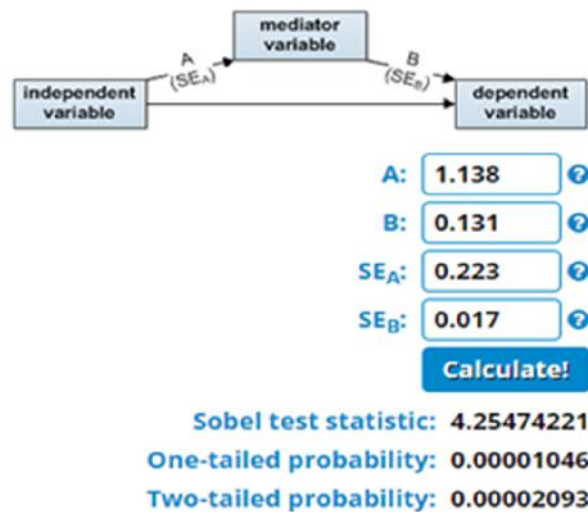e-ISSN: XXXX-XXXX; p-ISSN: XXXX-XXXX, Page 54-72

Figure 1. Sobel Test Result

Based on the Sobel test calculator, it is identified that A is the regression coefficient value of the religiosity variable to the altruism variable of 1.138. B is the regression coefficient value of the altruism variable on the life satisfaction variable of 0.131. SEA is the standard error value of the influence of the religiosity variable on the altruism variable of 0.223, while SEB is the standard error value of the influence of altruism on life satisfaction of 0.017. A variable can be said to have an indirect effect if the value obtained through the Sobel test is > 1.653 with a significant 5%. The results of the Sobel test get an M value of $4.25474221 > 1.653$ with a significance of $0.000 < 0.05$ then H1 is accepted. It shows that altruism mediates the effect of religiosity on life satisfaction.

DISCUSSION

The Effect of Religiosity on Altruism

The results show that religiosity has positive effect on altruism. It is because the majority of respondents have a good category of religiosity. The higher the religiosity, leads the higher level of altruism on the individual. Religiosity is a system that has various dimensions that are manifested in various human lives. Religious activity does not only occur when individuals perform worship (rituals) but also other activities that are driven by supernatural powers (Etter, 2019). The social life of nurses in hospitals taught by religion, for example visiting patients, helping patients, donating property to those in need, upholding the truth, being honest, forgiving, protecting the environment, keeping

the mandate, not stealing, not corrupting, not cheating, not gambling., do not drink intoxicating drinks, and adhere to religious norms. An activity carried out to help others that is carried out voluntarily and aims to improve the welfare of others according to the term altruism. According to Naami et al. (2020), altruism is the opposite of egoism, where altruistic individuals have a concern for helping other individuals or groups even though it do not benefit themselves.

The result is in line with Bennet (2017) that discuss about religiosity and altruism. The results identified that people of different faiths, members of religious minorities, and people in countries with different religion are more willing to help foreigners. Individuals who living in developing countries are more willing to help foreigners even if they are not religious themselves. The results show that religiosity plays a particularly important role in promoting prosocial norms and values that motivate helping foreigners.

The Effect of Religiosity on Life Satisfaction

The findings of this study indicate that religiosity has a positive effect on life satisfaction. Individuals who know God through the rituals of worshiping their religion are more mentally healthy, this is because religion has a faith mechanism that makes its adherents aware of the existence of God. Ryff showed that every individual can feel prosperous by accepting their own situation, having a purpose in life, developing good relationships with others, becoming a person who does not depend on others, being able to take care of the environment, and continuing to grow personally. Individuals who have these six dimensions can be said having life satisfaction (Amal & Amir, 2021).

A nurse who has good religiosity will be able to master the challenges that associated with her work. Nurses feel that the work that must be done is purely because of a sense of humanity and being part of worshiping God. This feeling allows nurses to carry out their work wholeheartedly, voluntarily, without feeling burdened. This is because religiosity provides supporting strength in reducing mental stress and increasing life satisfaction (Bal et al., 2021). This is in line with Suminta and Ghufron (2018) that discussed about the relationship between religious orientation and life satisfaction. The results showed that there was a significant positive relationship between intrinsic religiosity orientation and life satisfaction and conversely there was a significant negative relationship between extrinsic religiosity orientation and life satisfaction.

Altruism Mediates the Effect of Religiosity on Life Satisfaction

The results showed that altruism mediates the effect of religiosity on life satisfaction. Religiosity is one of the important determinants of happiness or life satisfaction. While altruism is the desire to help others even at the expense of oneself and is often argued to be influenced by religiosity which is believed to be a facilitator of altruism culture (Muklas, 2020). While the existing literature shows a positive influence of religiosity on altruistic behavior. In general, the dissection of religiosity into its dimensions may yield mixed results. Therefore, research shows that altruism inherent in all religions is also a determinant of life satisfaction (Nachiappan et al., 2018).

This study also shows that majority of respondents have sufficient altruism and life satisfaction. This is enough to prove that the nurses who were respondents in this study had altruism or an attitude of wanting to help wholeheartedly towards the patients being treated as a form of adherence to their religion (religiosity). This act of giving help to patients with sincerity is what brings life satisfaction to nurses. The results of this study are in line with the research of Kaya et al. (2020) which studied about the dimensions of religiosity, altruism and life satisfaction. The results showed that religious adherents using religion for social purposes (inner peace and comfort) were more likely to become volunteers (volunteers). Furthermore, the findings show that individuals who expect inner peace and comfort (social benefits) from religion get more life satisfaction from donating (volunteers).

CONCLUSIONS

The conclusion of this study is that religiosity has a positive effect on altruism. An increase in religiosity is associated with an increase in altruistic interests. A religious person is an altruistic person because it is easy to empathize, honest, fair and shows respect for the norms and behaviors that result. The result of the second study is that religiosity has a positive effect on life satisfaction. The higher a person's religiosity, the higher his life satisfaction. Religiosity can provide a way out for individuals to get a sense of security, courage, and not anxiety in dealing with various life problems. The result of the third study is that altruism mediates the effect of religiosity on life satisfaction as evidenced by the indirect effect of the religiosity variable on life satisfaction mediated by altruism. Altruism inherent in all religions is a determinant of life satisfaction. Individuals

who have good religiosity will be encouraged to always do good on the basis of religion and this increases the individual's life satisfaction. The researcher suggests to other researchers add variables outside the model that can support life satisfaction variable, such as cognitive flexibility variable. Based on research by Yelpaze and Yakar, (2020), cognitive flexibility is an important predictor of life satisfaction. It was also found that cognitive flexibility mediates the effect of altruism on young adults' life satisfaction.

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