



Literature Review: *Psychospiritual Interventions to Improve the Spiritual Well-Being of Cancer Patient*

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Abstract. Spiritual Well-Being (SiWB) is a condition where individuals can reflect a positive feeling, action, and form of thinking related to oneself, others and the environment as well as to the transcendent (God). The purpose of this paper is to determine the impact of spiritual-based psychological interventions in improving the well-being of Spiritual Well-Being. The research method used is a systematic literature review. The source of data in this study is based on journals, and articles related to spiritual intervention in cancer patients. The focus of the literature search in the Literature Review uses the Research Engine Databases, namely Google Scholar, PubMed, Research gate, and Academia. Spiritual Well-Being (SiWB). Based on the results of 8 previous studies that were reviewed and analyzed, it was found that the process of spiritual-based psychological intervention can play a role in fulfilling psychological conditions spiritually. Spiritual-based psychological interventions can also increase the quality of life, hope, and meaning in life which can provide hope, calm, happiness, and awareness in individuals.

Keywords: Psychological Intervention · Spiritual Well-Being

1 Introduction

Cancer is a disease that is not contagious and is characterized by a network channel that does not function properly, precisely becomes abnormal, and is very malignant, overgrows, and cannot be controlled so that the process of spreading is swift to other places in the patient's body. These cancer cells are very malignant and can invade and damage parts of tissue function and scatter (metastasize) cancer cells through blood vessels and lymph vessels. Cancer cells can come from all elements that can form an organ and can multiply so that they can form a mass tumor (P2PTM Kemenkes RI, 2022).

Cancer patients in the western part of Indonesia have a higher frequency than in the central part of Indonesia until there is a decrease in the eastern part. Java Island is one of the regions that have the highest frequency of experiencing cancer patients, followed by Central Java which has the highest frequency of cancer sufferers (Dewi, 2017). The

growth in the intensity of cancer sufferers shows an increase on a world scale, with about 18.1 million new cases, based on these data, about 9.6 million cancer patients who experienced cancer died (The International Agency for Research on Cancer (IARC), and World Health Organization (WHO) (Bray et al., 2018). The process that has been carried out in reducing the intensity of the frequency of the number of cancer patients is not necessarily reduced to the quantity and physical condition of the patient, however, we can pay attention to individual factors such as quality of life, stress, anxiety, fatigue, fear of death, pain, and depression in patients who receive treatment neglect (Singh & Chaturvedi, 2015).

Various factors influence cancer patients to provide quality of life with a religious approach. Based on research conducted by Subu et al., (2019) that religion is one of the media needed for patients with cancer. This is supported because individuals who experience cancer have faith in prayers sent to God and have hope in improving the quality and welfare of life with a spiritual approach. According to Fisher (Moodley et al., 2012), Spiritual Well-Being (SiWB) is a condition where individuals can reflect a positive feeling, action, and form of thinking related to oneself, others, the environment, and transcendently (God), in the end, the individual can get identity, satisfaction, joy, love, respect, positive attitude, inner peace, feeling harmony and having a purpose in life.

Spiritual Well-Being (SiWB) is a form of the concept defined in various ways, Paloutzian & Ellison 1982 (Dunn & Shelton, 2007). Spiritual Well-Being as a medium for existential and religious dimensions. Existential refers to the horizontal dimension, which is the form or has meaning as the purpose of life, while religion refers to the vertical dimension between God and greater power. So spirituality has a relationship and relationship in health status in individuals Seeman et al., (Dunn & Shelton, 2007). The need for spirituality is one aspect that is needed for cancer sufferers because this disease can have an impact on all aspects of life for sufferers, both physically and psychologically (Nuraeni et al., 2015). Other studies also state that spiritual fulfillment in cancer patients can improve their quality of life. In addition, it seems that spiritual fulfillment can provide an emotional reaction that is felt by feeling peaceful and getting comfortable (Husen & Permana, 2021)..

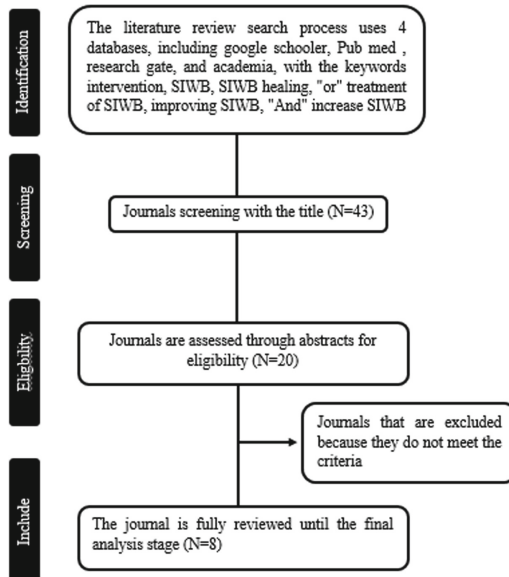
2 Method

In this study, the method used is the literature review, which is a non-experimental design. With the provisions, researchers are objective in criticizing, summarizing, and making conclusions based on the findings obtained about a subject through systematic searches, categorization, and thematic analysis (Christmals & Gross, 2017).

The source of data in this study is based on journals, and articles related to spiritual intervention in cancer patients. The literature search was carried out in May - June 2022. The focus of the literature search in the literature review was using the research engine database, namely Google Scholar, Pubmed, Researchgate, and Academia. The time for publishing journals is 2015–2021. Several research journals were found based on keywords used through abstract viewers, then read in full text. The search for this article uses the words (Keyword and Or) in the literature review search. This is done to

expand or limit the search process so that it is easier for researchers to judge the articles or journals that will be used. After that, data analysis was carried out using the Critical Appraisal table by writing in the table the names: author’s name, year of publication, title, research design objectives, interventions, and results.

Search Process Article



Based on the results of the article search several stages were passed, including the researcher doing the identification. In the identification process of literature review articles 43 journals entered the screening stage. Then only 20 journals that passed the feasibility test were used as literature review journals. Among the 20 journals, several journals must be excluded, because they do not meet the inclusion/requirements in the selection of literature review journals. So that there are only 8 journals that are used as literature reviews to enter the analysis stage.

3 Results

The main focus in this literature review is spiritual well-being in cancer patients, the journals used are in the literature review, there are 8 journals which as a whole are only a form of research using quantitative, and qualitative methods. The method used aims to determine the spiritual well-being of cancer patients. Based on the results of the review obtained, it shows that in general, discussing spiritual well-being (SiWB) cancer patients need quality of life including the themes of happiness and peace, coping, hope, spiritual needs, social tolerance, serenity, and mindfulness. Based on the conclusions of the 8 journals obtained, several themes were found to increase Spiritual Well-Being, including happiness and peace, coping strategies, having spiritual hopes and needs, having tolerance and energy, and mindfulness of the individual.

4 Discussion

In this literature review, it was identified that eight articles met the inclusion criteria. The criteria for inclusion are choosing an appropriate topic or with a frame of spiritual intervention in increasing Spiritual Well-Being, especially in cancer patients. This makes the article mostly a discussion topic about Spiritual Well-Being in cancer patients. These are some of the studies that have been used as benchmarks to find out Spiritual Well-Being (SiWB) on the quality of life.

Based on the findings of 8 journals that discuss Spiritual Well-Being in cancer patients with various spiritual interventions, namely interventions based on basic Buddhist principles, which have basic interventions, among others, precept training, which provides moral intervention, and concentration exercises by providing peace and harmony. Having a quality mind, as well as wisdom training, in this intervention the individual is asked to remember the happiness he has had in his life for 3 consecutive days. The results obtained from the intervention of basic Buddhist principles are an increase in the experimental group which has a higher significance value than the control group with a value of $P < 0.05$. So the experimental participants have a higher level of Spiritual Well-Being by feeling peace and happiness than the control group (Chimluang, et al. 2017).

The spiritual intervention with alternative coping is an effort to improve Spiritual Well-Being in gynecological cancer patients by conducting interventions based on spiritual guidance with the stages of introduction, relaxation, identity control, and prayer therapy which lasts 60–90 min. Based on the provision of spiritual intervention stages with Coping alternatives, before getting spiritual intervention had a positive value with an average coping ($P < 0.001$), and spiritual well-being values in the intervention group that received the spiritual intervention had a $p < 0.006$ value. After giving spiritual intervention, it showed that there was a significant average difference between the coping scores ($P < 0.004$), while the Spiritual Well-Being score had a value ($P < 0.001$). Coping and spiritual well-being in the intervention group increased significantly after receiving the spiritual intervention (Anisa et al., 2020).

The spiritual intervention has a significant impact on hope and Spiritual Well-Being in cancer patients. Because, of the spiritual intervention given there are 4 stages of division, among others, based on religion in which there is religiosity, existence/meaning and purpose, emotional (relaxation), and social (communication) given to the experimental group. There is an effect on the experimental group compared to the control group. Where, spiritual-based interventions can increase hope and spiritual well-being in patients with cancer (Ardashir et al., 2021). Providing spiritual/religious needs interventions to reduce anxiety in the elderly is an effort to increase Spiritual Well-Being, by providing hope, sharing spiritual experiences, encouraging generosity, and strengthening relationships with family members and individuals on the importance of their lives. Provide opportunities for them to pray to help carry out their religious obligations, such as performing ablution, displaying pictures of nature on the walls of the ward, giving the Qur'an and prayer books, as well as providing audio Walkmans to listen to relaxing music, prayers, and verses of the Qur'an and facilitate visits to the patient's family. With the various series given, there was a significant increase in the mean SiWB score ($P < 0.001$) and there seemed to be a significant decrease in anxiety in the intervention group

compared to the control group. So spiritual/religious-based interventions can increase SiWB and reduce anxiety in the elderly (Hedayati Elham et al., 2015).

According to Sajadi et., al (2018) The provision of Spiritual Counseling to patients suffering from cancer is an effort to improve Spiritual Well-Being, a form of intervention that is given individually face to face with 8 sessions held once a week, each session is provided with Islamic teachings that are taught. Lasts approximately 45–60 min. It includes sharing and reflection and feedback, relaxation and meditation exercises, and assignments to read the Qur'an and religious books. By carrying out the stages of providing spiritual counseling interventions, there was an increase in spiritual well-being in cancer patients where the intervention had a significant improvement change with an average value (SiWB, $P < 0.001$).

breast cancer patients undergoing chemotherapy through Mindfulness-based spirituality. The stages carried out in the spiritual-based mindfulness procedure that is applied include observing/realizing what is being done, and doing Body Scanning by feeling the patient's sensations, feelings, perceptions, and thoughts. The ways that will be done are asked to close your eyes and calm yourself by taking deep breaths to focus and relax. Describing what is felt, Acting With Awareness is a process with full awareness by saying "astagfirullahal'adzim" by living it means I ask forgiveness from Allah the Almighty" and recommends the patient to accept the body's reaction that is felt without judgment and feel the pain. Stay calm, aware, and stay relaxed.

Then instruct the patient to forgive the body part that hurts, forgive the mistakes he has made and the mistakes of others on him. Then Pray and invite the patient to think and feel the little things that make him happy and motivated to bring hope and confidence. Then evaluate the patient's feelings after doing spiritual-based mindfulness. With the stages of intervention given to breast cancer patients undergoing chemotherapy through mindfulness-based spirituality, it showed a significant effect of spiritual-based awareness to increase Spiritual Well-Being (p -value 0.001). Mindfulness-based spirituality can improve the Spiritual Well-Being of breast cancer patients undergoing chemotherapy.

5 Conclusion

Based on a review in the literature review, it was found that there were psychospiritual interventions, namely spiritual interventions, Spiritual counseling, spiritual interventions based on Buddhist principles, and mindfulness. Psychospiritual therapy uses a religious approach in intervening in cancer patients and it shows a significant difference and improvement in increasing Spiritual Well Being (SpWB) in cancer patients. The things that are done in psychospiritual interventions, first use basic Buddhist principles by asking patients to practice concentration, practice morality, and wisdom. In the second psychospiritual intervention based on counseling guidance, cancer patients were asked to relax, control, and maintain relationships with fellow patients, and families and were always asked to pray. Third, the religious approach trains patient relationships and the social environment, trains relaxation, and tells the purpose of life so that it can generate strength and motivation in dealing with treatment. In addition, patients are asked to worship starting from ablution to prayer, reading the Qur'an, and listening to the verses of the Qur'an. Then the fourth was giving relaxation exercises and giving Islamic education,

as well as reading religious books. Meanwhile, the fifth psychospiritual intervention. Mindfulness is also given to cancer patients by doing body scanning, including feeling, realizing, and observing everything that happens to the patient without judgment. Various kinds of psycho-spiritual interventions through this spiritual approach are very helpful for cancer patients in improving the spiritual well-being of patients who are undergoing treatment.

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