

Spiritual Well-Being In Patients With Chronic Kidney Failure Who Underweng Hemodialysis in Post Pandemic COVID-19 Period



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A B S T R A C T

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Chronic Kidney Disease (CKD) is a global health issue, caused by significant changes in the structure or function of the kidney that also face spiritual issues. Spiritual well-being is an unparalleled force that coordinates people' physical, psychological, mental, and social characteristics, and it is used to assess the quality of life of patients suffering from chronic illnesses. This research aim to determine the spiritual well-being of chronic kidney failure patients undergoing hemodialysis during the post-pandemic Covid-19 period at Arifin Achmad Regional Hospital. Data collection was carried out in the Hemodialysis room, with a sample size of 19 people. Data analysis in this study used univariate data for demographic data and a description of the spiritual well-being of chronic kidney failure patients. The research results showed that the characteristics of respondents male 21 people (55.3%), aged 45-60 years were 18 people (47.7%). The majority of respondents adhere to the Islamic religion, namely 30 respondents (78.9%). The ethnicity adopted by the majority of respondents is Malay, namely 13 respondents (34.2%). The average level of spiritual well-being of respondents is 8.7 with a standard deviation of 0.66. Based on the results of this research, it is hoped that families must have an important role in providing spiritual support to chronic kidney failure patients who are undergoing hemodialysis therapy so that they can increase hope and quality of life as well as improve the level of spiritual well-being in CKD patients.

1. Introduction

The COVID-19 pandemic was among the leading causes of mortality in early 2020. Its quick and uncontrolled spread has driven many people to stay at home and avoid areas with the highest spread, such as hospitals. Many people postpone therapy, seek alternatives, and decide to leave the medical setting. This also applies to individuals with chronic renal failure, who must continue therapy to maintain a good quality of life (Susantri, W. et al.). President Joko Widodo issued Presidential Decree No. 17 of 2023, declaring that the Corona Virus Disease 2019 (COVID-19) pandemic has ended and changing the factual status of COVID-19 to an endemic disease in Indonesia.

As a result, the designation of the Corona Virus Disease 2019 (COVID-19) public health emergency and the non-natural disaster of the spread of Corona Virus Disease 2019 (COVID-19) as a national disaster have been officially canceled (JDIH Kemenko, 2022). During the Covid-19 Pandemic until now, patients undergoing hemodialysis in hospitals are required to carry out health protocols that have been set by the hospital and must be able to adapt to new habits both in the hospital and at home and in the surrounding environment, including changes in the patient's spirituality, where in meeting the patient's spiritual needs, Usually, when you do routine hemodialysis in a hospital, you get a spiritual shower from both the nurses and spiritual guidance officers, and the officers' psychosocial approach has to end because they have to comply with the hospital's health protocols (Gayatri, et, al). Therefore, this post-pandemic condition has a big influence on improving the spiritual level of CGK patients by carrying out routine spiritual activities at the hospital.

Chronic renal failure (CKD) is a global health issue, a clinical illness caused by significant changes in the structure or function of the kidney. These alterations occur gradually and steadily, with irreversible consequences. Furthermore, there is an increased risk of death and complications from this disease, particularly those involving the cardiovascular

system (Narayanan & Setia, 2019). According to the World Health Organization WHO (2018) Chronic kidney failure (CKD) is a health problem that affects one in ten of the world's population. CKD causes 5 to 10 million deaths each year, with an estimated 1.7 million deaths due to acute kidney damage each year. According to data from the Republic of Indonesia's Ministry of Health, 355,726 males and 358,057 women were impacted. According to Basic Health Research (Riskesdas) in 2018, chronic renal failure affects around 0.38% of the Indonesian population. Around 17,965 persons were diagnosed with this disease at Arifin Achmad Hospital in Riau Province, with doctors making the diagnosis on residents as young as 15 years old.

Hemodialysis therapy is one method of treating chronic kidney disease. Hemodialysis can substitute kidney function and so help maintain the body's homeostasis (Wahyuni, Miro, & Kurniawan, 2019). When the kidneys can no longer function properly, dialysis is used as a substitute to remove toxins and metabolic waste from the body. Performed two to three times a week and hemodialysis is carried out for four to five hours (Edriyan, 2022). In 2018, there was a surge in the number of new patients starting hemodialysis, reaching 35,602, with growth of 42% every year, and cardiovascular complications were the most common (Aminah, 2020). In 2023, Arifin Achmad Hospital, Riau Province, recorded 1,703 patients suffering from chronic kidney failure undergoing hemodialysis, with an average of 142 patients undergoing treatment every month. Patients with CKD will also experience spiritual challenges. spiritual well-being has become an unmatched force that coordinates the physical, psychological, mental and social dimensions of humans, and is seen as an indicator of the quality of life of patients with chronic illnesses (Saari & Chik, 2022; Duran, Avci, & Esim, 2020).

Patients facing chronic kidney failure and undergoing hemodialysis therapy also often experience challenges in terms of the spiritual dimension, such as disruption of the belief system and values that influence strength, hope and meaning in life. It is



closely related to a person's confusion, a spiritual element that can manifest through emotions and actions such as: gloom, sadness, anxiety, restlessness, and so on. This disorder sometimes causes suicidal thoughts in a person. This situation can contribute to weakening a person's spirit when facing difficult times (Saari & Chik, 2022). Spiritual well-being is an indicate in which people feel inner peace, meaning, and purpose in their lives, as well as a deep connection with themselves, others, nature, or a higher power. It emphasizes subjective experiences that provide a sense of connectedness and fulfillment that extends beyond the physical and material aspects of daily life (Duran, Avci, & Esim, 2020).

2. Methodology

This research is quantitative research in descriptive form. The descriptive research in this study was to determine the spiritual well-being of chronic kidney failure patients undergoing hemodialysis during the post-pandemic COVID 19 period at Arifin Achmad Regional Hospital. This research was conducted in the hemodialysis room at Arifin Achmad Hospital in Pekanbaru. The population of this study includes all individuals suffering from chronic kidney failure and undergoing hemodialysis therapy in the hemodialysis room at Arifin Achmad Hospital, Riau Province for the period October to the end of December 2023, namely 95 new cases in the medical record data at Arifin Achmad Hospital Pekanbaru. The sampling method in this research

was non-probability with purposive sampling. The number of samples that will be used in this study is 19 patients for the experimental group and 19 patients for the control group. The data collection tools used are a demographic data questionnaire sheet consisting of age, gender, religion, ethnicity/race, and education and the Functional Assessment of chronic illness therapy-Spiritual wellbeing (FACIT-Sp-12) questionnaire which consists of 12 questions. includes 3 types of aspects, namely the Meaning of Life, Trust, and Peace.

3. Result and Discussion

Table 1 shows that the majority of the 38 responders were male, with 21 (55.3%). This is consistent with the findings of Ariyani and Wahyono (2023) and Mayne., et al (2023), who found that gender had a statistically significant association with the incidence of CKD, with men being more likely than women to suffer from it. This is due to biological and hormonal differences between men and women, which influence the progression of CKD. Hormones, such as estrogen in women and testosterone in males, can have a direct effect on kidney function. Estrogen protects the kidneys by lowering the risk of inflammation and fibrosis, whereas testosterone increases inflammation and promotes the formation of fibrotic cells in the kidneys. Aside from that, men's lifestyles and behaviors, such as smoking, alcohol drinking, and poor dietary habits, increase their chance of having CKD.

Characteristics	Frequency	(%)
1. Gender		
Male	21	55,3
Female	17	44,7
2. Age		
18-24	3	7,9
25-44	11	28,9
45-60	18	27,4
61-75	6	15,8
3. Religion		
Islam	30	78,9
Christian	8	21,1
4. Ethnic group		
Jawa	10	26,3



Minang	5	13,2
Melayu	13	34,2
Batak	9	23,7
Banjar	1	2,6
5. Education		
Elementary School	4	10,5
Junior high school	8	21,1
Senior High School	11	28,9
D3	5	13,2
Bachelor	10	26,3
Total	38	100

Table 1. Demographic characteristics of CKD patients undergoing HD at Arifin Achmad Hospital

The largest number of respondents were respondents with an age range of 45-60 years, namely 18 respondents (47.4%). Research conducted by Goncalves., et al (2022) & Smith., et al (2024) states that the prevalence of CKD among middle-aged adults, namely aged 45 to 65 years, is higher compared to younger ages. There is a significant relationship between age and CKD progression, as age increases there is a significant increase in the risk of CKD progression which means that older individuals have a higher chance of experiencing a more rapid decline in kidney function compared to younger individuals. The majority of respondents adhere to the Islamic religion, namely 30 respondents (78.9%). Research conducted by Haleem and Elkhamisy (2021); Santos and Gadallah (2018), there are differences in the influence of religious practices on kidney health. Factors such as diet, fasting practices, and social support from religious communities can influence the development and management of CKD. However, in Riau Province, the majority of people adhere to Islam, which means that in this study religion cannot be used specifically to link religion with the incidence of CKD.

The ethnicity adopted by the majority of respondents is Malay, namely 13 respondents (34.2%). Regarding

educational characteristics, the largest number of respondents had a high school education, namely 11 respondents (28.9%). This may be because in Riau Province the majority of people come from the Malay tribe. This is also in line with research conducted by Seli and Harahap (2021) stating that ethnicity cannot be used as a benchmark in determining risk factors for CKD. Some tribes may have different eating habits and lifestyles, for example a diet that is high in salt or low in fluids can increase the risk of kidney disease, as the Minangkabau tribe is known for eating fatty and coconut milk foods which can affect kidney health.

The research results showed that there were more respondents with a high school education level, namely 11 respondents (28.9%). Research conducted by Hasanah., et al (2023) states that there is no relationship between education level and the incidence of CKD. This may be because women and men now have equal opportunities in terms of education, employment, and roles in the public sector, so that CKD factors have a similar impact on both. For example, an unhealthy lifestyle, lack of exercise, and low stress levels in women can contribute to the risk of high blood pressure.

Table 2. Distribution of the Average Level of Spiritual Well-Being of Respondents

Variable	Mean	SD	SE	N
<i>Spiritual level of well-being (experimental class)</i>	8,7	0,66	0,15	19

The average level of spiritual well-being of respondents is 8.7 with a standard deviation of 0.66. Patients facing chronic kidney failure and undergoing hemodialysis therapy often experience challenges in terms of the spiritual dimension, such as disruption of the belief system and values that influence strength, hope and meaning in life. It is closely related to a person's confusion, a spiritual element that can manifest through emotions and actions such as: gloom, sadness, anxiety, restlessness, and so on. This disorder sometimes causes suicidal thoughts in a person. This situation can contribute to weakening a person's spirit when facing difficult times (Saari & Chik, 2022). Based on this, spiritual well-being plays an important role in adapting to illness, improving coping abilities and physical and mental health status, as well as reducing anxiety, depression, substance abuse and suicide rates.

4. Conclusion

The characteristics of respondents who are male are at higher risk of suffering from chronic kidney failure, namely 21 people (55.3%). Apart from that, respondents aged 45-60 years also have a high potential for experiencing CKD, namely 18 people (47.7%). The majority of respondents adhere to the Islamic religion, namely 30 respondents (78.9%). The ethnicity adopted by the majority of respondents is Malay, namely 13 respondents (34.2%). The average level of spiritual well-being of respondents is 8.7 with a standard deviation of 0.66.

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