



Pemenuhan Spiritual Pada Pasien Kanker : Literature Review

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ABSTRACT

Background: Cancer treatment can not only focus on the quantity or physicality of the patient, but also pay attention to factors of quality of life, pain, stress, anxiety, fatigue, fear of death, and depression in patients who are often missed in the treatment of cancer patients. Spiritual needs are important needs to be met in patients with cancer in addition to other aspects of the need, because this disease can affect all aspects of the sufferer's life both physical, psychological and spiritual.

Objective: this study aims to determine the spiritual fulfillment in cancer patients.

Method : This research is a literature review with the process of collecting data through 3 databases namely Pubmed , EBSCO and Proquest . Search Literature with the word key “ Spiritual experience Spiritual meaning OR AND Cancer Patients” article published in the 5 years of the last is from the year 2015 to 2019 with the criteria of inclusion.

Results: The literature search results found 169,139 journals, Pubmed found 583, Ebsco 12,582, Proquest 155,974, the entire database was categorized with inclusion criteria and only 14 articles met the criteria.

Conclusion: spiritual fulfillment can improve the quality of life of cancer patients, by increasing spiritual aspects can provide peace, comfort for cancer patients. So the importance of spiritual needs in health care.

PENDAHULUAN

Penyakit kanker merupakan salah satu penyebab kematian utama diseluruh dunia. Pada tahun 2012, kanker menjadi penyebab kematian sekitar 8,2 juta orang. Berdasarkan data *GLOBOCAN, International Agency for Research on Cancer (IARC)*, diketahui bahwa pada tahun 2012 terdapat 14.067.894 kasus baru kanker dan 8.201.575 kematian akibat kanker diseluruh dunia (Kemenkes RI, 2018).

Angka kejadian kanker di wilayah Indonesia bagian barat lebih besar jika dibandingkan wilayah Indonesia tengah dan makin menurun hingga wilayah Indonesia timur. Pulau Jawa merupakan pulau dengan jumlah kanker paling tinggi, Sedangkan Jawa Tengah merupakan provinsi dengan kejadian kanker tertinggi (Dewi, 2017).

Data terbaru yang dikeluarkan oleh *The International Agency for Research on Cancer (IARC)* dan *World Health Organization (WHO)* menunjukkan pertumbuhan jumlah penderita kanker di dunia semakin meningkat sekitar 18,1 juta kasus baru, dan berdasarkan jumlah kasus tersebut 9,6 juta pasien kanker meninggal dunia (Bray, 2018).

Pengobatan kanker tidak bisa hanya berfokus terhadap kuantitas atau fisik pasien, akan tetapi juga memperhatikan faktor kualitas hidup, nyeri, stres, kecemasan, fatigue, rasa takut kematian, dan depresi pada pasien yang sering terlewatkan dalam penanganan pasien kanker (Singh & Chaturvedi, 2015).

Menurut penelitian Subu et al., (2019) Agama merupakan salah satu yang paling dibutuhkan untuk pasien dengan kanker. Dsouza dkk (2017) yang menyatakan bahwa seiring dengan berjalannya pengobatan, individu meningkatkan doa dan keyakinan kepada Tuhan.

Spiritual merupakan seperangkat pengalaman dan perasaan batin yang dialami seseorang mencari makna dan tujuan secara batin serta hubungan dengan diri, keluarga, Orang lain, masyarakat, dan alam (Baumsteiger & Chenneville, 2015). Peningkatan dukungan spiritual merupakan strategi untuk meningkatkan kualitas hidup pasien dengan kanker (Forouzi et al., 2017). Spiritualitas dan religiusitas merupakan dua komponen yang penting dalam perawatan paliatif pada pasien kanker, karakter holistik yang dapat mempengaruhi dalam peningkatan kualitas hidup, well-being, dan mengurangi distres pada pasien kanker (Ahmadi, 2015).

Menurut Nuraeni et al., (2015) Kebutuhan spiritualitas merupakan kebutuhan yang penting untuk

dipenuhi pada pasien dengan penyakit kanker selain aspek kebutuhan lainnya, karena penyakit ini dapat berdampak terhadap seluruh aspek kehidupan penderitanya baik fisik, psikologis maupun spiritual. Namun pelayanan keperawatan masih terfokus pada aspek fisik. Sehingga data mengenai kebutuhan spiritual pasien kanker di Indonesia belum komprehensif. Kebutuhan spiritual sangat dibutuhkan oleh pasien kanker.

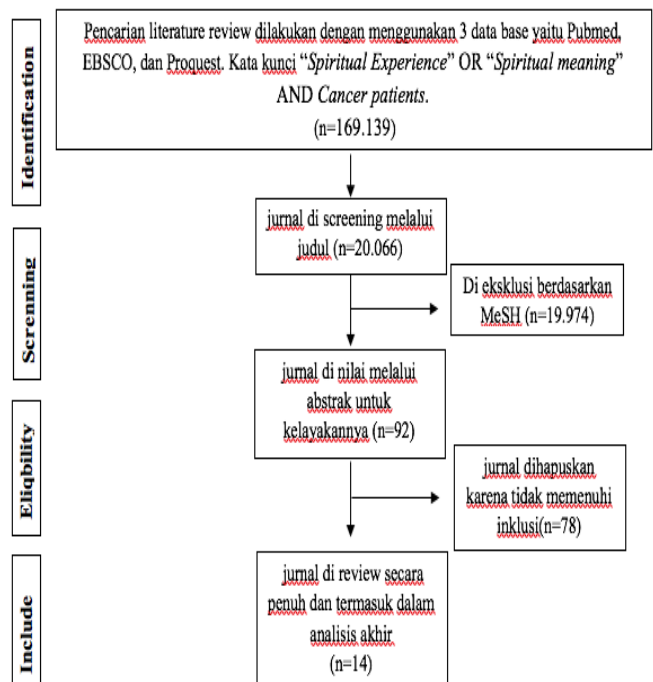
METODE

Metode yang digunakan dalam penelitian ini adalah *Literature review* yang merupakan desain non-eksperimental dimana para peneliti secara objektif mengkritisi, meringkas dan membuat kesimpulan tentang suatu subjek melalui pencarian sistematis, kategorisasi dan analisis tematis (Christmals, 2018).

Literature review penting untuk dilakukan karena merangkum literature yang tersedia pada satu topic tertentu, menggunakan langkah ilmiah dan menyajikan analisis literature sehingga pembaca tidak harus mengakses setiap laporan penelitian individu yang termasuk dalam ulasan literature (*Cultural Awareness in Nursing and Health Care, Second Edition*, 2010).

Pada prinsipnya *Literature review* ini merupakan metode penelitian yang dilakukan dengan merangkum hasil artikel penelitian primer sebagai tujuan untuk menyajikan data lebih komprehensif dan berimbang.

Tabel 1. Proses Pencarian Artikel



Literature review ini dilakukan dengan menggunakan 4 (empat) tahapan, yaitu: (1) Menentukan kriteria kelayakan, kriteria kelayakan literature dilakukan dengan kriteria inklusi, yaitu: dimana artikel yang ditinjau merupakan hasil riset asli yang telah dikaji dan dipublikasikan dalam bahasa Inggris, serta tujuan artikel yang ditinjau harus memuat data mengenai aspek spiritual pasien kanker; (2) Menentukan sumber informasi, Pencarian literatur dilakukan dengan menggunakan 3 (tiga) data base online yaitu: Pubmed, EBSCO, dan Proquest; (3) Pemilihan literature, Kriteria dalam pemilihan literatur review ini dilakukan dengan menentukan kata kunci berupa kunci “*Spiritual experience*” OR “*Spiritual meaning*” AND *cancer patients*” Limitasi yang dilakukan untuk pencarian artikel yang terkait dengan aspek spiritual pasien kanker yaitu 5 tahun terakhir diantara tahun 2015 sampai dengan tahun 2019; (4) *Data selection and analysis*, Pengumpulan data literatur review ini dilakukan secara manual dengan cara mengekstrasi data sesuai dengan kriteria inklusi. kata kunci yang digunakan “*Spiritual Experience*” OR “*Spiritual meaning*” AND *Cancer patients*. Pencarian Jurnal di *Pubmed*, *EBSCO* dan *Proquest*. Dari keyword yang dimasukkan didapatkan hasil dari beberapa database yaitu Pubmed (N=583) Ebsco (N=12.582) dan Proquest (N=155.974).

HASIL

Fokus utama dari *literatur review* ini adalah kebutuhan spiritual pasien kanker. Jurnal yang digunakan dalam Literature review ini sejumlah 14 jurnal yang keseluruhannya merupakan penelitian dengan metode kualitatif, kuantitatif, dan mixed method bertujuan untuk mengetahui pemenuhan kebutuhan spiritual pada pasien kanker. Hasil review menunjukkan secara garis besar membahas tentang pemenuhan spiritual dengan kualitas hidup pasien yang meliputi 4 tema besar yaitu 1) kekuatan dalam keyakinan; 2) kedamaian dan harapan; 3) makna hidup dan tujuan; 4) koneksi (dukungan sosial). Untuk mengoptimalkan interpretasi ini, pertama-tama kita akan mengklarifikasi hasil temuan penelitian dari review 14 jurnal. Pada hasil tema yang pertama tentang kekuatan dalam keyakinan (Barton et al., 2018; Al-Natour et al., 2017; Bhatnagar et al., 2017). Spiritual dengan kedamaian dan harapan (Bai et al., 2015; Forouzi et al., 2017; Walker et al., 2017; Bai et al., 2016). Makna hidup dan tujuan (Garssen et al., 2015; Caldeira et al., 2017; Phenwan et al., 2019; Rassouli et al., 2015; Nuraini et al., 2018. Koneksi

dengan kategori dukungan sosial (Sheppard et al., 2018; Paredes & Pereira, 2018).

PEMBAHASAN

Literature review ini mengidentifikasi empat belas artikel yang memenuhi kriteria inklusi. Sebagian besar makalah membahas tentang kebutuhan spiritual pada pasien kanker. Beberapa penelitian telah dilakukan untuk mengetahui pemenuhan spiritual terhadap kualitas hidup. Berdasarkan hasil review dari 14 jurnal didapatkan 4 tema besar yaitu 1) kekuatan dalam keyakinan, Menurut Barton et al., (2018) spiritual sebagai sumber kekuatan yang dapat membantu meningkatkan kualitas dan makna hidup pasien kanker. Al-Natour et al., (2017) spiritual sebagai aspek manusia yang penting, karena dapat berkontribusi pada peningkatan kesejahteraan fungsional, social, fisik, dan dapat meningkatkan kualitas hidup pasien yang didiagnosa kanker. Bhatnagar et al., (2017) mengatakan pasien dengan perawatan paliatif sebagian sering percaya dan yakin pada tuhan sehingga memberikan kekuatan dalam diri mereka. 2) kedamaian dan harapan, penelitian yang dikemukakan oleh Bai et al., (2015) pentingnya meningkatkan kesejahteraan spiritual pada pasien yang baru didiagnosis kanker stadium lanjut dapat mempengaruhi pola dinamis seperti makna perdamaian, dan iman yang berkaitan dengan kualitas hidup. Forouzi et al., (2017) pemenuhan kebutuhan spiritual dapat meningkatkan kualitas hidup pasien kanker. Sehingga pentingnya kebutuhan spiritual dalam perawatan kesehatan. Walker et al., (2017) kesejahteraan spiritual dan psikologis sangat erat dalam konteks keimanan. Spiritual memiliki hubungan yang kuat antara kedamaian dan kualitas hidup pasien kanker. Hasil penelitian Bai et al., (2016) mengatakan hubungan kesejahteraan spiritual terhadap iman dan kualitas hidup dapat menurunkan angka depresi dan memberikan kedamaian pada pasien kanker. 3) makna hidup dan tujuan, pada penelitian Garssen et al., (2015) Spiritual membantu pasien kanker dalam mengatasi penyakit mereka atau penyusuaian terhadap penyakit. Perilaku spiritual juga membantu orang mengekspresikan perasaan negative dan dapat menciptakan keheningan dan ketenangan pikiran. menurut Caldeira et al., (2017) kesejahteraan spiritual lebih rendah pada pasien yang mengatakan diri mereka dalam tekanan spiritual. Phenwan et al., (2019) mengatakan bahwa spiritualitas merupakan salah satu komponen kunci dari manusia dan perawatan paliatif yang mempengaruhi kualitas hidup secara fisik,

dan psikologis pasien. Rassouli et al., (2015) dengan meningkatkan spiritual, pasien dapat menerima dan mengatasi penyakit mereka. Dan menurut Nuraini et al., (2018) perawatan paliatif adalah pendekatan yang terfokus pada peningkatan kualitas hidup pasien dan keluarga saat menghadapi penyakit yang mengancam jiwa. Spiritualitas pada perawatan paliatif adalah kunci untuk meningkatkan kenyamanan pada pasien yang mengalami nyeri. 4) koneksi dengan kategori dukungan social, menurut Paredes & Pereira, (2018) peran dukungan social sangat penting untuk memahami penyesuaian terhadap kanker. Sheppard et al., (2018) mengatakan spiritualitas dapat mempromosikan kualitas hidup yang baik bagi pasien kanker melalui peningkatan coping dan dukungan sosial.

KESIMPULAN

Tinjauan dalam literature review penelitian ini mendapatkan hasil Pemenuhan spiritual dapat meningkatkan kualitas hidup pasien kanker. Selain itu hasil dari penelitian menunjukkan bahwa dengan pemenuhan spiritual dapat memberikan kedamaian, dan kenyamanan pada pasien kanker. Sehingga pentingnya kebutuhan spiritual dalam perawatan kesehatan.

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Table 1. karakteristik jurnal

No	Peneliti/ tahun	Judul	(Tujuan)	Design penelitian	Hasil
1.	Barton et al., 2018	“I’m Not a Spiritual Person.” How Hope Might Facilitate Conversations About Spirituality Among Teens and Young Adults With Cancer	describe spiritual narratives among AYAs based on their self-identification as religious, spiritual, both, or neither; and identify language to support AYA spiritual needs in keeping with their self-identities.	Methods: mixed-methods, prospective, longitudinal cohort study, AYAs (14-25 years-old) with newly diagnosed cancer. One-on-one, semi-structured interviews were conducted at 3 time-points (within 60 days of diagnosis, 6-12, and 12-18 months later), and included queries about spirituality, God/prayer, meaning from illness, and evolving self-identity.	Those who endorsed religiousness tended to cite faith as a source of strength, whereas many who declined this self-identity explicitly questioned their pre-existing beliefs. Regardless of self-identified “religiousness” or “spirituality,” most participants endorsed quests for meaning, purpose, and/or legacy, and all included constructs of hope in their narratives.
2.	Bai et al., 2015	Exploring the relationship between spiritual well-being and quality of life among patients newly diagnosed with advanced cancer	The purpose of our study was to examine spiritual well-being and quality of life as well as their interrelationship in 52 patients with advanced cancer after 100 days since the diagnosis at one and three months post-baseline	The study was designed as a secondary data analysis of a cluster randomized clinical trial involving patients with stage 3 or 4 cancer undergoing treatment.	Our results confirm that patients newly diagnosed with advanced cancer experienced an existential crisis, improved, and then stabilized over time
3.	Garssen et al., 2015	How Spirituality Helps Cancer Patients with the Adjustment to their Disease	the aim of the present study was to unravel the spiritual mechanisms that help people in their adjustment to the disease	Consensual Qualitative Research method for the analysis of semi-structured interviews	The results of the present study indicate that the role of spirituality in emotion regulation deserves attention in understanding how spirituality helps cancer patients to adjust to their disease.
4.	Caldeira et al., 2017	Spiritual Well-Being and Spiritual Distress in Cancer Patients Undergoing Chemotherapy: Utilizing the SWBQ as Component of Holistic Nursing Diagnosis	This research aimed to analyze spiritual well-being and spiritual distress in cancer patients undergoing chemotherapy and through this means to proffer a reliable assessment that would contribute to the accuracy of the nursing diagnosis of spiritual distress in patients by nurses.	Kuantitatif, cross-sectional study, The sample comprised 169 patients	This research aimed to analyze spiritual well-being and spiritual distress in cancer patients undergoing chemotherapy and through this means to proffer a reliable assessment that would contribute to the accuracy of the nursing diagnosis of spiritual distress in patients by nurses.
5.	Phenwan et al., 2019	The Meaning of Spirituality and Spiritual Well-Being among Thai Breast Cancer Patients: A Qualitative Study	The aim of the study is to assess the meaning of spirituality and SWB in Thai breast cancer patients in Southern Thailand where people have more diverse cultural and religious background	Design: Descriptive qualitative phenomenology design. Subjects and Methods: In-depth interview with stratified purposive sampling method.	Three themes emerged with five subthemes: (1) feeling life worthwhile, (2) sense of belonging in the community, and (3) feeling connected to the nature. Conclusions: For Thai women, who have breast cancer, their spirituality focuses on family, mainly their children.

6.	Sheppard et al., 2018	Spirituality in African-American Breast Cancer Patients: Implications for Clinical and Psychosocial Care	the aims of this study were to: describe levels of spirituality. identify patient-level sociocultural correlates of spirituality; and test for associations between spirituality and women's treatment attitudes and healthcare ratings or health care.	Descriptive analysis was conducted to assess demographic, clinical, and psychosocial characteristics for African Black patients. Wald Chi-square test was used to examine the association between each variable and the outcome variable, religiosity score.	Results: Overall levels of spirituality were high and ranged from 11 to 36. participants endorsed that they were aware of the presence of God in their life (98.5% agreed/strongly agreed) and that they had a personal relationship with God (97.5% agree/strongly agree).
7.	Al-Natour et al., 2017	The Relationship Between Spirituality and Quality of Life of Jordanian Women Diagnosed with Breast Cancer	The aim of the study was to investigate the relationship between spirituality and quality of life (QoL) of Jordanian women diagnosed with breast cancer	Descriptive cross-sectional design. Participants of the study are women who were seeking care and treatment at the outpatient clinics of King Hussein Cancer Center (KHCC) at Jordan. A total of 150 women diagnosed with breast cancer, on active treatment, and are stable physically as perceived by them.	highest of correlation was seen between spirituality and the functional domain/ Spiritual intervention could contribute to increased functional, social, and physical well-being and enhance the total health and QoL of women diagnosed with breast cancer.
8.	Bhatnagar et al., 2017	Signs of spiritual distress and its implications for practice in Indian Palliative Care	The aim of the current study, First, to describe the most common signs of spiritual distress. As part of that aim, we planned to explore gender differences in spirituality. Second, we wanted to formulate concrete recommendations to empower palliative care professionals and volunteers in India to more efficiently address spiritual distress.	Data from 300 adult cancer patients who had completed a questionnaire with 36 spirituality items were analyzed. We calculated frequencies and percentages, and we compared responses of male and female participants using Chi-squared tests.	Most participants believed in God or a higher power. Women were more likely to consider illness their fate, be worried about the future of their children or spouse and be angry about what was happening to them.
9.	Forouzi et al., 2017	Spiritual needs and quality of life of patients with cancer	This study was conducted to determine the relationship between spiritual needs and QoL among cancer patients in Iran.	This correlational study, sample of 150 eligible cancer patients. Using two questionnaires; the spiritual needs survey and the European Organization for Research and Treatment of Cancer QoL Questionnaire	The results of the present study suggest that information about the relationship between spiritual needs and QoL in patients with cancer. It should be improved QoL to meet spiritual need of these patients.

10.	Rassouli et al., 2015	Spiritual needs of cancer patients: A qualitative study	This study was conducted to explain spiritual needs of cancer patients in Iran.	qualitative using to purposive sampling. Participants were patients with diagnosis of cancer, Data were collected using semi-structured interviews. Interviews were recorded with permission of patients.	4 themes : Connection Seeking peace Meaning and purpose Transcendence
11.	Nuraini et al., 2018	Spirituality-focused palliative care to improve Indonesian breast cancer patient comfort	the aimed to develop a path model of the relationships between the variables of nursing care (information, emotional support, technical support, and palliative care), patient coping, family support, patient spirituality, and patient comfort	cross-sectional study Participant : 308 breast cancer patients from 3 referral hospitals in Jakarta, Indonesia. Kolcaba's theory was used to develop a theoretical model estimating the path or relationships between the key variables.	palliative care significantly improved breast cancer patient comfort by reducing anxiety and depression. a significant positive relationship between spirituality and emotional well-being.
12.	Paredes & Pereira, 2018	Spirituality, Distress and Posttraumatic Growth in Breast Cancer Patients	This study aimed to analyze the relationship between PTG, spirituality and emotional distress, and to determine the predictors of PTG.	Data collection using questionnaire. Pearson correlation tests were used to examine the relationship between variables.	Results showed an association between PTG, spirituality and distress. Women with a longer diagnosis and recurrence showed more distress. Younger age, recurrent cancer and spirituality predicted higher PTG.
13.	Walker et al., 2017	The Relationships Between Spiritual Well-Being, Quality of Life, and Psychological Factors Before Radiotherapy for Prostate Cancer	Findings in the current study reflect a strong association between patients' subjective sense of Meaning / Peace and their quality of life.	Descriptive statistical analysis was conducted for all measures and patient characteristics. Pearson's correlation coefficient was computed and tested to determine the strength of linear association between the measured constructs of interest.	Findings in the current study reflect a strong association between patients' subjective sense of Meaning/Peace and their quality of life.
14.	Bai et al., 2016	Exploring the individual patterns of spiritual well-being in people newly diagnosed with advanced cancer: a cluster analysis	This study aimed to examine individual patterns of spiritual well-being among patients newly diagnosed with advanced cancer.	analysis of a cluster randomized clinical trial with patients newly diagnosed with advanced cancer undergoing treatment. Participants (46 % female) were predominantly white (89 %), well-educated (73 % college education or more), and homogeneously newly diagnosed with advanced cancer (stage III or IV).	revealing contrasting relations of faith with QOL. Cluster 1, Cluster 3, and Cluster 4 represented high, medium, and low levels of overall QOL, respectively, with correspondingly, medium, and low levels of peace, meaning, and faith. Cluster 2 was distinguished from other clusters by its medium levels of overall QOL, peace, and meaning and low level of faith.