

## Spiritual Coping Relationship With Stress Level In Patients With Chronic Renal Failure (CRF) In RSU Haji North Sumatra Province Year 2022

Muslimah Pase

Program Studi Ilmu Keperawatan Fakultas Ilmu Kesehatan, Universitas Haji Sumatera Utara, Medan, Indonesia

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### ABSTRACT

Spiritual coping is a way for individuals to use their beliefs in managing anxiety and problems in life. The purpose of this study was to determine the relationship between spiritual coping and stress levels in patients with chronic kidney failure (CKD) at the Haji Hospital in North Sumatra Province in 2022. This study used a correlation description design, the population of this study was 26 people with a total sample of 26 people using accidental sampling technique. Data were obtained through a spiritual coping and stress questionnaire. The data was processed using the Spearman rho test and presented in the form of a frequency distribution table. Research results obtained influence with a significance value or sig. (2-tailed) of  $0.000 < 0.05$ , which means that there is a relationship between spiritual coping and stress levels in patients with chronic kidney failure (CKD) at RSU Haji, North Sumatra Province in 2022. The conclusion of this study is that there is a relationship between spiritual coping and stress levels in patients with chronic kidney failure (CKD) at Haji General Hospital in North Sumatra Province in 2022. It is hoped that families will pay attention to spiritual coping given to patients with chronic kidney failure

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Email :

[pasemuslimah77@gmail.com](mailto:pasemuslimah77@gmail.com)

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## 1. INTRODUCTION

Kidney failure is a decrease in kidney function that occurs acutely (relapse) or chronically (chronic). Acute kidney failure when the decline in kidney function occurs suddenly, but then returns to normal after the cause can be treated immediately. Symptoms of chronic kidney failure appear gradually, usually do not cause obvious initial symptoms, so that the decline in kidney function is often felt, is already in a severe stage and is difficult to treat. body to maintain metabolic, fluid and electrolyte balance fails, resulting in uremia [1].

According to the Ministry of Health of the Republic of Indonesia (2016) the number of patients with kidney failure undergoing regular hemodialysis is increasing, that is, the number of sufferers has quadrupled in the last 5 years [2]. Currently, it is estimated that there are 150,000 people with terminal kidney failure in Indonesia who need dialysis or dialysis. Patients who have received new dialysis therapy are around 100,000 people. Based on data from the Indonesian Renal Registry (2014) in 2014 hemodialysis patients in the Sumatra region, namely 3,621 new patients and 2,787 active patients. Based on research results[3].

Spiritual behavior is behavior in dealing with 4 issues of meaning or value, where a person places behavior and life in the context of a broader and richer meaning, behavior to judge that one's actions or way of life is more meaningful than others. Individual coping mechanisms can be adaptive or maladaptive depending on the factors that influence them, both internal and external. Coping mechanisms used by individuals against illness usually try to feel optimistic about the future, use social support, use spiritual sources, try to stay in control of situations or feelings, and try to accept the reality that exists. Adaptive coping mechanisms are good coping responses but if the patient's coping mechanisms are maladaptive can worsen the condition[4].

Spiritual coping is a way for individuals to use their beliefs in managing anxiety and problems in life. This is a strategy to minimize or overcome stress and anxiety that arise due to stressful situations or circumstances through worship, getting closer to God and other religious ways[5]

From the results of an initial survey conducted by researchers at the Haji Hospital in North Sumatra Province, it was found that out of 10 patients who experienced chronic kidney failure, 8 of them said they were very stressed with their current situation and did not know how to deal with stress, causing problems in their daily lives.

## 2. METHOD

The research design used in this study is a correlation description. The population in this study were patients who were treated at RSU Haji North Sumatra with chronic renal failure, where data on the number of patients in August amounted to 26 people. The total population of 26 people in this study used the Total Sampling Technique, which is a sampling technique when all members of the population are used as samples. taken is the entire population with a total of 26 people. Data analysis was carried out in 2 ways, namely Univariate Analysis and Bivariate Analysis

## 3. RESULTS AND DISCUSSION

### Demographic Data

The results showed that the distribution of the age frequency of students in SMA Negeri 2 Bayang can be described as follows

Table 1. Demographic Data on Spiritual Coping with Anxiety Levels

No	Demographic Data	Frekuensi	Persentase (%)
1	<b>Age</b>		
	20-30 Years	2	7,7
	31-40 Years	2	7,7
	41-50 Years	4	15,4
	51-60 Years	18	69,2
	<b>Amount</b>	<b>26</b>	<b>100%</b>
2	<b>Gender</b>		
	Man	16	61,5
	Woman	10	38,5
	<b>Amount</b>	<b>26</b>	<b>100%</b>
5	<b>Education</b>		
	SMA	17	65,4
	D3	2	7,7
	S1	7	26,9
	<b>Amount</b>	<b>26</b>	<b>100%</b>
6	<b>Work</b>		
	IRT	6	23,1
	civil servant	3	11,5
	Self-employed	15	57,7
	Honor	2	7,7
	<b>Amount</b>	<b>26</b>	<b>100%</b>

Based on the above demographic data from 26 respondents, it shows that the majority of the ages in the research sample are ages with a range of 51-60 years, totaling 18 with a percentage of 69.2%. The majority of gender is male totaling 16 people with a percentage of 61.5%. The majority of the education level is high school, totaling 17 people with a percentage of 65.4%. The majority of jobs are self-employed, amounting to 15 people with a percentage of 57.7%.

### Research result

#### Distribution of coping spiritual frequencies

Table 2. Distribution of spiritual coping frequencies

No	Spiritual coping	Frekuensi	Persentase (%)
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1	Spiritual Positif	9	34,6
2	Spiritual Negatif	17	65,4
<b>Amount</b>		<b>26</b>	<b>100</b>

From the data above it can be concluded that the frequency of spiritual coping is the majority of negative spiritual, amounting to 17 percentages (65.4%), then positive spiritual amounts to 9 percentages (34.6%).

### Frequency distribution of stress levels

Table 3. Frequency Distribution Of Stress Levels

No	Stress Level	Frekuensi	Persentase (%)
1	stress	13	50
2	No Stress	13	50
<b>Amount</b>		<b>26</b>	<b>100</b>

From the data above it can be concluded that the frequency of stress levels is to have the same presentation where stress is 13 people with a percentage of 50% and not stressed is 13 people with a percentage of 50%.

### The relationship between spiritual coping and stress levels

Table 4. Crosstabulation Results

		Stres		Total
		Stres	No Stres	
Spiritual Coping	Spiritual Positif	0	9	9
	Spiritual Negatif	13	4	17
<b>Total</b>		<b>13</b>	<b>13</b>	<b>26</b>

The table above shows that spiritual coping with stress levels at a negative spiritual level will increase anxiety levels by a total of 17 people

Table 5. Spearman Rho test

		Spiritual Coping	Stres
Spearman's rho	Spiritual Coping	Correlation Coefficient	1.000
		Sig. (2-tailed)	.728**
		N	26
	Stres	Correlation Coefficient	.728**
		Sig. (2-tailed)	1.000
		N	26

Based on the output above, it is known that the significance value or sig. (2-tailed) of 0.000 < 0.05, which means there is a relationship between spiritual coping and the stress level of hemodialysis patients. The correlation value is positive with a value of 1,000 meaning that there is a strong relationship between the two variables where spiritual coping with stress levels has a strong relationship.

## Discussion

### Spiritual Coping in Patients with Chronic Kidney Failure (CKD) at RSU Haji, North Sumatra Province

From the results of the study it was found that the frequency of spiritual coping is the majority of negative spiritual, amounting to 17 percentages (65.4%), then positive spiritual amounts to 9 percentages (34.6%).

This is in line with research conducted by Novil in 2017 entitled "Relationship between Spiritual Behavior and Coping Mechanisms in Chronic Kidney Failure Patients Undergoing Hemodialysis at the Jember Plantation Hospital Clinic." The results showed that the majority of respondents had optimal spiritual behavior, namely 37 respondents (97.5%), the rest who have less optimal behavior as much as 3 respondents (7.5%). In addition, the majority of patients used adaptive coping mechanisms, namely as many as 30 respondents (75%), the remaining 10 respondents (25%) used maladaptive coping mechanisms.

A person's success in living life is when a person is able to maintain physical, mental and intellectual conditions in an optimal condition through self-control, self-improvement, and always using positive coping mechanisms in solving problems that occur [6].

Spiritual behavior is behavior in dealing with 4 issues of meaning or value, where a person places behavior and life in the context of a broader and richer meaning, behavior to judge that one's actions or way of life is more meaningful than others. Coping mechanisms used by individuals against illness usually try to feel optimistic about the future, use social support, use spiritual sources, try to stay in control of situations or feelings, and try to accept reality.

### **Stress Levels in Patients with Chronic Kidney Failure (CKD) at RSU Haj, North Sumatra Province**

From the results of the study it was found that the frequency of stress levels had the same presentation where stress amounted to 13 people with a percentage of 50% and no stress amounted to 50 people with a percentage of 50%.

This is in line with Febrianita Purwaningrum's research in 2013 "relationship between spiritual activity and stress levels in chronic kidney failure patients undergoing hemodialysis at PKU Muhammadiyah Yogyakarta Hospital." stress in the mild classification as many as 17 people (56.7%). The results of the analysis test with Kendall Tau obtained a significant p value of 0.000 (<0.05) and a  $\pi$  value of -0.796 so that it was stated that there was a significant and strong relationship.

One of the therapies that can prolong the life of patients with end-stage renal failure is hemodialysis, which aims to remove toxins from the blood and remove excess water that the kidneys can no longer carry out. Lifelong dependence on dialysis machines and adjustment to illness conditions result in changes in the client's life. Changes in life, is one of the triggers of stress.

A person with a chronic illness often suffers from symptoms that are disabling and interfere with the ability to continue a normal lifestyle. Independence can be seriously threatened, causing fear, anxiety, sadness overall and can even cause stress. Reliance on others for routine self-care can lead to feelings of helplessness and a decrease in inner strength. A person may feel that they have lost their purpose in life to deal with the changes in functioning they are experiencing. Spiritual strength can be an important factor in dealing with changes caused by chronic illness. A person who is spiritually strong will reshape self-identity and live in his potential.

### **The Spiritual Relationship between Coping and Stress Levels in Chronic Kidney Failure (CKD) Patients at RSU Haj, North Sumatra Province**

Based on the research results it is known that the significance value or sig. (2-tailed) of 0.000 <0.05, which means there is a relationship between spiritual coping and the stress level of hemodialysis patients. The correlation value is positive with a value of 1,000 meaning that there is a strong relationship between the two variables where spiritual coping with stress levels has a strong relationship.

Spiritual activities carried out by patients can increase positive perceptions of the meaning/meaning of life, religiosity, hope and grow strength within the patient. It is important to reduce stress levels because the need for meaning in life is universal which is the essence of life itself, when a person cannot find the meaning of life he will experience stress. While having hopes and desires in life is important for people who are healthy or sick, for people who are sick it is an important factor in the process of self-strengthening or healing.

Research by Nataliza (2011) that spiritual needs services provided to patients can reduce stress by up to 55%, stress is an indicator that is measured in quality of life, especially psychological aspects. Spirituality can be especially applied to sick patients undergoing treatment in hospitals who may lose control in life [7]. This will motivate the patient that the center of all control is God. The experience of illness may decrease the capacity for spiritual fulfillment, thereby increasing stress and having an effect on health status. Spiritual is a belief in relation to the Almighty and the Creator, for example someone believes in Allah as the creator or as the Almighty. Spirituality is a form of acknowledgment or experience of an invisible dimension of life, both within and outside the material world, giving a sense of connection and attachment to the universe.

#### 4. CONCLUSION

Based on the results of research conducted and data obtained at the Haji Hospital in North Sumatra Province, it can be concluded that Spiritual Coping in patients with chronic kidney failure (CKD) at the Haji Hospital in North Sumatra Province, the majority of spiritual negative, amounting to 17 percentages (65.4%), Stress Level in patients with chronic kidney failure (CKD) at RSU Haj, North Sumatra Province, stress amounted to 13 people with a percentage of 50% and there is a spiritual relationship between coping and stress levels in patients with chronic kidney failure (CKD) at RSU Haji, North Sumatra Province.

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