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THE 4th INTERNATIONAL CONFERENCE ON HEALTH SCIENCE 2017

“The Optimalization of Adolescent Health in The Era of SDGs”

INNA GARUDA HOTEL YOGYAKARTA,
INDONESIA
November 5th, 2017



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THE MEANING AND ROLE OF SPIRITUALITY IN HIV/ AIDS PATIENTS

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ABSTRACT

AIDS (acquired immune deficiency syndrome) arises because of an infection caused by the entry of a virus called HIV (human immunodeficiency virus). The spread of HIV / AIDS in Cilacap is increasing, indicated by HIV / AIDS sufferers spread throughout 24 sub-districts. Data of VCT of Cahaya Pita General Hospital Cilacap stated that the number of HIV / AIDS sufferers almost reaches 700 people in Cilacap, this number makes Cilacap become the third ranks of HIV / AIDS case in Central Java. The purpose of this research is to discover the meaning and role of spirituality in HIV / AIDS patient. The methodology of this research is qualitative phenomenological approach is conducted in order to produce a description of the meaning process in accordance with the original process and the natural occurrence of the patient.. Analysis of data to be performed using qualitative data analysis according to Colaizzi that has the character of involving clarification back to participants related to the analysis or theme found from the results of research. The research finds several themes from all informants including, sincere accepting condition of sickness, repentance, giving thanks to God, obedient worship, gaining the peace of mind and spirit to live and recover. The conclusion of this study is these impacts of spirituality includes reduce the incidence of depression, increase the number of CD4 and improve the quality and health status of patients

Keywords: *Meaning, Role, Spirituality, HIV/AIDS*

INTRODUCTION

AIDS (acquired immune deficiency syndrome) is a disease that is included in the category of chronic disease, the disease arises because of an infection caused by the entry of a virus called HIV (human immunodeficiency virus). This virus can make the immune system decreases and causes death. Until now there is no vaccine that can cure or kill the virus. This makes people with AIDS experience high stress, which is not given well intervention it will impact on the health of patients caused by decreased immune function. The spread of HIV/AIDS in Cilacap District is increasing, indicated by HIV/AIDS sufferers spread throughout 24 sub-districts. This pattern is different from other districts where HIV / AIDS sufferers are only found to be localized in one or two districts only. Data of VCT of Cahaya Pita General Hospital Cilacap stated that the number of HIV/AIDS sufferers almost reaches 700 people in Cilacap, this number makes Cilacap become the third ranks of HIV / AIDS case in Central Java¹. When HIV/AIDS treatment is initiated by clients in hospitals, that's when it takes support from families and the surrounding community and self-management of HIV/AIDS clients. The discovery of the meaning and role of spirituality in HIV/AIDS patients has a positive impact on the care and management of HIV/AIDS patients. These impacts can, among other things, reduce the incidence of depression, increase the number of CD4 and improve the quality and health status of patients. Spirituality is defined as something complex and multidimensional from human experience. Spirituality is the process of human existence and great power in searching for the meaning and purpose of life. Spirituality does not depend on having a religion or a

desirable belief, but many people find spirituality through religion, through relationship with nature, through music and art, through a set of values and principles or through scientific evidence. The meaning process of spirituality in a person is unique and individual. This is a descriptive phenomenology research used to describe a daily life experience of a person. The main question is what do we know as individuals. This question focuses more on a human experience.

This study aims to reveal in depth about the meaning and role of spirituality in HIV / AIDS patients in Cilacap. It is also illustrate the meaning and role of spirituality in HIV / AIDS patients, to produce a description of the meaning process in accordance with the original process and the natural occurrence of the patient.

METHODS

Qualitative research framework is used in this study with descriptive phenomenological approach to explore the meaning and role of spirituality in HIV/AIDS patients. The goal of phenomenology is to gain a deeper understanding of the every day experiences with its central focus being the lived experience of the world within everyday life². Analysis of data to be performed using qualitative data analysis according to Colaizzi that has the character of involving clarification back to participants related to the analysis or theme found from the results of research. Purposeful sampling was utilised for the recruitment of HIV/AIDS patients for this study. Seven HIV/AIDS patients were approached by the researcher. All seven HIV/AIDS patients approached agreed to join the study. Seven participants allowed a significant generation of data that was sufficient to contrue themes and concepts for this research. Interviews to the informants were conducted by in depth interviews using open ended questions to explore the meaning and role spirituality in HIV/AIDS patients.

RESULTS

During the data analysis from 7 participants, 130 formulated meaning were developed from the extracted significant statement leading to the cluster theme. Cluster themes were formed which were further merged in to 6 emergent themes. The six themes were 1). sincere accepting condition of sickness, 2). repentance, 3). giving thanks to God, 4). obedient worship, 5). gaining the peace of mind and 6). spirit to live and recover. The following is the breakdown of the patients interviews who formed a process from the start of significant statement until finally processed into a theme.

DISCUSSION

Most of support received by informants by using a religious approach where the approach is often used by the people of Indonesia when affected by the disaster. This situation helps the informant to change the negative things that happen in his life into something positive by starting sincerely accepting the condition of the pain at this time. Man must have a positive thing in himself by seeing that the world and its contents is a mere trick. Every human being is required to have the power to make the negative things that happen in him to be something positive and can turn the sad things into something that is joyous because in this world there is no one that is eternal, only God is the true and eternal.³

The informant also conveyed his trust and confidence to the God very helpful the process of acceptance of all the conditions of illness that exist today. By faith the informant can also increase the power to be more submissive and live God-given provisions. The resignation obtained by the informants also raises good expectations on the new life of informants after the diagnosis of HIV/AIDS. Spirituality is a source of inspiration in the form of hope, faith and strength to receive giving and nurturing life,

besides spirituality also helps the search process of the meaning of life embodied with good expectations for new life after the diagnosis of HIV/AIDS.⁴

The informant also conveyed the desire to repent her behavior in the past and always prayed for forgiveness to God Almighty. Research were conducted to know the mechanism and strategy of coping people with HIV / AIDS (ODHA) in the face of stress caused by his illness is one of them with supranatural power such as prayer and ask forgiveness and do worship prayer⁵. The same thing was also states that there are four things that are recognized as spiritual needs: the process of seeking new meaning in life, forgiveness, the need to be loved and hope.⁶

Support of health workers and families to informants in the form of mentoring, motivation and upbringing and management of diseases that are given at any time has made many informants feel that others also receive informants as they are in accordance with their current conditions. The intervention provided by health workers, especially nurses, is to show forgiveness and acceptance by providing careful attention continuously so as to show possible informants that God's forgiveness and acceptance can also be made without discriminating between one's religion and beliefs⁷.

The results show that informants feel having a new life after suffering from HIV / AIDS. The journey of getting illness up to now makes the informant gain a new meaning in his life. Gratitude is still given the opportunity to enjoy life and body condition is relatively healthy compared to other sufferers is one of the most valuable things they feel at this time. Religion and spirituality can help HIV/AIDS patients review their lives, interpret what they discover and apply what they have learned to new lives and can help in finding new meaning in life after diagnosing HIV/AIDS.⁸

All informants said there was an increase in worship activities on their lives, the worship includes praying, reading scripture, praying, dhikr, doing good and following the study of religion. This is in line states that HIV/AIDS clients become more religious by 25% and experience 41% spiritual increase after diagnosis of HIV/AIDS⁹. Research also conducted to know the meaning of spirituality in the client of HIV/AIDS using focus group discussion with one of the theme of research result is spirituality expressed by deed like listening music, going to place of worship, reading scripture, connected with nature and meditation⁴.

The informant stated that the closer they are to the God, the peace of heart in the face of life is increasingly felt. The informant was not too worried anymore and did not think constantly about his current illness condition. Spirituality and religion will eliminate the feelings of fear and suffering experienced by informants and emotional feelings of calm. It can also address informant concerns because HIV / AIDS diagnoses cause a fear of negative stigma that is often attached to HIV / AIDS. The feelings of resignation that the informant felt emotionally can trigger a sense of calm in living by surrendering all their life and death to God.⁸ Spirituality is anything that touches on human relationships with the source of life force or the most powerful. This is what makes the informant to make the conclusion that life and death are in the hands of God so as to bring peace of mind.¹⁰

The informant conveyed that by remembering God, his life felt better. All informants stated that the body condition is getting healthier and always eager to continue ARV therapy. Most informants had a good CD4 value on their last examination. Study was conducted to investigate the relationship between spiritual well being (SWB) with depressive symptoms and CD4 count and its percentage in the positive American women of HIV / AIDS. The results obtained that the higher the SWB, the lower the depression experienced by respondents. Other results show that the higher the SWB the higher the CD4 value in HIV / AIDS patients and then it will make the respondent's immune status will be better.¹¹

CONCLUSION

Spirituality is the process of human existence and great power in searching for the meaning and purpose of life. Spirituality will affect the HIV/AIDS patients both physically and psychologically. These conditions will directly or indirectly affect the health condition of HIV/AIDS patients.

RECOMENDATION

This study shows that support from the environment around the patient is important in finding spirituality that ultimately the meaning of life for patients can be found. Nurses, families and other health workers play an important role in the process of spirituality discovery and the meaning of life after the diagnosis of HIV/AIDS.

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