

Literature Review: Analysis of Spiritual Well-Being and Quality of Life in Patients with Chronic Kidney Disease Undergoing Hemodialysis

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ABSTRACT

Background & Objective: Chronic Kidney Disease (CKD) patients undergoing hemodialysis represent a chronic condition that can affect patients' quality of life physically, psychologically, socially, and spiritually. Spiritual well-being is one of the important aspects that can help patients find meaning in life, maintain hope, accept their disease condition, and develop adaptive coping during hemodialysis. This review article aims to analyze the relationship between spiritual well-being and quality of life in CKD patients undergoing hemodialysis based on research findings. **Method:** The review was conducted on 8 articles within the 2023–2025 range with various research designs and instruments for measuring spiritual well-being and quality of life. **Result:** The review results indicate that spiritual well-being consistently has a positive relationship with the quality of life of CKD patients undergoing hemodialysis. Better spiritual well-being is associated with more adaptive coping abilities, emotional stability, acceptance of the disease, as well as increased hope and quality of life. Family support and spiritual coping were also found to play a role in strengthening this relationship. **Conclusion:** This review demonstrates that spiritual aspects need to be considered in providing holistic nursing care to support the improvement of quality of life in CKD patients undergoing hemodialysis.

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Introduction

According to the World Health Organization report, non-communicable diseases remain the leading cause of death worldwide, with ischemic heart disease

and stroke at the top, while chronic kidney disease (CKD), which is currently increasing, ranks 9th among global causes of death, with a total of 1.48 million deaths in 2023. The number of sufferers increased to 788 million globally in 2023, or approximately 14% of the world's adult population. According to the Indonesian Health Survey (Munira, Puspasari, Lestari, & Sulistiowati, 2023), according to data released by the Ministry of Health of the Republic of Indonesia, chronic kidney disease (CKD) in Indonesia increased from 0.38% in 2018 to approximately 0.42% in 2023. This increase is in line with the rising prevalence of diabetes mellitus, hypertension, and obesity as the main risk factors for CKD. According to the Indonesian Society of Nephrology (2023), the number of new CKD patients undergoing hemodialysis therapy continues to increase every year. In 2016, there were 25,446 new patients, increasing to 30,831 patients in 2017, and continuing to increase to more than 53,000 new patients in 2023. West Java Province is among the five provinces with the highest prevalence of chronic kidney disease (CKD) in Indonesia, with a prevalence rate of approximately 0.6%–0.7% among the population aged ≥ 15 years. (West Java Provincial Health Office, 2023) The report shows that the number of CKD cases undergoing hemodialysis therapy shows an increasing trend every year. Districts and cities with high population density, such as Bandung City, Bandung Regency, Bekasi, and Bogor, are areas with the highest number of cases. According to the latest data in 2025 at Dr. Soekardjo Regional Hospital, there are 124 CKD patients undergoing hemodialysis.

The management of CKD includes conservative therapy, pharmacological therapy, and renal replacement therapy, which includes hemodialysis, peritoneal dialysis, and kidney transplantation. (Kidney Disease: Improving Global Outcomes, 2022) Among these three methods, hemodialysis is the most widely used therapy, especially in end-stage CKD patients, because it is more accessible and available in most hospitals. (Smeltzer, C, Bare, & G, 2022) Although it can sustain life, long-term hemodialysis therapy often causes various negative impacts, both physical, psychological, social, and spiritual, which can significantly reduce patients' quality of life. (Gerogianni & Babatsikou, 2018) Quality of life is a multidimensional concept that encompasses physical, psychological, social, and spiritual well-being, and serves as an important indicator in evaluating the success of therapy in patients with chronic diseases. (WHOQOL, 2023) One factor that plays an important role in improving the quality of life of CKD patients is spiritual well-being. Spirituality helps individuals understand their illness experience, increase hope, and strengthen coping mechanisms against stress and suffering. (Puchalski et al., 2020) Therefore, evaluating quality of life becomes an important indicator in assessing the effectiveness of therapy and the overall well-being of patients. (WHOQOL, 2023)

Palliative care is a comprehensive approach that emphasizes pain management, physical symptoms, psychosocial and spiritual support, with the aim of improving the quality of life of patients and their families, especially for those facing life-threatening chronic diseases. (World Health Organization, 2023) In hemodialysis patients, palliative interventions not only help reduce physical and psychological burden but also encourage the strengthening of spirituality, which is believed to improve psychological resilience and overall well-being. (Koenig, 2020)

Spirituality in the health context is defined as an individual's effort to find meaning, purpose in life, and connection with something greater, which can influence how patients cope with chronic illness. (Puchalski et al., 2020) Interventions that

emphasize the spiritual dimension, such as spiritual counseling or religious practices in accordance with patients' beliefs, can strengthen spiritual well-being while also supporting psychological and social dimensions. (Sulistyo & Handayani, 2020).

Objective

The purpose of this study is to analyze the relationship between spiritual well-being and quality of life in patients with chronic kidney disease (CKD) undergoing hemodialysis, based on the results of previous studies. This study also aims to identify the role of spiritual well-being in helping patients cope with chronic illness and undergo hemodialysis therapy, including in enhancing coping skills, maintaining hope, and adapting to changes in health status. Furthermore, this study seeks to identify the spiritual and psychosocial factors associated with the quality of life of CKD patients and to provide insight into the importance of integrating spiritual aspects into holistic nursing care.

Method

This study was conducted using a literature review method. Data collection was carried out through literature searches using electronic search tools, namely Google Scholar, PubMed, ScienceDirect, as well as relevant national journal sources. The keywords used in the search process included relevant terms such as "spiritual well-being," "spirituality," "quality of life," "chronic kidney disease," "CKD," "hemodialysis," and "spiritual coping." These keywords were combined using Boolean operators AND and OR to obtain articles that matched the focus of the study.

The article selection stage was carried out by applying several criteria to ensure the suitability and quality of the literature reviewed. The inclusion criteria established were as follows:

1. The article is original research or a systematic review that discusses spiritual well-being or spirituality and quality of life in CKD patients undergoing hemodialysis
2. Published within the 2023–2025 period
3. The manuscript is available in full-text format
4. The article is written in Indonesian or English
5. The article has relevance to the purpose and focus of the study. Articles that do not discuss CKD or hemodialysis patients, do not discuss aspects of spiritual well-being and quality of life, as well as articles in the form of editorials, opinions, or letters to the editor were not included in the review.

Based on the screening results using these criteria, a final total of 8 articles was obtained, consisting of 7 studies with a cross-sectional design and 1 systematic review. These articles were then extracted based on author, year of publication, research title, research design, sample size, research instruments, and research findings. Data from the selected articles were then analyzed and synthesized in a narrative-descriptive manner. The analysis focused on the relationship between spiritual well-being and quality of life, the role of spiritual coping, the fulfillment of spiritual needs, as well as psychosocial factors related to the quality of life of CKD patients undergoing hemodialysis.

Results

No	Author, Year	Title	Design & Sample	Instrument	Research Findings
1	Mailani et al. (2024)	The Relationship Between Spiritual Well-Being and Quality of Life in Chronic Kidney Disease Patients Undergoing Hemodialysis	Cross-sectional, n=111	Spiritual Well-Being Scale (SWBS), KDQOL-36	There is a significant positive relationship between spiritual well-being and quality of life ($p<0.001$; $r=0.417$).
2	Hasanah & Sari (2023)	The Relationship Between Spiritual Well-Being and Quality of Life of CKD Patients in Yogyakarta	Cross-sectional, n=57	SWBS, WHOQOL-BREF	Significant relationship between spiritual well-being and quality of life ($p=0.003$; $r=0.383$)
3	Hasanah & Sari (2023)	Correlation Between Spiritual Well-Being and Quality of Life Among CKD Patients Undergoing Hemodialysis	Cross-sectional	SWBS, WHOQOL-BREF	Significant relationship ($p=0.001$; $r=0.437$).
4	Musa et al. (2023)	Spiritual Wellbeing and Quality of Life among Hemodialysis Patients in Jordan	Cross-sectional	FACIT-Sp, HRQoL	Spiritual well-being is positively related to the quality of life of hemodialysis patients.
5	Nurbadriyah et al. (2023)	Do Spiritual Religious Coping Strategies Affect Quality of Life in Patients with CKD? A Systematic Review	Systematic Review	PRISMA	The majority of studies show that spirituality improves the quality of life of CKD patients.
6	Chinese Researcher (2025)	Spiritual Well-Being and Quality of Life in Maintenance Hemodialysis Patients	Cross-sectional, n=220	FACIT-SP-12, SF-12	Spiritual well-being improves HRQoL directly and through family support and spiritual coping.
7	Prastini et al. (2023)	The Relationship Between Fulfillment of Spiritual Needs and Quality of Life of Chronic Kidney Failure Patients	Cross-sectional, n=130	Spiritual needs questionnaire, quality of life	Significant relationship between fulfillment of spiritual needs and quality of life ($p<0.05$)
8	Nurbadriyah et al. (2023)	Factors Associated with Quality of Life among Patients Undergoing Hemodialysis	Cross-sectional	KDQOL-36	Quality of life is influenced by various factors, including psychosocial and spiritual aspects.

Discussion

Based on the results of the review of eight articles published in 2023–2025, it was generally found that spiritual well-being has a positive relationship with the quality of life of chronic kidney disease (CKD) patients undergoing hemodialysis. Most studies indicate that patients with higher levels of spiritual well-being tend to have better quality of life as well. These findings suggest that the spiritual dimension is one of the important aspects in the process of patient adaptation to chronic illness and long-term hemodialysis therapy.

Spiritual well-being in CKD patients can serve as a source of strength in facing changes in health conditions and various limitations caused by hemodialysis. Patients must adapt to routine hemodialysis schedules, fluid and dietary restrictions, changes in activity, fatigue, and uncertainty regarding their health condition. These conditions not only affect the physical aspect but can also influence the psychological, social, and spiritual conditions of patients. In such circumstances, spirituality can help patients find meaning and purpose in life, maintain hope, and accept the disease condition they are experiencing.

These findings are supported by Hasanah and Sari (2023), who showed a significant relationship between spiritual well-being and quality of life in CKD patients. In that study, a p-value of 0.003 was obtained with a correlation coefficient of $r=0.383$. Another study by Hasanah and Sari (2023) on CKD patients undergoing hemodialysis also showed a positive and significant relationship between the two variables with $p=0.001$ and $r=0.437$. Both results indicate that the higher the patient's spiritual well-being, the better their quality of life.

These results are further strengthened by the study by Mailani et al. (2024), which involved 111 CKD patients undergoing hemodialysis. The study used the Spiritual Well-Being Scale (SWBS) and Kidney Disease Quality of Life-36 (KDQOL-36), and showed a significant positive relationship between spiritual well-being and quality of life with $p<0.001$ and $r=0.417$. These results indicate that spiritual well-being is not merely a subjective aspect of the patient's experience but is related to the patient's perception of their health condition and life as a whole.

The consistency of findings is also evident in the study by Musa et al. (2023), which was conducted on hemodialysis patients in Jordan. Using the Functional Assessment of Chronic Illness Therapy-Spiritual (FACIT-Sp) instrument and a measurement of health-related quality of life (HRQoL), the study showed a positive relationship between spiritual well-being and quality of life. This finding indicates that the relationship between spirituality and quality of life is not only found in the context of Indonesian society but is also found in hemodialysis patients in different cultural and healthcare system contexts.

In addition to the direct relationship between spiritual well-being and quality of life, the aspect of spiritual coping is also an important part of the adaptation process of CKD patients. Nurbadriyah et al. (2023), through a systematic review of religious coping strategies and quality of life in CKD patients, showed that the majority of studies reviewed found that spirituality and religious coping are associated with

improved quality of life in patients. This indicates that spiritual beliefs and practices can be used by patients as coping mechanisms in facing stressors caused by chronic illness and hemodialysis therapy.

These findings are in line with the study by Prastini et al. (2023), which showed a significant relationship between the fulfillment of spiritual needs and the quality of life of chronic kidney failure patients with $p < 0.05$. The fulfillment of spiritual needs can help patients obtain peace, increase acceptance of the disease, and maintain hope during treatment. Thus, the fulfillment of spiritual needs is not only part of the patient's psychological needs but can also be a component that supports quality of life.

Conclusion

Based on the review of 8 articles discussing spiritual well-being and quality of life in Chronic Kidney Disease (CKD) patients undergoing hemodialysis, spiritual well-being has an important role in supporting patients' quality of life. The results of various studies indicate that the better the patient's spiritual well-being, the better their quality of life. Spiritual well-being can help patients find meaning in life, maintain hope, accept their disease condition, improve coping abilities, and maintain emotional stability during hemodialysis. In addition, family support and spiritual coping also play a role in strengthening patients' ability to face chronic illness conditions. Although there are variations in research design, respondent characteristics, and measurement instruments used, most studies show a consistent direction of relationship between spiritual well-being and quality of life. This indicates that the spiritual aspect is an important part of providing holistic nursing care and needs to be integrated into efforts to improve the quality of life of CKD patients undergoing hemodialysis..

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