



IMPLEMENTATION OF NURSING CARE BY NURSES IN THE PSYCHOLOGICAL, SOCIAL, AND SPIRITUAL ASPECTS OF INPATIENTS IN THE INTENSIVE CARE UNIT

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Article info	ABSTRACT
<p>Corresponding Author:</p> <p>Nugrahaeni Firdausi nug.f@gmail.com STIKES Pamenang Kabupaten Kediri</p>	<p>Nursing care is a series of professional activities provided directly to clients with a holistic approach that encompasses physiological, psychological, social, and spiritual aspects. This approach is especially important for inpatients in the Intensive Care Unit, as disruptions in one dimension can affect other dimensions. This study aims to analyze the implementation of nursing care by nurses on the psychological, social, and spiritual aspects of inpatients in the Intensive Care Unit of Kediri Regency Hospital. This study used a quantitative method with a descriptive design. The sampling technique used was total sampling with respondents from all nurses in the Intensive Care Unit. Data collection was conducted through structured interviews using questionnaires in November–December 2024. Data analysis was conducted univariately and presented in the form of frequencies and percentages. The results showed that the implementation of nursing care in the psychological aspect was in the good category (100%). In the spiritual aspect, the implementation was in the good category at 42%, sufficient at 52%, and lacking at 6%. Meanwhile, the implementation of nursing care in the social aspect showed a good category at 84%, sufficient at 13%, and lacking at 3%. The conclusion of this study shows that the implementation of nursing care by nurses in the Intensive Care Unit has been running well in the psychological and social aspects, but still needs improvement in the spiritual aspect to realize holistic and quality nursing care.</p> <p>Keywords: <i>nursing care, holistic approach, psychological aspects, social aspects, spiritual aspects, intensive care unit</i></p>
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INTRODUCTION

Nursing care is a process or series of activities in nursing practice provided directly to clients in various healthcare settings and implemented based on the principles of nursing as a profession, based on humanistic nursing knowledge and techniques, and based on the client's needs to address the problems they face (Mangole et al., 2015). One of the theories underlying professional nursing practice is a holistic view of humans, encompassing the physiological, psychological, sociocultural, and spiritual dimensions as a unified whole

(Dossey, 2008). If one dimension is disturbed, it will affect the others. As providers of nursing care, this holistic concept is one of the nursing concepts that nurses must understand to provide quality nursing care to clients (Salbiah, 2006).

An intensive care unit (ICU) is a room specifically designated for observing, providing care, and administering therapy to patients with serious illnesses. ICUs typically accommodate patients experiencing unpleasant biopsychosocial, and spiritual feelings such as loneliness, anxiety, helplessness, and fear of disability or death (Klimasinski, 2021). Patients in ICUs are typically intubated and unconscious. This condition has psychological, social, and spiritual impacts. It often leads to helplessness and despair, ultimately leading to spiritual distress (Sriyono, 2019). Nurses, as the healthcare professionals who spend the most time with patients, have an obligation to help meet their basic needs, especially their spiritual needs, in addition to meeting other basic needs. Several studies have shown that the role of nurses in meeting spiritual needs is still suboptimal. Nurses in intensive care units (ICUs) primarily focus on physical needs, such as stabilizing patients' vital signs and managing pain, but rarely pay attention to spiritual needs (Sriyono, 2019).

A survey by the American Psychological Association and the American Academy of Clinical Neuropsychology found that clinical psychology is rarely provided by nurses in intensive care units (Karnatovskaia et al., 2021). In 2016, the World Health Organization (WHO) reported that the number of critically ill patients in intensive care units increased annually by 9.8% to 24.6%, and deaths from critical illnesses worldwide increased by 1.1 million to 7.4 million. Data from American hospitals recorded 4 million patients admitted to intensive care units (Oktari et al., 2021).

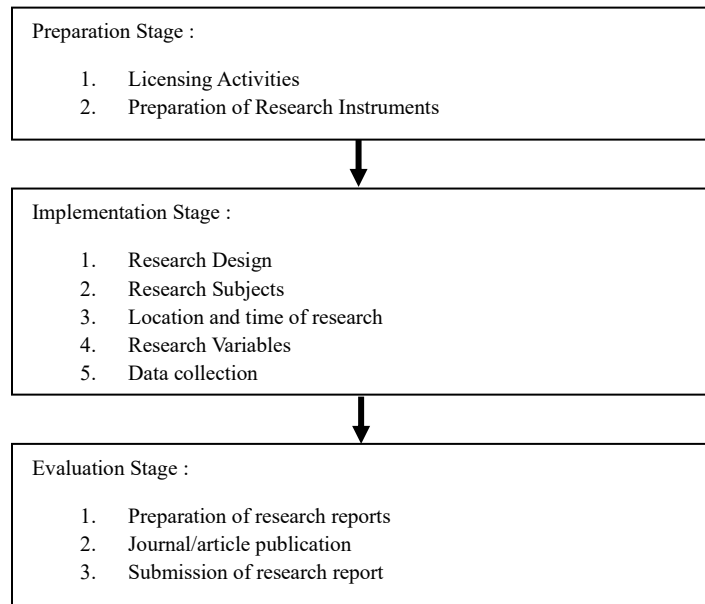
Psychological, social, and spiritual needs are fundamental to fulfilling patients' obligations and strengthening their faith in God. During a patient's illness, spiritual support is essential for critically ill patients, as they often feel resigned to life and lack a purpose (Yusuf et al., 2016).

METHOD

Research methods are ways of solving problems using scientific methods. This chapter will present the research design, population, sample and sampling, variable identification, data processing plan, ethical issues, and limitations. The research was conducted at Kediri Regency Hospital from November to December 2024. Data collection was conducted through structured interviews guided by a questionnaire. This study employed quantitative research with a descriptive research design. Descriptive research describes (explains) the variables being studied without analyzing the relationships between them. The data from this study are presented in descriptive form to facilitate readers' understanding. This study aims to describe the implementation of nursing care by nurses on the

psychological, social, and spiritual aspects of inpatients in the intensive care unit. The sampling technique used in this study was total sampling, with all nurses in the intensive care unit at Kediri Regency Hospital as respondents. Univariate analysis was used to identify respondent characteristics (age, education level, gender, length of service) and describe the implementation of nursing care by nurses on the psychological, social, and spiritual aspects of inpatients in the intensive care unit. The data used in this study were categorical, presented in frequency or percentage form.

OPERATIONAL FRAMEWORK



RESULTS AND DISCUSSION

The study was conducted at Kediri Regency Hospital from November to December 2024. Respondents in this study were 31 intensive care nurses who met the sample criteria. The following is a general description of the respondents' characteristics, including age, gender, education, and length of service in the intensive care unit:

Table General Characteristics of Research Respondents

No	Characteristics	Total	
	Gender	f	%
1.	Man	15	48
2.	Woman	16	52
	Amount	31	100
	Age (years)	f	%
1.	20-30	15	48

2.	31-40	9	29
3.	41-50	3	10
4.	>50	4	13
	Amount	31	100
	Education	f	%
1.	D-III Nursing	19	61
2.	S-1 Nursing	4	13
3.	nursing profession	8	26
4.	S-2	0	0
	Amount	31	100
	Length of Service in Intensive Care	f	%
1.	0-1 year	2	6
2.	1-5 year	20	65
3.	5-10 year	3	10
4.	> 10 year	6	19
	Amount	31	100

The results of the questionnaire on the general characteristics of the study respondents showed that 48% were male and 52% were female. The ages of the study respondents ranged from 20-30 years (48%), 31-40 years (29%), 41-50 years (10%), and 13% were over 40. The educational background of the study respondents included a Diploma III in Nursing (61%), a Bachelor's Degree in Nursing (13%), and a Professional Nursing (26%). The length of service of the study respondents in the Intensive Care Unit ranged from 0-1 year (6%), 1-5 years (65%), 5-10 years (10%), and more than 10 years (19%).

Table Implementation of Nursing Care for Psychological, Social, and Spiritual Aspects in Inpatients in the Intensive Care Unit

No	Characteristics	Total	
	Psychological Aspects	f	%
1.	Good : 9 – 12	31	100
2.	Enough : 5 – 8	0	0
3.	Not enough : 1 – 4	0	0
	Amount	31	100
	Spiritual Aspect	f	%
1.	Good : 15 – 21	13	42
2.	Enough : 8 – 14	16	52
3.	Not enough : 1 – 7	2	6
	Amount	31	100

Social Aspects	f	%
1. Good : 7 – 9	26	84
2. Enough : 4 – 6	4	13
3. Not enough : 1 – 3	1	3
Amount	31	100

The assessment results of the implementation of psychological nursing care showed that all study respondents (100%) stated that they had implemented psychological nursing care in the good category. Regarding the implementation of spiritual nursing care, 42% were categorized as good, 52% as adequate, and 6% of respondents were inadequate in the spiritual aspect of nursing care. Regarding the implementation of social nursing care, 84% were categorized as good, 13% as adequate, and 3% of respondents were inadequate in the social aspect of nursing care.

The psychological aspect of nursing care provided by nurses to inpatients in the Intensive Care Unit was categorized as good (100%). The psychological aspect of nursing care was demonstrated by explanations of the client's condition, assurance of the best possible care, client expectations regarding their health, and providing dedicated time for the client to discuss their feelings. The primary nurses met the client's psychological needs when the client was first admitted to the Intensive Care Unit. All matters regarding the client's condition and needs were explained by the doctor and nurse, depending on the client's condition. If the client's condition was still unstable or if the client's condition deteriorated, communication was made with the client's family. When the client was conscious and stable, the nurses provided dedicated time for the client to communicate their needs and feelings. Nurses provide the best possible care in all aspects of nursing care, in accordance with hospital standard procedures, and provide motivation and encouragement to clients during their care. A stable client's condition allows nurses to communicate two-way with them to minimize stress or anxiety. According to Virginia Henderson's theory of basic human needs, meeting a client's psychological needs includes communicating or expressing their emotions, needs, fears, anxieties, or opinions regarding their health and available healthcare facilities (Sukmawati, A.S., et al., 2023). Hospitalization can cause stress for patients treated in hospitals, especially in intensive care units (ICUs), specifically designated for observing, providing care, and administering therapy to patients with serious illnesses requiring specialized equipment such as ventilators, monitoring, and medications. Nurses' support in meeting clients' psychological needs can reduce stress and accelerate improvement.

Regarding the spiritual aspect of nursing care provided by nurses to inpatients in the Intensive Care Unit, 42% were categorized as good, 52% as adequate, and 6% of respondents were found to be inadequate. The spiritual aspect of nursing care provided by nurses to

inpatients in the Intensive Care Unit includes support by reminding clients to pray, assisting clients with spiritual activities, assisting clients in obtaining facilities for their spiritual needs, and providing religious leaders to meet their spiritual needs. Nurses help remind clients of prayer times, whether conscious or unconscious, and provide facilities for clients to pray, such as wearing a prayer robe (mukena) and helping them cover their intimate parts (awrah), are the most common ways nurses fulfill clients' spiritual needs. The presence of religious leaders and religious lectures are mostly facilitated or provided by the clients' families. Spiritual needs are one of the most important basic human needs, especially for individuals who are ill. Spiritual strength or spirituality can foster self-confidence and optimism in the client's healing process (Derang, 2022). Spirituality is a person's belief in their connection with a higher power (God), which gives rise to a need for and love for God, and an apology for any mistakes they have made (Reed, 1991 in Kozier et al., 2010). The human relationship with their Creator is demonstrated by faith and trust in their Creator, which is reflected in their health, illness, and recovery. By engaging in spiritual activities in every client's condition, both consciously and unconsciously, the client will increase their self-acceptance in each illness. This self-acceptance of their condition is related to their psychological and physiological well-being, thus accelerating the healing process.

The implementation of nursing care by nurses for inpatients in the Intensive Care Unit (ICU) regarding the social aspect showed that 84% of the implementation was categorized as good, 13% as adequate, and 3% of respondents' social nursing care was categorized as poor. Nurses fulfill social needs by communicating with clients, whether they are conscious or unconscious, facilitating family visits as a support system, and involving the family in the nursing care process. As social beings, humans will always need other people in their lives (Yuliani, 2021). Communication between nurses and clients or their families is one way to fulfill these social needs. Voice and touch are external stimuli for clients, whether they are conscious or unconscious. In the implementation of nursing care for clients in the psychological, spiritual, and social aspects, there are still some deficiencies. This is because nurses experience difficulties in fulfilling these psychological, spiritual, and social needs, such as time constraints due to high physical needs and unstable client conditions, which require special monitoring or more time to monitor the client's condition. Professional nursing practice views humans holistically, encompassing the physiological, psychological, sociocultural, and spiritual dimensions as a unified whole (Dossey, 2008). Disruption of one dimension will affect the others. As nursing providers, this holistic concept is one of the nursing concepts that nurses must understand to provide quality nursing care to clients (Salbiah, 2006). Nursing care encompasses all aspects of basic human needs, for both conscious and unconscious clients.

CONCLUSION

The psychological aspect of nursing care provided by nurses to inpatients in the Intensive Care Unit was categorized as good (100%). Regarding the spiritual aspect of nursing care provided by nurses to inpatients in the Intensive Care Unit, 42% of respondents were categorized as good, 52% as adequate, and 6% of respondents were found to be inadequate in the spiritual aspect. Regarding the social aspect of nursing care provided by nurses to inpatients in the Intensive Care Unit, 84% were categorized as good, 13% as adequate, and 3% of respondents were found to be inadequate in the social aspect.

Professional nursing practice views humans holistically, encompassing the physiological, psychological, sociocultural, and spiritual dimensions as a unified whole. Disruption of one dimension will affect the others. As nursing care providers, this holistic concept is one that nurses must understand to provide quality nursing care to clients, nursing care that encompasses all aspects of basic human needs, both conscious and unconscious.

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