

## The Effect of Spiritual Group Therapy on Meaning of Life and Spiritual Well Being in Type 2 Diabetes Mellitus

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### Abstract

Diabetes Mellitus sufferers often linked with exists range of psychiatric disorders like anxiety, stress, depression, loss meaning life, decline spiritual well-being and problems psychological Serious compared to with people without Diabetic conditions. This Research aim this for know the effect of spiritual group therapy on the meaning of life and spiritual well-being in Type 2 Diabetes Mellitus (DM). Research design This use Quasy Experimental with design *Pre test and post test with control group*. Population in research This is all sufferers of Diabetes Mellitus type 2. Collection sample done with method *purposive sampling*. Total respondents to the study This of 120 with divided into 60 groups intervention and 60 groups control. Variable independent in study This is Spiritual Group Therapy and variables dependent in study This is the Meaning of life and Spiritual Well Being. Instruments used in research This is Meaning of life and spiritual well-being questionnaire. Data analysis used paired t test and independent t test. statistic test *paired t-test* on the variable meaning of life was obtained p value = 0.000 in the group intervention and achieved mark significance p=0.032

in the group control , p value  $<0.05$  can be concluded that there is spiritual therapy group therapy in groups intervention or not There is The influence of spiritual group therapy on groups intervention . On the spiritual well being variable obtained p value = 0.000 in the group intervention and achieved mark significance  $p=0.024$  in the group control , p value  $<0.05$  can be concluded that there is spiritual therapy group therapy in groups intervention or not There is The influence of spiritual group therapy on the control group . Expected for nurse can pay attention and give support in a way holistic will The importance of spiritual group therapy in increasing the meaning of life and spiritual well being.

**Keywords** : Diabetes Mellitus, Meaning of life, Spiritual Group Therapy, Spiritual Well Being

## 1. Introduction

Diabetes Mellitus is serious public health problem with enhancement incident Keep going continuously every year [1]. Diabetes Mellitus Type 2 is disease chronicle with various necessary complications maintenance Long term and necessary monitoring or control directly periodically [2][3]. Patient with diabetes mellitus no only get problem in a way physical , also a problem psychology , p This because complications possible disease attacks important organs in the his body . By In general , DM complications are divided become two that is complications acuteand complications chronic . Complications I form hypoglycemia , hyperglycemia , ketoacidosis and nonketotic hyperosmolar hyperglycemia whereas complications chronicle form disease cerebrovascular , CHD, infection , nephropathy , disease vascular peripheral ; neuropathy , retinopathy , as well diabetic ulcers [4][5].

According to the International Diabetes Federation (IDF) (2017), there were 200 million (5.1%) diabetes sufferers worldwide in 2005 and it is estimated that in 20 years Then that is . H. in 2025 , will increase to 333 million . From 6.3 percent population , countries such as India, China, USA, Japan , Indonesia, Pakistan, Bangladesh, Italy, Russia and Brazil are the 10 countries with amount the largest number of diabetics in the world. Indonesia itself occupy 7th in the world amount diabetes sufferers , with a total of 7.6 million people aged between 20 to 79 years old . According to Riskesdas data in 2018, the prevalence of DM in the population age  $\geq 15$  years based on a doctor's diagnosis is 2% in Indonesia [6][7].

Diabetes Mellitus sufferers often linked with exists range of psychiatric disorders like anxiety , stress, depression , loss meaning life and problems psychological Serious compared to with people without diabetic conditions [8][9]. Living patient with diabetes challenge social economy like lost work , dependency on care medical and nursing , reduced interaction social and family , as well change style life [9][10]. Condition This cause spiritual well-being is disturbed as well as decreasing meaning life DM sufferers [11][12].

Meaningfulness life very important for DM patients because capable give confidence For change pattern his life [13]. Meaning of life capable give change to individual paska diagnosed suffering disease chronic . There are some factor affecting meaningfulness life individual namely one of them is fulfil need basically [14]. Need base man is series human elements need For maintain as well as balancing condition physiological as well as purposeful psychology For maintain life and health Need for DM sufferers do not only on fulfillment or treatment symptom physical , but also important to quality live [15][16]. When humans fail create meaningfulness so things are possible experienced including loneliness , solitude or alienation [17].

A number big patient with disease chronic No obey regimen treatment they Because fatigue consequence treatment period long and disappointing Because treatment routine [18]. Besides that's it , almost half patient with disease chronic fail obey regimen treatment them [19] Circumstances This is a complex behavioral process , and is influenced by various factors , incl characteristics patient , relationship patient-doctor , system service health and combination confidence personal , spiritual, behavioral , and religious [20][21]. *Spiritual well-being*

is integrated aspects from man in a way whole be marked with meaning , hope , show connection with God , self oneself , other people, and nature ( environment ) [22][23].

Diabetes is condition chronic and terminal, which require mental and physical involvement patient in management , then need consider approach related management with spirituality and beliefs [24]. Spirituality can be an effective coping strategy for people with condition debilitating health such as diabetes [25]. Religion or spirituality produce attitude positive to life and experience live , make patient dominant to incident bad in life including condition disease ( such as diabetes) and improve life with motivation and energy . Facing disease *diabetes mellitus* is thing that makes patient must do various way to feel his life more meaningful and searching how to get the patient No separated hope in face the disease . Patient *diabetes mellitus* must do treatment various way , fine That treatment medical or through doctor nor with method change to style life healthy [26].

Remember that reach and influence religious in Indonesian society is very high , so use spirituality is very possible applied to diabetes mellitus sufferers . In research by Rocha et al, said that spirituality and religion are not impact on dimensions social on the questionnaire quality live , then researcher want to emphasize activity through group diabetes mellitus sufferers with his activities emphasize mark spirituality . Spiritual group therapy is stressing intervention mark religious with support group certain . Session Spiritual group therapy activities consist of of 12 sessions meeting to discuss about spiritual building , remembering god , improve faith and gratitude [27].

## 2. Materials and methods

### 2.1 Design and samples

Study This use design study quasy experiment with design study *the untreated control group design with dependent pre-test and post test samples* . Study This involve two group subject that is group intervention and control groups with entire target population Diabetes Mellitus patients in Surabaya. Big sample as many as 120 participants . Next , the samples are ready collected shared become two with 60 respondents in the group treatment and 60 respondents in the group control .

Retrieval technique sample will done with use technique *purposive sampling* with determination sample in accordance criteria inclusion and exclusion .

Criteria Inclusion : moderate DM sufferers undergoing a treatment program with blood sugar levels fasting >126 mg/dl and blood sugar when / post prandial blood sugar >200 mg/dl, aged DM sufferers productive 18-65 years old , capable do activity independent , capable communicate verbally with OK , religious Islam , Patient get *rapid action* insulin therapy (regular insulin) or drug oral hyperglycemia . Whereas For criteria Exclusion: DM patients who have limitations physical and mental or cognitive ( blind , deaf , mentally disabled ) , DM patients who have complications ( failure kidney chronic , failed heart , disorders vision ), patient currently undergo therapy complementary other .

Variable independent in study This is spiritual group therapy and variables dependent in study This is the meaning of life and spiritual well-being in Type 2 Diabetes Mellitus (DM) sufferers . Instruments used in research This is Meaning of life and spiritual well being questionnaire . Questionnaire mening of life has a value indicator that is meaning of life low If score 10-27, meaning life currently If score 28-35, meaning life tall score 36-40 and has tested validity and reliability with 40 respondents obtained the results of the Cronbach's alpha reliability test are 0.784 and that's it validated with Cronbach's alpha value 0.805. Spiritual well being questionnaire has indicators of Spiritual well being low If value 19-40, Spiritual well being currently If value 41-76, Spiritual well being tall If scores from 77 to 114 have been tested validity and reliability with 40

respondents obtained the results of the Cronbach's alpha reliability test are 0.874 and that's it validated with Cronbach's alpha value 0.906.

2.2 Data collection procedures

Intervention will done with 12 sessions meeting duration time exercise for ±60 minutes per meeting .

1. Session First : build familiarity and mutuality talk about draft spirituality and religion as well impact to life somebody
2. Session second : Awareness self and communication with self alone and listen voice heart
3. Session third : Understanding Draft self
4. Session fourth : Reading the Koran, communication with Lord or with whatever superior power is believed to exist patient , prayer and conversation with Lord
5. Session fifth : Altruism ( doing something spiritual collective )
6. Session sixth : Relationships with place holy ( visiting the mosque)
7. Session seventh : Lowering Resentment , forgiveness self , and feelings guilty
8. Session eighth : Be thoughtful self / Forgiveness
9. Session ninth : Acceptance will exists death
10. Session tenth : Faith and trust in God
11. Session eleventh : Feelings Give thanks
12. Session twelfth Session Last : Thank you love to self Alone

Procedure retrieval of data from study This can done after declared to have passed and is worthy of the ethical test from Commission Ethics Health Research .

2.3 Data analysis

Data analysis used paired t test and independent t test. The hypothesis is accepted if the p value <0.05.

2.4 Ethical clearance

This research has gone through an Ethics Test process which has been published by the research ethics committee of Universitas Nahdlatul Ulama Surabaya No. 0248/EC/KEPK/UNUSA/2024.

3. Results and discussion

3.1 Results

Table 1 . Subjects' characteristics

	Intervention group (n=60)	Control group (n=60)	p-value
Agent , (%)			
Adults (18-44 Years )	5 (8.3)	5 (8.3)	0.640
Pre Go on Age (45-59 Years )	13 (21.7)	22 (36.7)	
Elderly ( ≥60 Years )	42 (70)	33 (55)	
Gender (n, %)			
Woman	41 (68.3)	39 (65)	0.650
Man	19 (31.7)	21 (35)	
Length of Suffering (n, %)			
< 5 Years	45 (75)	50 (83.3)	0.469
≥5 years	15 (15)	10 (16.7)	

Professional (n, %)			
Working	43 (71.7)	47 (78.3)	0.481
Not working	17 (28.3)	13 (21.7)	

Based on table 1 shows that characteristics respondents based on age that age in the group intervention Most 42 (70%) aged  $\geq 60$  Years while in the control group , the majority were 33 (55%) aged  $\geq 60$  Years . Characteristics respondents based on type sex obtained that group intervention found that the majority of 41 (68.3%) were of this type sex Woman while in the control group , most of the 39 (65%) were of the same type sex Woman . Characteristics respondents based on the length of time suffering from Diabetes Mellitus is obtained that group intervention It was found that the majority of 45 (75%) had suffered from Diabetes Mellitus for  $< 5$  years , while in the control group it was found that the majority of 50 (83.3%) had suffered from Diabetes Mellitus for  $< 5$  years . Characteristics respondents based on work obtained that group intervention It was found that most of 43 (71.7%) were working , while in the control group it was found that most of 47 (78.3%) were working .

In test homogeneity characteristics respondents group interventions and groups control Lavene's test was used which showed p- value for age (0.640), type gender (0.650), length of suffering (0.469), and employment status (0.481). Homogeneity test results for both group show No exists difference characteristics respondents in both group .

Normality test results variable meaning life and spiritual well-being pretest and posttest in the group interventions and groups control with the Kolmogorov Smirnov test , the p value was  $> 0.05$ , which was significant normal data distribution so data analysis can next with using statistical tests paired t test and independent t test .

**Table 2.** The value of differences in pre and post stress and blood pressure in the intervention group and the control group.

Variables	Group	Mean	elementary school	n	t	p-value
Meaning of Life Pre	Intervention	27.58	3.99	60	-0.481	0.632
	Controls	27.92	3.59	60		
Meaning of life Post	Intervention	36.12	3.02	60	14.90	0,000
	Controls	26.42	4.03	60		
Spiritual Well Being Pre	Intervention	55.70	11.7	60	1,209	0.229
	Controls	53.00	12.7	60		
Spiritual Well Being Post	Intervention	80.55	15.7	60	12.40	0,000
	Controls	49.98	10.7	60		

Table 2 shows that the meaning of life of Diabetes Mellitus sufferers before given intervention in groups treatment obtained a mean of 27.58 which means a moderate meaning of life and the control group obtained a

mean of 27.92 which means a medium meaning of life with a significant p value of 0.632 No There is difference mean value . Meaning of life for Diabetes Mellitus sufferers after given intervention in groups treatment obtained a mean of 36.12 which means a high meaning of life and the control group obtained a mean of 26.42 which means a low meaning of life obtained a p value of 0.000 which is significant There is difference mean value .

Spiritual Well Being Diabetes Mellitus sufferers before given intervention in groups treatment obtained a mean of 55.70 which means spiritual well being medium and the control group obtained a mean of 53.00, which means spiritual well being currently with a significant value of 0.229 No There is difference mean score on Spiritual well being Diabetes Mellitus sufferers after given intervention . Spiritual Well Being Diabetes Mellitus sufferers after given intervention in groups treatment obtained a mean of 80.55 which means spiritual well being high and the control group obtained a mean of 49.98 which means spiritual well being currently with a significant value of 0.000 No There is difference mean score on Spiritual well being Diabetes Mellitus sufferers after given intervention .

**Table 3.** Meaning of Life and Spiritual Well Being pre and post in intervention group and control group.

Variables	Group	Pre		Post		t	n	p-value
		Mean	elementary school	Mean	elementary school			
Meaning of Life	Intervention	27.58	3.99	36.12	3.02	-14.0	60	0,000
	Controls	27.92	3.59	26.42	4,031			
Spiritual Well Being	Intervention	55.70	11.7	80.55	15.7	-11.7	60	0,000
	Controls	53.00	12.7	49.98	10.7			

Based on table 3 that statistical test results *Paired T-Test* on the variable meaning of life was obtained p value 0.000 in the group intervention and achieved mark significance p value 0.032 in the group control , p value <0.05 can be concluded that there is influence spiritual therapy group therapy in groups intervention or not There is The influence of spiritual group therapy on the control group . On the spiritual well being variable obtained p value 0.0000 in the group intervention and achieved mark significance p value 0.024 in the group control , p value <0.05 can be concluded that there is influence spiritual therapy group therapy in groups intervention or not There is The influence of spiritual group therapy on the control group .

### Meaning of Life

Meaning of life for Diabetes Mellitus sufferers before given intervention in groups treatment obtained a mean of 27.58 which means a moderate meaning of life and the control group obtained a mean of 27.92 which means

a medium meaning of life with a significant p value of 0.632 No There is difference mean value . Meaning of life for Diabetes Mellitus sufferers after given intervention in groups treatment obtained a mean of 36.12 which means a high meaning of life and the control group obtained a mean of 26.42 which means a low meaning of life obtained a p value of 0.000 which is significant There is difference mean value .

There are some possible factors influence meaning life like type gender , age , duration of diabetes, and occupation . Based on table 1 shows that type of diabetes sufferer sex respondents part big Woman namely 41 respondents (68.3%) each in the group treatment and in groups control as many as 39 respondents (65%) group control . This matter Because lack of activity physique Because can help body use glucose For energy so that lack of motion can reduce insulin sensitivity . There is style life and pattern Eat No balanced among women also become reason its height Woman have diabetes. Women have opportunity big suffer diabetes mellitus compared man Because style life Woman many do n't Healthy compared man . In women Pre- elderly too happen post monopause which results in body fat become easy accumulated due to hormonal processes. Women have high risk experience diabetes mellitus , due to lack of sport or activity physical and stress that causes lack of usage energy so that can cause excess energy in fat form , if in period long time left can give rise to Obesity is closely related with diabetes mellitus [ 28 ][ 29].

Based on table 1 shows that elderly As many as 42 respondents (70%) were aged (> 60 years ), as were the groups control almost half that is as many as 33 respondents (55%) were aged elderly , those over 45 years old own risk more tall suffer from diabetes mellitus type 2 compared those under 45 years of age Because increasing incident intolerance glucose caused by factors annoying degenerative capacity body in manage glucose . Work respondents part large in the group treatment Work namely 43 respondents (71.7%) and in groups control part not big either Work namely 47 respondents (78.3%). Factor work influence risk of diabetes mellitus, work with activity physique light / low cause lack of burning energy by the body so that excess energy in body will saved in form of internal fat body that causes it Obesity is one of them factor risk of diabetes mellitus. Someone who works own great benefits Because rate glucose blood can controlled through activity physique as well as prevent happen complications . Factor work influence risk big the occurrence of diabetes mellitus, work with activity light physique will cause lack of burning energy by the body so that excess energy in body will be saved in form of internal fat body that causes it Obesity is one of them factor risk of diabetes mellitus [30][31].

Based on Table 1 shows that most suffer for a longtime respondents treatment not enough from 5 years namely 45 respondents (75%) and in groups control part suffered for a long time not enough from 5 years also namely 50 respondents (83.3%). According to researcher, condition diabetics who have not suffering from diabetes mellitus for too long , if do management disease in a way appropriate naturally can prevent risk it happened complications . This matter in line with research conducted by (Suryati, 2019) that Lots individuals who have suffered from diabetes for a long time due to No do adequate effort For prevent increased blood sugar Good pharmacology or non- pharmacological, such as modification style life . In accordance with theory (Hariani et al, 2020) DM sufferers who suffer from diabetes mellitus in period short time own quality more life Good compared to with DM sufferers who suffer from diabetes mellitus in period long time . Proper management and time suffered in period short time naturally will can reduce risk complications [32][33].

Based on findings at the time study obtained recapitulation score from questionnaire given researcher ie part big under value 27 which means own meaning life low Good group intervention nor group control . Based on findings in the field underlying thing meaning life somebody low type 2 diabetes sufferers that is Because too worry will disease suffered and some big say If No There is Friend For invited activity together

and tell stories nor moan sigh . After giving group therapy spiritual therapy occurs enhancement meaning live in groups intervention .

Increase meaning life required Work hardness and high consistency in diabetes mellitus patients. Something individual stated own meaning good life if own health in a way physical, psychological , and capable do his activities a day. Besides That age can also be influence physical and psychological, increasing age can influence decline organ function so can influence quality life somebody. Guard pattern you can live too defend quality good life [ 34 ][35].

Based on findings at the time study obtained recapitulation score from questionnaire given researcher ie part big on value 36 which means own meaning life tall for group treatment whereas For group the average control is at a meaningful value of 28 own meaning life currently . Based on findings in the field underlying thing meaning life somebody Type 2 diabetes sufferers become tall that is Because they feel own friends who share the same destiny and struggle with them, telling stories and sharing experience as well as diabetes exercise together so that they feel happy and feeling life they more meaningful [37][38].

Individuals who have find meaningfulness in life own more physical healthy and feeling morehappy as well as more A little experience depression [39]. This matter showing that meaningfulness life important for DM patients, yes meaningfulness life capable give confidence in patients that patient capable change pattern life so patient try more hard in change pattern life. meaningfulness life capable give change positive to individual paska diagnosed by a doctor suffering disease chronic . This matter because in meaningfulness life there is need will appreciation to *efficacy*, that is confidence that individual capable do change [40]. Identify a number of factor affecting meaningfulness life individual is one of them is fulfil need basic , Freedom For do activity or hobbies , work , relationships personal with other people, achievements , ideals , traditions or culture , as well as the religion adhered to [41].

#### Spiritual Well Being

On the spiritual well being variable obtained p value 0.0000 in the group intervention and achieved mark significance p value 0.024 in the group control , p value <0.05 can be concluded that there is influence spiritual therapy group therapy in groups intervention or not There is The influence of spiritual group therapy on the control group .

Connection man with the creator is element First in spirituality. More get closer self to Lord is the most frequent coping strategy used by clients For overcome stress due to the disease he was suffering from . Strength spirituality somebody can become an important factor in face changes caused by disease chronicle. Besides the component in spirituality also consists from connection man with nature , relationships with himself yourself , and relationships with other people [41].

Task nurse give mentoring, giving support practice religious , helpful pray or pray patient is one of action nursing related to the patient's spirituality as well as nurse also need to refer patient to religious leaders [42]. Nurses and religious leaders can cooperate For fulfil patient's spiritual needs. Guidance Islamic spiritual for patient give compensation spiritual in form giving motivation to be steadfast and patient in face ordeal, with give guidance prayer, method purification, prayer , and other acts of worship that are carried out in circumstances pain [43]. Spiritual care through breath gratitude and dhikr impact positive capable lower depression and increase ability meaning life patient chronic [44]. Useful activities with channel the skills possessed together Friend capable increase well-being and meaning in life type 2 DM patients .

Spiritual Well Being Diabetes Mellitus sufferers before given intervention in groups treatment obtained a mean of 55.70 which means spiritual well being medium and the control group obtained a mean of 53.00, which

means spiritual well being currently with a significant value of 0.229 No There is difference mean score on Spiritual well being Diabetes Mellitus sufferers after given intervention. Spiritual Well Being Diabetes Mellitus sufferers after given intervention in groups treatment obtained a mean of 80.55 which means spiritual well being high and the control group obtained a mean of 49.98 which means spiritual well being currently with a significant value of 0.000 No There is difference mean score on Spiritual well being Diabetes Mellitus sufferers after given intervention. Research result This in line with findings study this , before has observed that religiosity and spirituality can play role important in increasing the meaning of life of Diabetes Mellitus patients . prayer and practice religious No only can influence atmosphere heart emotional but also quality physical and that practice the sometimes can cure disease physique patient in a number of moment or a number of day . Many patients they confess impact positive towards religion mental and physical health them [45].

Spiritual Therapy Group Therapy general effective in mental improvement . Prayer reduce anxiety , increasing spirituality , and constitute the right method For overcome disease . There is connection direct between prayer and welfare : More Lots pray correlated with more health Good . A study investigate welfare , religious adaptation , and quality lives among African Americans . women who have undergo treatment cancer breast and report that woman investigating well-being and adaptation religious own more adaptation positive and that there is meaningful relationship between spiritual well-being , aspect physical and emotional from quality life , and performance . Health Spiritual and religious beliefs and practices effective in push adaptation against Diabetes Mellitus with influence concern existential like search meaning life and hope [46].

Moment this , faith and spirituality considered as source health physical and quality life 's most significant . The evidence shows that spiritual intervention can help in prevent or repair various problem physical and overcome pain acute illness , disease , and death . Various study has confirm exists connection meaningful between spirituality and religion as well quality life , spiritual well-being , and meaning life . Our results show that therapy spiritual groups improve quality life and dimension psychological and social as well as spiritual well-being as well aspect religious and existential . Besides that , there is Lots the evidence shows that religion is factor protector to depression and facilitate recovery [47].

The thing that stands out among bullet points important from therapy spiritual groups are that therapy This can increase attitude patient to life or disease . Importance trigger stress determined through evaluation cognitive below influence beliefs and values personal like control self as well as confidence existential and spiritual. Individual utilise source available resources and various coping strategies For manage stress they . Based on corner look this , got it said that mark influence evaluation cognitive in a way significant in the process of facing something problem ; with Thus , spirituality can help individual evaluate incident negative with different way . Therefore that's spirituality offers a greater sense of control strong and with thereby leads to compatibility greater psychological [48].

#### **4. Conclusion**

Spiritual group therapy has an influence towards the meaning of life and spiritual well-being Diabetes Mellitus sufferers in particular Type 2. Expected for nurse can pay attention and give support full will The importance of spiritual group therapy in increasing the meaning of life and spiritual well-being.

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### Conflict of interest

All authors have agreed on the final results of this study and declared that there is no conflict of interest in this study.

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