

ABSTRAK

Hubungan Coping Mechanism Dengan Kebutuhan Spiritual Well-Being Penderita HIV/AIDS (ODHA)

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Orang dengan HIV/AIDS (ODHA) mengalami tantangan psikologis, sosial, dan spiritual yang dapat mengurangi kesejahteraan spiritual. *Coping mechanism* dianggap sebagai strategi *positive* untuk mengelola stres terkait penyakit, bukti hubungannya dengan spiritual well-being di lingkungan puskesmas masih terbatas. Studi korelasional dengan pendekatan *cross-sectional* dilakukan pada 30 ODHA di Puskesmas Lespadangan Mojokerto, Indonesia. Responden direkrut menggunakan teknik *purposive sampling*. Coping mechanism dan *spiritual well-being* diukur menggunakan Brief RCOPE dan *spiritual well-being scale* (SWBS). Data dianalisis menggunakan uji korelasi *Spearman-rho*. Coping religius secara signifikan berhubungan dengan kesejahteraan spiritual ($p = 0,001$; $r = 0,665$). Menunjukkan korelasi positif yang kuat. Partisipan dengan strategi coping keagamaan yang lebih adaptif melaporkan kesejahteraan spiritual yang lebih tinggi. Strategi coping keagamaan yang adaptif dikaitkan dengan kesejahteraan spiritual yang lebih baik di antara ODHA. Mengintegrasikan penilaian dan konseling spiritual ke dalam perawatan HIV dapat meningkatkan layanan keperawatan holistik dan mendukung adaptasi psikologis dan spiritual pasien.

Kata kunci: Orang dengan HIV/AIDS (ODHA), *coping mechanism*, *spiritual well-being*.

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ABSTRACT

Religious Coping Mechanisms and Spiritual Well-Being Among People Living with HIV/AIDS in Primary Health Care: A Cross-Sectional Study

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People living with HIV/AIDS (PLWHA) experience psychological, social, and spiritual challenges that may reduce spiritual well-being. Although religious coping is considered an positive strategy for managing illness-related stress, evidence of its association with spiritual well-being in primary healthcare settings remains limited. A cross-sectional correlational study was conducted among 30 PLWHA at a primary healthcare center in Mojokerto, Indonesia. Participants were recruited using purposive sampling. Religious coping and spiritual well-being were measured using the Brief RCOPE and Spiritual Well-Being Scale (SWBS). Data were analyzed using Spearman's rank correlation test. Religious coping was significantly associated with spiritual well-being ($p = 0.001$; $r = 0.665$), indicating a strong positive correlation. Participants with more adaptive religious coping reported higher spiritual well-being. Adaptive religious coping is associated with better spiritual well-being among PLWHA. Integrating spiritual assessment and counseling into HIV care may improve holistic nursing services and support patients' psychological and spiritual adaptation.

Keywords: People living with HIV/AIDS (PLWHA), coping mechanism, spiritual well-being.

