

Spirituality in Coping with Myocardial Infarction: The Experience of Indonesian Muslim Patients

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INTRODUCTION

For the last decade, prevalence of coronary heart disease patients in Indonesia is increasing exponentially. Myocardial infarction patients are not only experiencing physical challenges such as chest pain and fatigue but also social and psychological challenges. They tend to feel isolated and anxious about their future. As an integral part of Indonesia's values, religion and spirituality often affect how patients respond to their illness.



A I M S

This qualitative study, was a part of mixed method study, aimed to discover the role of spirituality in coping with post-acute cardiac events among Indonesian Muslim patients



C O N C L U S I O N

Spirituality allowed patients to make meaning of their illness. It also brings positive feelings and wellbeing to the patients. Spirituality also enabled patients to gain sense of control, so they feel more responsible for their illness and take necessary action for more desired



M E T H O D S

Phenomenology approach was used to analysed the data. In depth interviews were conducted to 8 myocardial infarction patients (4 males, 4 females) recruited from a National Heart and Cardiovascular Hospital in Jakarta. All



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R E S U L T S

The participants considered their illness not only as a test but also as a chance to self-reform, especially in their faith with God. By praying, doing religious rituals, and surrender to God, the participants felt more peaceful and contented. As results, the respondents had more positive attitude regarding their illness, better adjustment to lifestyle changes and improved their relationship with their spouse, family and friends. The participants efforts to reconnect with God were not only to gain more blessing in life but also to be entered in God's paradise in the afterlife.



A C K N O W L E D G M E N T

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Theme 1: Illness as self reform

- Spirituality helped patient to create positive meaning to their illness
- Illness as second chance given by God to self reform
- feeling of gratitude
- seeing God as Benevolent

Theme 2: Positive Impacts from religious practices

- Increased religious practices after myocardial infarction
- Patients used praying to alleviate their physical symptoms
- Praying brought comfort and content

Theme 3: Better adjustment and adherence to medication

- Patient's surrender to God is not the same as fatalism. It created a sense of responsibility for their own health
- This sense of responsibility helped for their adherence to medication and lifestyle changes

Seeing God as Benevolent
"God loves me by giving me second chance to live and showing me how to heal the illness"

Sense of responsibility for their own health
"I have this illness because of my lifestyle and also God destined me to have one"

Praying brought comfort and content
"After I pray, I feel (my chest) less painful"



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