

Investigating the relationship between daily spiritual experiences and psychological well-being of patients under hemodialysis of Arak in 1401

Abstract

Introduction:

Spiritual experience can affect a person's belief in dealing with stressful life conditions and chronic diseases by creating meaning and a sense of belonging to a higher power. Spiritual experiences play a prominent role in psychological health and well-being. This study was designed with the aim of Investigating the relationship between daily spiritual experiences and psychological well-being of patients under hemodialysis of Arak in 1401

Materials and methods: In this descriptive correlational study, 150 hemodialysis patients with inclusion criteria were selected by census method. After obtaining oral and written informed consent, the questionnaire in question, which included three sections of demographic questions, questionnaire of daily spiritual experiences and psychological well-being, two days a week, in three shifts (6 to 10), (10 to 3) and (4-8) for ten minutes after connecting to the device and stabilizing the clinical conditions of the patient, it was given to the participants to complete. After collecting the data, Fisher's exact test and Chi-square test were used to check the relationship between qualitative variables, and Pearson correlation tests or their non-parametric equivalent, Spearman correlation test, were used for quantitative variables after checking the normality hypothesis with the Kolmogorov-Smirnov test. All tests were considered at a significance level of less than 0.5.

Results: The overall mean score of the psychological well-being questionnaire was 72.07.49.3% of the participants had very strong spiritual experiences and 44% had high spiritual experiences. Between the score of daily spiritual experiences with the total score of psychological well-being (0.257, $r=0.001$), positive relationship with others (0.347, $r=0.0001$) and self-acceptance (0.421, $r=0.0001$) There was a statistically significant direct relationship..

Conclusions: Considering that spiritual experience can be useful in improving the psychological well-being of hemodialysis patients, it is suggested that strategies for improving spiritual experiences should be considered in order to improve the psychological well-being of hemodialysis patients as much as possible.

Key Words: Daily spiritual experiences, psychological well-being, hemodialysis.