



INTERVENTIONS IN IMPROVING SPIRITUAL WELL-BEING: A SCOOPING REVIEW

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ABSTRACT

Spiritual well-being has an important role for individuals in dealing with mental health problems and quality of life. The aim of this research is to explore various interventions to improve individual spiritual well-being to help overcome difficult situations, reduce stress and help achieve balance in life. Methodology: This research adopts an approachscoping review with the framework developed by Arksey and O'Malley. Research includes searching articles through databases Google Scholar and Spingerlink with the keyword "Spiritual well-being"AND"Intervention." Results: Research using the PRISMA method with data sources from Google Scholar and Spingerlink produced a total of 20,348 articles. The articles were then filtered based on the inclusion criteria, namely using English with a range of 2018-2023 regarding interventions to improve spiritual well-being which resulted in 14 articles that met the requirements. Conclusion: Research shows that there are 6 (six) interventions in the form of spiritual counseling, psychospiritual intervention, spiritual care intervention, mindfulness intervention, spiritual group therapy and music therapy which have been proven to improve spiritual well-being. These interventions have been shown to be important in addressing spiritual distress and improving spiritual well-being, which can accelerate mental health recovery and achieve spiritual well-being.

Keywords: intervention; spiritual well-being; spirituality

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INTRODUCTION

The spiritual aspect has an important role in strengthening mental health. Data shows that there are more than 300 million people in the world who experience mental disorders caused by conditions that are not in accordance with their wishes and high levels of stress (Rahman et al., 2021). Basic Health Research (Riskesdas) states that of the 267 million population in Indonesia, there are 9.8% or around 26 million people who live with mental disorders with symptoms such as feeling moody more easily, experiencing disturbed sleep patterns, losing concentration, and having no motivation to live (Riskesdas, 2018). Mental health problems that are quite high can be strengthened by spiritual aspects. Research has shown that spiritual well-being is associated with lower anxiety and depression, and better quality of life (Chen et al., 2021). Likewise, if spiritual well-being is linked to the level of depression, the results show that high spiritual well-being can reduce depression (Faradila et al., 2023). Additionally, there is evidence of a positive correlation between spiritual well-being and mental health, with spiritual intervention programs contributing to mental health and well-being (Božek et al., 2020). These findings show that spiritual well-being has an important role for most individuals when facing mental health problems, helps overcome difficult situations, and plays a role in reducing stress and can help individuals achieve balance, meaning in life, and purpose in life (Connolly & Timmins, 2021).

Efforts to improve spiritual well-being with interventions involving various methods and practices have been proven to help individuals overcome mental health problems and improve quality of life. Research using a spiritual intervention approach in gynecological cancer patients has been proven to increase spiritual well-being which has an impact on reducing stress and depression due to disease (Nasution et al., 2020). Spiritual-based interventions are carried out based on protocols in four main areas, namely; religious, existential, emotional and social during the 5 sessions before chemotherapy, the results showed a significant increase in hope and spiritual well-being, thereby changing the perception of excessive anxiety and fear to being more able to accept existing conditions (Afrasiabifar et al., 2021). Another intervention carried out on breast cancer patients using mindfulness-based cognitive therapy (MBCT) has been proven to reduce psychological distress (anxiety and depression), fear of cancer recurrence (FCR), fatigue, improve spiritual well-being, and quality of life (QOL). in outpatients (Park et al., 2020).

The findings in the research above show the importance of understanding interventions that can improve spiritual well-being. Literature review research on interventions to improve spiritual well-being has been conducted on cancer patients with spiritual interventions. Research that summarizes various interventions in improving spiritual well-being in general has never been carried out by previous research. Gap This encouraged the author to conduct a literature review on interventions to improve spiritual well-being so as to obtain more diverse and complete results. The aim of this research is to explore various interventions to improve individual spiritual well-being to help overcome difficult situations, reduce stress and help achieve balance in life and the hope is that these findings can provide benefits to researchers, nurses and other professionals by adding insight, so they can develop more effective interventions in improving spiritual well-being.

METHOD

This article uses the framework scoping review. In this method the steps in scoping review It uses a framework with stages: (1) Identifying Research Questions: Clearly articulating research questions that will guide the scope of investigation. Consider the purpose of the scoping study with the research questions. (2) Identifying Relevant Studies: Conduct a comprehensive search to identify relevant studies. This may involve searching multiple databases and other sources to ensure broad coverage of the investigation (Levac et al., 2010) (3) Study Selection: Use an iterative team approach to select studies and extract data. This may involve multiple reviewers independently reviewing the abstract and full article for inclusion. (4) Mapping Data: Summarize and present mapping results related to the review questions and objectives. (5) Consultation: Include consultation as a required component in the scoping study methodology. Define the purpose of the consultation clearly. The framework for a scope review is not fixed and can be adjusted based on the specific needs of the review. Although the framework (Arksey & O'Malley, 2005) is commonly used, there are ongoing discussions and methodological refinements (Daudt et al., 2013).

PRISMA Flow Chart for the last 5 years 2018 to 2023



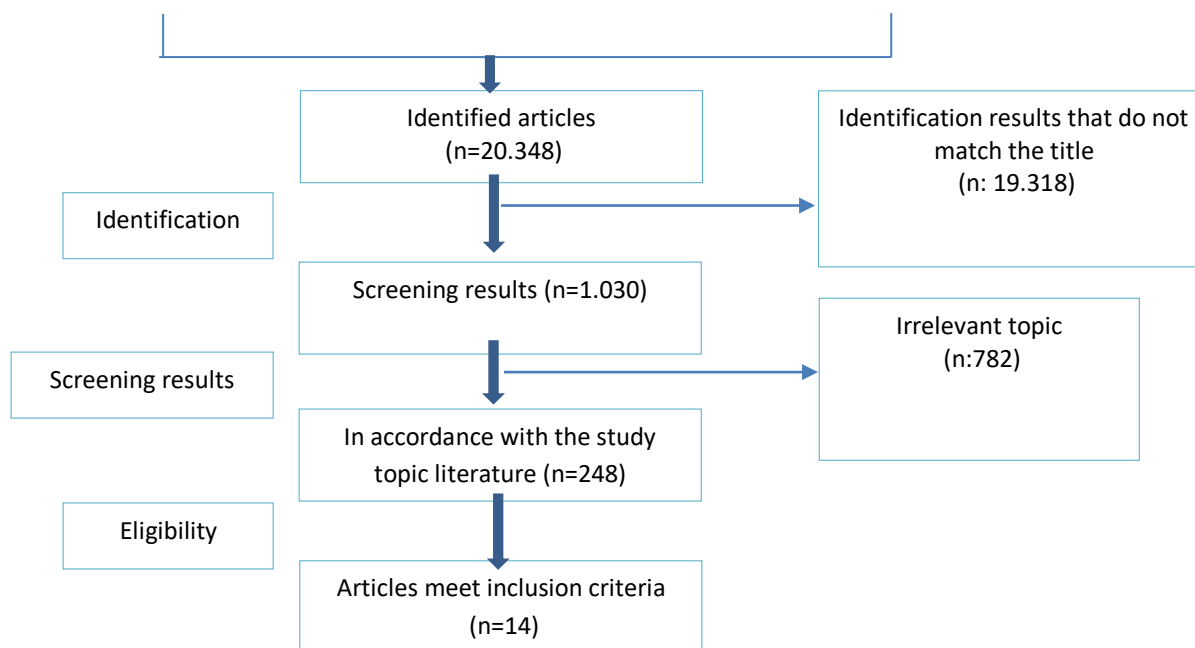


Figure 1. PRISMA-ScR diagram of search and selection of review literature.

Table 2.
Results of scooping review Interventions to improve spiritual well-being

Title, Name and Year	Purpose	Method	Results
Effect of spiritual counseling on spiritual well-being in Iranian women with cancer: A randomized clinical trial. (Sajadi et al., 2018)	This study examines the effect of spiritual counseling on spiritual well-being Iranian women suffering from cancer.	A randomized clinical trial was conducted on 42 female cancer patients who were randomized to an 8-week spiritual counseling intervention (n ¼ 21) or a control group receiving routine education/care (n ¼ 21).	There were no significant differences in SWBS scores and two subscales (RWB and EWB) between the intervention group and the control group at baseline (p > .05). After the intervention, there were significant differences in SWB (p ¼ .001), RWB (p ¼ .013) and EWB (p ¼ .001) in the two groups.
Investigating the Effect of Reciting the Quran and Listening to it on the Dimensions of Spiritual Well-Being of Payame Noor University Students (Olyanasab & Shahandeh, 2019)	This research aims to examine how the use of the Al-Quran can improve spiritual well-being among students. The main goal is to propose some strategies to improve spiritual well-being	This study adopted a pretest-posttest design and used the Spiritual Well-Being Scale developed by Paloutzian and Ellison for data collection. The participants (N=63) were divided into two groups.	Increasing spiritual well-being among students can be achieved through reading and listening to the Al-Quran. The results of the paired samples t-test showed that there was a significant increase in the average score of participants' spiritual well-being from pretest to posttest (p<0.001). However, based on the results of covariance analysis, no significant difference was found between reciting the Koran and listening to the Koran in terms of its influence on well-being (f=0.931 and p=0.338).

Title, Name and Year	Purpose	Method	Results
Mindfulness-Based Cognitive Therapy for Psychological Distress, Fear of Cancer Recurrence, Fatigue, Spiritual Well-Being, and Quality of Life in Patients With Breast Cancer—A Randomized Controlled Trial (Park et al., 2020)	The aim of this randomized controlled trial was to examine the effectiveness of mindfulness-based cognitive therapy (MBCT) for psychological distress (anxiety and depression), fear of cancer recurrence (FCR), fatigue, spiritual well-being, and quality of life (QOL) in Japanese outpatients suffering from stage III breast cancer.	A total of 74 patients were randomly assigned to an eight-week MBCT intervention group (n = 38) or a wait-list control group (n = 36).	Participants in the MBCT group experienced significantly better outcomes in terms of psychological distress (Cohen's $d = 1.17$; $P < 0.001$), FCR ($d = 0.43$; $P < 0.05$), fatigue ($d = 0.66$; $P < 0.01$), spiritual well-being ($d = 0.98$; $P < 0.001$), and quality of life (QOL) ($d = 0.79$; $P < 0.001$) compared with the control group. The difference remained significant at T2 (four weeks after completion of the intervention).
Effectiveness of Spiritual Intervention toward Coping and Spiritual Well-being on Patients with Gynecological Cancer (Nasution, Afiyanti, & Kurniawati, 2020)	This study aims to determine the effectiveness of spiritual interventions on coping and spiritual well-being in patients with gynecological cancer.	This research is a quantitative research with a quasi-experimental method and uses a pretest and posttest with control design. The number of respondents in this study was 108 patients (54 patients in each group) and used consecutive sampling.	There were positive changes in the mean coping scores ($P = 0.001$) and spiritual well-being in the intervention group after receiving spiritual intervention ($P = 0.006$). The results of this study also showed that there were significant differences in the average coping scores ($P = 0.004$) and spiritual well-being ($P = 0.001$) after spiritual intervention between the intervention group and the control group.
The Effectiveness of Spiritual Therapy on Spiritual Well-Being, Self-Esteem and Self-Efficacy in Patients on Hemodialysis (Darvishi, Otaghi, & Mami, 2020)	The aim of this research is to determine the effectiveness of spiritual therapy on spiritual well-being, self-esteem and self-efficacy in patients undergoing hemodialysis.	The quasi-experimental research design is pre-posttest with a control group. The statistical population was patients undergoing hemodialysis at Shahid Mostafa Government Hospital in Ilam, Iran, in 2015.	The results showed that the scores in the experimental group experienced changes in spiritual health from 39.32 ± 3.38 to 43.40 ± 2.82 , in self-esteem from 42.65 ± 2.61 to 45.90 ± 3.88 and in self-efficacy from 40.99 ± 2.19 to 44.65 ± 2.58 which was significant compared to the control group ($p=0.01$). Spiritual therapy can be used as an effective intervention to improve spiritual well-being, self-esteem and self-efficacy in patients undergoing hemodialysis.
Intervention effect of group reminiscence therapy in combination with physical exercise in improving spiritual well-being of the elderly	This study aims to explore the level of intervention and the improvement effect of group memory therapy combined with physical exercise on the	The research was conducted on 130 elderly people selected from communities in Xiangtan City and Changsha City in Hunan Province, China and randomly divided into two groups, with 65 people	Before the intervention, there was no significant difference between the experimental group and the control group, but after 8 weeks of exercise intervention, the loneliness score was lower in the experimental group. The experimental group was lower in

Title, Name and Year	Purpose	Method	Results
(Ren, Tang, Sun, & Li, 2021)	spiritual well-being of the elderly after the COVID-19 epidemic.	in each group.	the control group ($P<0.05$), the spiritual well-being and resilience scores were significantly higher. higher in the experimental group than the control group ($P<0.05$).
Effect of Mindfulness-Based Art Therapy (MBAT) on Psychological Distress and Spiritual Wellbeing in Breast Cancer Patients Undergoing Chemotherapy (Joshi, Mehta, Pande, Mehta, & Randhe, 2021)	This study was conducted to evaluate the effects of a 1-week MBAT program on the following parameters in breast cancer patients undergoing chemotherapy.	This was a single group, pre-test post-test study conducted in a clinical setting. The psycho-oncology assessment questionnaire, Distress Thermometer (DT) and Functional Assessment of Chronic Illness Therapy-SWB Scale 12 (FACIT-SP12) Version 4 were administered before, after supervised MBAT sessions and after 1 week of home exercise to breast cancer patients undergoing chemotherapy ($n = 30$).	The median DT score significantly decreased from pre-session to post-session and from pre-session to post-session 1 week. The median of the meaning, peace, and faith subscales of the FACIT SP12 score along with the FACIT SP12 total score increased significantly from before the session to after the session and from before the session to after 1 week.
A Randomized Controlled Trial Study of the Impact of a Spiritual Intervention on Hope and Spiritual Well-Being of Persons with Cancer (Afrasiabifar, Mosavi, Jahromi, & Hosseini, 2021)	The aim of this research is to determine the impact of spiritual intervention on the hope and spiritual well-being of cancer sufferers.	Randomized controlled trial in which 74 patients with cancer referred to the chemotherapy ward of Shahid Rajaie Hospital in Yasuj city, Iran, participated. Eligible patients were randomly assigned to either the intervention or control group.	The total mean scores of the hope and spiritual well-being scales in the two groups did not show statistical differences at the pre-intervention assessment. In contrast, at the post-intervention assessment, a significant ($p<0.001$) difference was found in the mean scores between the intervention and control groups on the hope scale (60.9 versus 39.8) and on the spiritual well-being scale (94.3 versus 71.6).
A spiritual care intervention for chaplains in home-based palliative care: design of a mixed-methods study investigating effects on patients' spiritual wellbeing (Liefbroer et al., 2022)	The aim of this study was to present a mixed methods study design investigating the impact of a spiritual care intervention on the spiritual well-being of patients in home palliative care.	A combination of quantitative and qualitative methods is used to answer RQ and MQ. Specifically, to gain knowledge about how patients and chaplains understand spiritual well-being (RQ1), in-depth, semi-structured interviews were conducted with patients and chaplains after participating in the intervention. the session.	Research investigating the impact of a chaplain-led intervention to improve the spiritual well-being of patients in home-based palliative care is presented. A description of the research rationale and methods provides transparency about how the research will be conducted. Its main strength is that the presented design uses mixed methods, which helps in gaining insight into the impact of and experiences with spiritual care interventions.

Title, Name and Year	Purpose	Method	Results
Grace Notes: feasibility of a manualized intervention to advance spiritual well-being for clients with acquired brain injury (Thompson et al., 2022)	The research's goal is to provide clients with tested and accessible spiritual practices that help them experience a deeper sense of connection with the Supreme Higher Power as they understand it.	This study used a prospective one-group pretest-posttest design. Data were collected in two settings: in the context of the Courage Kenny Rehabilitation Institute 498 M. THOMPSON ET AL. Community Integration Program (CRP), a 6-month interdisciplinary outpatient program a 6-month interdisciplinary outpatient rehabilitation program for adults with ABI, and as part of a stand-alone group at Mercy Hospital.	The results show that Grace Notes can be implemented by its developers in the context of an interdisciplinary outpatient rehabilitation program and rehabilitation doctors as a stand-alone group. People with ABI appear to be drawn to spiritual interventions that originate from a variety of spiritual practices and traditions. spiritual origin that originates from various practices and traditions. Further research related to the efficacy of spiritual well-being interventions after ABI is needed
Effects of Mindfulness-Based Elder Care (MBEC) on symptoms of depression and anxiety and spiritual well-being of institutionalized seniors with disabilities: a randomized controlled trial (Hsiung, Chen, Lin, & Wang, 2023)	This study aims to evaluate the effects of a mindfulness-based elderly care (MBEC) program on mental health and spiritual well-being among elderly people with disabilities in a nursing home.	This single-blind randomized controlled trial (RCT) randomly assigned seventy-seven participants to the MBEC group or the control group of an eight-week MBEC program.	Linear mixed models (LMM) showed that MBEC participants' mental health improved significantly after completing the intervention; compared with controls, the MBEC group showed significantly lower anxiety (state-anxiety at T2; trait-anxiety at T2 and T3) and fewer depressive symptoms. Spiritual well-being also improved significantly compared to the control group.
Effects of Music Therapy on Spiritual Well-Being among Patients with Advanced Cancer in Palliative Care: A Meta-Analysis of Randomized Controlled Trials (Huda, Banda, Liu, & Huang, 2023)	This study aims to determine the impact of music therapy on advanced cancer patients undergoing palliative care who often experience physical and psychological symptoms that have a negative impact on quality of life (QoL) and spiritual well-being.	The quasi-experimental research design is pre-posttest with the control group 747 advanced cancer patients.	Music therapy was found to significantly improve spiritual well-being with a mean difference of 0.43 (95% CI: 0.25 to 0.61, P < 0.001) in the intervention group compared with the control group. However, no significant group differences were found between the intervention and control groups for quality of life. Music therapy can effectively improve the spiritual well-being of palliative care patients. However, its beneficial effects on quality of life, pain, and psychological distress are minimal.

Title, Name and Year	Purpose	Method	Results
The effects of spiritual care intervention on spiritual well-being, loneliness, hope and life satisfaction of intensive care unit patients (Bulut, Çekiç, & Altay, 2023)	Patients with advanced cancer in palliative care often experience physical and psychological symptoms that negatively impact their quality of life (QoL) and spiritual well-being. Music therapy can be used to treat symptoms in these patients. However, its effectiveness is still uncertain.	This systematic review and meta-analysis of RCTs of music therapy interventions is reported as an option. Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA). A systematic search was conducted in EMBASE, PubMed, Cochrane Library, CINAHL, Web of Science, and ClinicalTrial.gov until September 2022.	Music therapy was found to significantly improve spiritual well-being with a mean difference of 0.43 (95% CI: 0.25 to 0.61, $P < .001$) in the intervention group compared with the control group. However, no significant group differences were found between the intervention group and the control group for QoL (SMD: 0.53, 95% CI: 0.12 to 1.13, $P = .11$), pain (MD: 0.81, 95 % CI: 2.06 to 0.44, $P = .20$), and psychological distress (SMD: 0.05, 95% CI: 0.41 to 0.32, $P = .81$).
Literature Review: Psychospiritual Interventions to Improve the Spiritual Well-Being of Cancer Patient (Moordiningsih, Rustam, Sahrah, Na'im, & Dwidiyanti, 2023)	The aim of this research is to determine the impact of spiritually based psychological interventions in improving Spiritual Well-Being.	The research method used is a systematic literature review. The data sources in this research are based on journals and articles related to spiritual intervention in cancer patients. The focus of literature searches in the Literature Review uses database search engines, namely Google Scholar, PubMed, Research Gate, and Academia. Spiritual Well-Being (SiWB).	Based on the results of 8 previous studies which were reviewed and analyzed, it was found that the spiritual-based psychological intervention process can play a role in fulfilling spiritual psychological conditions. Spiritually based psychological interventions can also improve the quality of life, hope and meaning of life which can provide hope, calm, happiness and awareness in individuals.

RESULTS

Based on the results of article searches carried out using the PRISMA method using data sourced from Google Scholar and Spingerlink the total obtained was 20,348. Researchers filtered the data using the period 2018 to 2023, by selecting articles in English. Referring to the criteria and suitability of the literature to the research topic, 14 articles were found that met the predetermined inclusion criteria. Based on the screening results, there are 6 (six) interventions that can improve spiritual well-being in the form of spiritual counseling, psychospiritual intervention, spiritual care intervention, interventionmindfulness, spiritual group therapy and music therapy which have been proven to improve spiritual well-being. These interventions have been shown to be important in addressing spiritual distress and improving spiritual well-being, which can accelerate mental health recovery and achieve spiritual well-being.

DISCUSSION

Interventions to improve spiritual well-being are an interesting topic to discuss because they can provide opportunities to strengthen mental health and improve quality of life. Efforts to improve spiritual well-being with interventions involving various methods and practices have been proven to help individuals overcome mental health problems and improve quality of life (Nasution et al., 2020). Several studies have been proven to increase spiritual well-being which has an impact on mental improvement and quality of life as follows:

Theme I: Spiritual Counseling

Spiritual counseling can provide benefits that patients can obtain through spiritual counseling, including self-improvement, improvement in thought and action patterns, calm and confidence in oneself, as well as strengthening spiritual identity or beliefs. Spiritual counseling carried out by (Sajadi et al., 2018) helps explore the patient's spiritual aspects in improving health and coping strategies, involving activities such as meditation, self-disclosure, journaling, praying, reciting the holy book, and reading reading material that can inspire (Sajadi et al., 2018). This counseling was carried out on 21 participants in the intervention group and control group, involving 8 sessions over 8 weeks, including activities such as interview sessions, sharing, reflection, relaxation and meditation. An increase was found in spiritual well-being, existential well-being, and religious well-being after receiving the intervention. Through spiritual guidance and accompaniment, patients are encouraged to remember and reassess their life goals and sources of meaning in life which have a positive impact on spiritual well-being (Sajadi et al., 2018).

Spiritual counseling is also carried out by (Tajiri, 2019) to help patients managespiritual interpretations that are wrong and dangerous for the patient. The spiritual counseling approach helps patients heal their condition through various means, including psychological recovery and increasing spiritual well-being. Spiritual counseling can be done in several ways. First, spiritual counselors can help patients understand spiritual teachings correctly and deeply, thereby preventing wrong interpretations. Second, spiritual counseling can also strengthen patients' emotional and spiritual well-being, especially in the context of Christian counseling. Apart from that, spiritual counseling also involves the process of helping clients overcome problems according to the spiritual beliefs and practices they adhere to. Thus, spiritual counseling can provide the guidance and support patients need to manage false and dangerous spiritual interpretations (Tajiri, 2019).

Spiritual counseling intervention was carried out by (Tuhumury, 2022) with applying the testicular spiritual counseling method to SLB parents to improve spiritual well-being. This counseling is carried out in several stages, namely starting with praying together, listening to respondents' complaints, providing guidance and providing understanding regarding self-acceptance. The results of the study showed an increase in the spiritual well-being of respondents by showing acceptance of the fact that they have children with special needs. Further improvement of spiritual well-being is carried out by directing parents or respondents to draw closer to God Almighty.

Theme II: Psychospiritual intervention

Psychospiritual therapy has an impact on improving the quality of life, both physical, mental health, social and environmental (Simajuntak, 2011). The psychospiritual intervention carried out (Moordiningsih, 2023) uses a religious approach in intervening with cancer patients and shows significant differences and improvements in improving *Spiritual Well Being* in cancer patients. The things that are done in psychospiritual intervention, first use basic Buddhist principles by asking patients to practice concentration, practice morality and wisdom. In the second psychospiritual intervention based on counseling guidance, cancer patients are asked to relax, control and maintain relationships with fellow patients and family and are always asked to pray. Third, the religious approach trains the patient's relationship with the social environment, trains relaxation, and shares the purpose of life so that it can generate strength and motivation in facing treatment. Apart from that, patients are asked to perform prayers ranging from ablution to prayer, reading the Koran, and listening to verses from the Koran. Then the fourth is providing relaxation training and providing Islamic education.

Psychospiritual intervention was also carried out (Simajuntak, 2011) showing that Psychospiritual Intervention was able to strengthen knowledge insight and strengthen positive attitudes and skills in managing emotions in the midst of the Covid-19 pandemic. The method used in providing psycho-socio-spiritual intervention is that first a person takes a role, involvement in building and finding solutions and problem situations to encourage psychological improvement in a better direction. Second, identify the psychological problems experienced by a person to find effective solutions. Third, do psycho-spiritual relaxation with relaxation to reduce psychological tension through feeling and thinking while reciting dhikr sentences as the breath goes in and out.

Theme III: Spiritual Care Interventions

The effectiveness of implementing spiritual care interventions improves views about the end of life, reduces levels of pain, worry, levels of depression, anxiety, stress, and increases the patient's spiritual well-being and relaxation. The religious dimension and existential dimension experienced a significant increase in value (Herniyanti et al., 2019). Research conducted (Liefbroer et al., 2022) proves the impact of nursing interventions led by chaplains to improve the spiritual well-being of patients in home-based palliative care with qualitative and quantitative approaches carried out on 134 patients involving 17 chaplains in mentoring. , found that spiritual care interventions can help patients interact with friends and other professionals thereby reducing stressful conditions. Similar research was conducted (Thompson et al., 2022) with an interdisciplinary outpatient rehabilitation program approach or by a rehabilitation clinician as an independent group. Spiritual interactions originating from various spiritual practices and traditions appear to be attractive to individuals with brain injury conditions with the conclusion that it is important to conduct further research regarding the efficacy of spiritual well-being interventions after brain injury.

Theme III: Intervention Mindfulness

Intervention *Mindfulness* can be part of implementing a motivation increase program by means of motivational interviewing. In providing motivational interviewing programs, mindfulness plays a role in increasing focus, awareness and compliance so that it can increase motivation. The benefits of Motivational Interviewing include facilitating behavior change, reducing the dangers of alcohol consumption, smoking cessation, increasing medication adherence and increasing spiritual well-being (Moriarty Et Al., 2019). Mindfulness intervention is able to pay attention to an experience intentionally and without judgment, in order to be able to respond with acceptance, rather than reacting, to everyday experiences (Kabat-Zinn et al., 1998). Mindfulness interventions can produce positive results and can increase happiness, reduce psychological symptoms, and increase positive behavior in daily life (Keng et al., 2011). Research conducted (Hsiung, Chen, Lin, & Wang, 2023)) proves that mindfulness interventions have a positive effect on mental health and spiritual well-being among elderly people with disabilities. In long-term care facilities, older adults with abilities have the potential to comply with and engage in mindfulness-based intervention activities. An 8 week program that is low risk, accessible and effective.

Theme V: Spiritual group intervention

Spiritual group intervention can improve spiritual well-being and have an impact on positive coping with problems faced with various objects. This was shown in research conducted (Sarafraz Merhr et al., 2021) in a group of patients with breast cancer which has evidence that it not only reduces feelings of anxiety, but also eliminates fear of death and life after death (Mehr et al., 2021). Another study was also conducted by (Darvishi, Otaghi, & Mami, 2020) on Twenty-four hemodialysis patients included using convenience sampling who were

randomly divided into experimental groups and control groups. The results showed that the scores in the experimental group experienced an increase in spiritual well-being and self-efficacy. Spiritual group intervention can be used as an effective intervention to improve spiritual well-being, self-esteem and self-efficacy in patients undergoing hemodialysis. Another study conducted (Afrasiabifar et al., 2021) on 74 chemotherapy patients showed an increase in hope and spiritual well-being. Research on other objects was carried out by (Ren, Tang, Sun, & Li, 2021) on 130 groups of elderly people. After 8 weeks of exercise intervention, significant changes were detected, where the loneliness score in the experimental group was lower compared to the control group. Additionally, spiritual well-being and resilience scores were significantly higher in the experimental group compared with the control group.

Theme VI : Music Therapy

Music therapy is a therapeutic approach that uses the naturally mood-elevating properties of music to help people improve their mental health and overall well-being. Research conducted by (Huda, Banda, Liu, & Huang, 2023) assessed the impact of music therapy on advanced cancer patients undergoing palliative care, considering that these patients often experience physical and psychological symptoms that can affect quality of life and spiritual well-being. This study involved seven RCTs with a total of 747 advanced cancer patients. Results showed that music therapy significantly improved spiritual well-being with a mean difference of 0.43 (95% CI: 0.25 to 0.61, $P < .001$) in the intervention group compared with the control group. However, there were no significant differences between the intervention and control groups in terms of quality of life, pain, and psychological distress. In conclusion, music therapy can effectively improve spiritual well-being in palliative care patients, although its impact on quality of life, pain, and psychological distress is likely to be minimal.

CONCLUSION

The research results show that there are 6 interventions that can be used to improve spiritual well-being, namely spiritual counseling, psychospiritual intervention, spiritual care intervention, interventionmindfulness, spiritual group therapy and music therapy. This intervention has been proven to improve spiritual well-being which has an impact on reducing anxiety, improving physical and psychosocial health and quality of life. Results scoping review found an increase in the spiritual well-being of various objects, namely patients with breast cancer, hemodialysis, the elderly, and students. Thus, nurses and psychologists can apply these interventions to patients/groups in order to support the medical therapy process provided.

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