



LITERATURE REVIEW PSYCO RELIGIOUS THERAPY ON PSYCHOLOGICAL DISORDERS

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ABSTRACT

Psychological health disorders are currently a trend and issue in Indonesia due to several causal factors, stress and depression are signs and symptoms of psychological disorders. Based on data, the number of people suffering from mental disorders in the world, including schizophrenia, has reached 450 million people. Based on Basic Health Research, it shows that the prevalence of schizophrenia in Indonesia reaches 6.7/1000 households. Based on this data, it is important for us to study therapy that can help prevent and overcome it with one of the therapies, namely psychoreligious therapy. This research aims to conduct a literature review regarding therapy psychoreligiousness in psychological disorders. *Literature Review* by conducting database searches through licensed sites such as Google Scholar, Ebsco, Proquest, Pubmed and Science Direct with a sample size of 4 articles by using the screening criteria for the search for articles created. The results of this literature review show that the use of psychoreligious therapy can reduce the signs of symptoms and levels of psychological disorders of anxiety and depression. It is concluded that there is effective psychoreligious therapy used as a nursing therapy for psychological disorders, therefore it is hoped that there are literature reviews and the results of this research can be applied when carrying out nursing actions with the aim of providing care according to the patient's needs.

Keywords: mental health; psychology; religious therapy

INTRODUCTION

The structure of human personality according to psychoanalysis consists of the id, ego and superego. Where the Id is the only component of personality that is present from birth. This aspect of personality is fully conscious and includes both instinctive and primitive behavior. According to Freud, the Id is the source of all psychic energy. The id is driven by the pleasure principle which seeks to satisfy all desires and needs. If needs are not immediately satisfied, anxiety and tension will arise. For example, when an individual feels hungry, the desire to eat immediately arises. Immediately satisfying a need is not always logical.

The ego is the component of personality responsible for dealing with reality. The ego develops from the Id and ensures that the impulses of the Id can be expressed in a way that is acceptable to the surrounding environment. The function of the ego in the conscious, preconscious and unconscious mind. The ego works based on reality, trying to satisfy the Id's desires in a realistic way and in accordance with applicable social rules. In some cases, id impulses are fulfilled through delaying ego gratification, of course at the right time. But sometimes to satisfy a desire, the Ego finds an object that is similar to the mental image created by the Id.

The superego is the final component of personality. The superego is an aspect of personality that accommodates all internalized moral standards and ideals obtained from parents and society that the individual thinks are right or wrong. The superego provides guidance on judgment. To be a healthy person, the Id, Ego and Superego must be balanced.

The second concept is about consciousness and unconsciousness. Freud described consciousness and unconsciousness as being like an iceberg. The therapeutic aim of the psychoanalytic approach is to make unconscious motives conscious and when aware of these motives, humans can carry out their choices. Freud stated that anxiety in humans drives humans to create ego defense mechanisms. The ego defense mechanism is a way to deny or distort the reality at hand. So therapy is needed that can reshape the individual's character structure by making unconscious awareness; emphasizes the affective dimension. The process focuses on efforts to re-experience childhood experiences. Past experiences are reconstructed, discussed, analyzed and interpreted with the goal of reconstructing the personality. There are many therapies that can be applied to overcome these problems, one of which is using Religious Psychotherapy.

According to Suharso and Ana (2013) therapy is an effort to restore the health of people who are sick, treat illnesses and treat illnesses. In the medical field, the word therapy is synonymous with the word treatment and according to the psychology dictionary. Based on the complete dictionary of psychology (2011), therapy is a treatment and medication aimed at healing a pathological condition (knowledge about a disease or disorder). The philosophy underlying psychoreligious therapy is a combination of the scientific world (medical and psychological) and religious or spiritual approaches. The religious approach is a typical step that more directly and explicitly includes God's involvement, while promising not to repeat his actions, and asking for extra strength in the form of faith and piety to be strong in living life. (Amriel, 2017). Psychoreligious therapy is psychological therapy or mental therapy that uses a spiritual or religious approach. (Yosep, 2011).

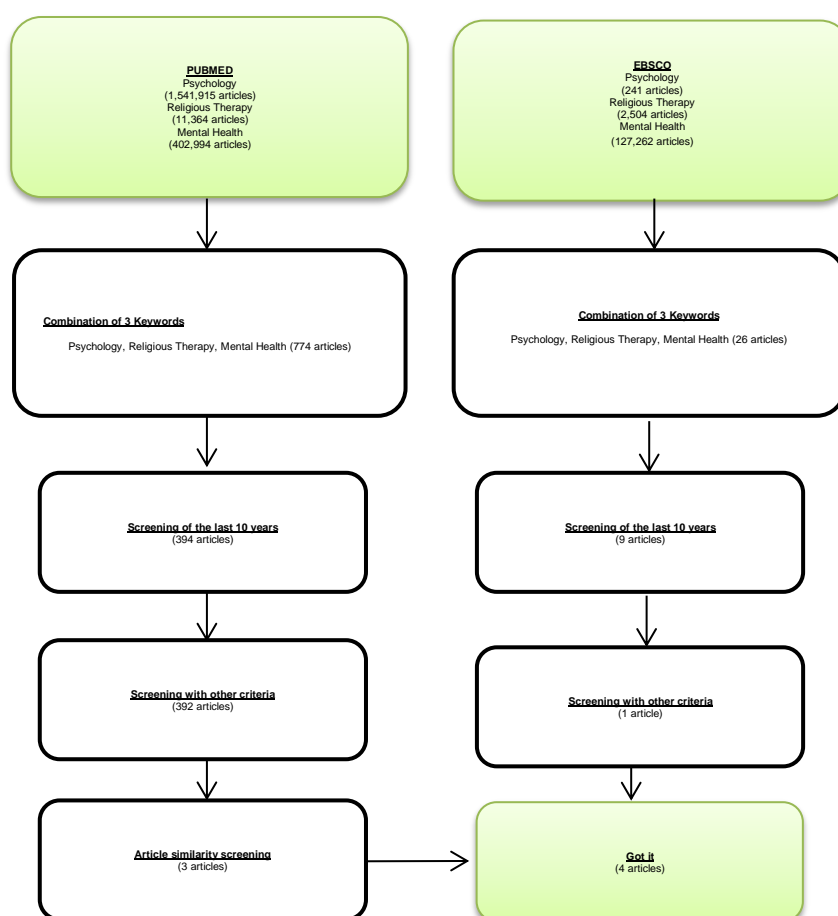
There is a goal of implementing psychoreligious therapy according to Setyoadi and Kushariyadi (2011) who said the first goal is to reduce the length of treatment time for clients with psychological disorders, strengthen the client's mentality and self-concept, clients with psychological disorders originate from wrong perceptions regarding themselves, other people and their environment. With spiritual therapy, the client's perception of himself, other people and the environment will be restored. Psychoreligious therapy also has a positive effect in reducing stress. According to Yosep (2011), one of the most important religious acts is prayer, namely making a request to God to obtain something desired. From time to time the influence of prayer has received important attention. If prayer is made a habit and done seriously then the effect becomes very clear, prayer can influence psychological changes and somatic changes. The peace brought about by prayer is a great aid to treatment.

Mantras and slokas are songs of praise dedicated to Sang Hyang Widhi. Mantras are God's revelations in Sanskrit. One example is Puja Tri Sandya, kramaning worship. Mantras that are said with confidence, truth and wisdom will be able to grant what is desired by those who say them. Sloka are sacred teachings written in the form of poetry in Old Javanese or Sanskrit. The technique of pronouncing slokas is different from the technique of chanting mantras. In general, slokas use Old Javanese which contain praises about the glory and omnipotence of Sang Hyang Widhi. (Anuar Bin Mat Isa, 2011). One example of the Song of Worship of God in Hinduism is the Dharmagita. Dharmagita is often also referred to as spiritual songs or Hindu divine songs. In Hindu religious practice, it cannot be separated from the Dharmagita which can arouse feelings of religiosity, shake the conscience to always remain in a pure state. (Anuar Bin Mat Isa, 2011). Prayer therapy is psychoreligious therapy with a religious approach in the form of prayers and prayer movements which aim to get closer to Allah. Prayer movements are regular movements that are performed at least five times a day. (Wulandari, 2014).

Dhikr therapy is therapy which is a medium for remembrance of Allah which aims to calm the heart and focus the mind. By reading prayers and dhikr, people will hand over all their problems to Allah, so that the burden of stress they are under will decrease. (Wulandari, 2014). Yoga has been known as the philosophy of life of the Indian people. Currently, yoga has developed into a comprehensive and comprehensive health therapy. Classical yoga techniques were developed by Patanjali through the Yoga Sutras. The term yoga comes from the words Yuj and Yoking in Sanskrit which mean harmonious union of the separated. Unification is the process of unification between body, mind and spirituality in humans (Kinasih, 2011). The term meditation (meditation) in the complete dictionary of psychology means a continuous effort in thinking activities, usually a kind of contemplation (contemplation and religious considerations) and meditation also means reflection on the relationship between the person meditating (mediator) and God. In religion, meditation means using the mind continuously to reflect on some truth, mystery, or object of religious reverence as a practice of worship (Hijriyan, 2014). This research aims to conduct a literature review regarding therapy psychoreligiousness in psychological disorders.

METHOD

This research is a Literature Review by conducting database searches through licensed sites such as Google Scholar, Ebsco, Proquest, Pubmed and Science Direct. With the keywords Psychology, Religious Therapy, and Mental Health. So in carrying out screening based on the search criteria we carried out, namely: Recent articles in the last 10 years (2011-2021), Articles that have abstracts, Articles according to the topic (Mental Status Assessment), Sources of articles are clear and indexed.



RESULTS

Table 1.
Analysis of article

Author	Title	Method and Sample	Instrument	Results
Zamaniyan, et al / Iran / 2016	Effectiveness of Spiritual Group Therapy on Quality of Life and Spiritual Well-Being among Patients with Breast Cancer	This research was conducted between March and June 2011. The research sample consisted of 24 participants taken randomly and divided into 2 groups: experimental group (n=12) and control group (n=12). All subjects filled out questionnaires about quality of life and spirituality at pretest and posttest. The experimental group received 12 sessions of spiritual group therapy.	In this study, questionnaires on quality of life and spiritual well-being were used	The results showed improved quality of life and spiritual well-being in the experimental group. In conclusion, spiritual group therapy can be used to improve the quality of life and spiritual well-being (religious health and existential health) among breast cancer patients.
Hosseini, Seyed, et al / Iran / 2017	Comparison of the Effects of Religious Cognitive Behavioral Therapy (RCBT), Cognitive Behavioral Therapy (CBT), and Sertraline on Depression and Anxiety in Patients after Coronary Artery Bypass Graft Surgery: Study Protocol for a Randomized Controlled Trial	✓ randomized controlled trial with parallel groups. A total of 160 patients ✓ Hospital Anxiety Depression Scale (HADS) with a score ≥ 8 . To assess religious attitudes, Golriz and Baraheni's Religious Attitude questionnaire will be used. The sample consisted of 40 people	✓ Hospital Anxiety Depression Scale (HADS) scores (≥ 8) ✓ Golriz and Baraheni's Religious Attitude questionnaire ✓ enzyme-linked immunosorbent assay (ELISA)	Although recent evidence suggests that pharmacological and nonpharmacological therapies are effective in treating anxiety and depression in patients with medical illnesses, few controlled clinical trials have evaluated the effects of religious CBT (RCBT) in CABG patients. In conclusion, the results of the current study will reduce symptoms of anxiety and depression. In addition, it improves the quality of life in this group of patients.
Yoichi Chida, et al	A Novel Religious/Spiritual Group Psychotherapy Reduces Depressive Symptoms in a Randomized Clinical Trial (2016)	This study used a two-group (intervention vs. usual care with delayed treatment) with three times (assessment at pre-intervention, post-intervention, and 3 months after intervention) experimental design and a sample of 118 Japanese mental disorder outpatients.	Their mental status was assessed at pre-intervention, post-intervention, and 3-month follow-up using the Japanese version of the Center for Epidemiological Studies Depression Scale (CES-D), which has been validated previously.	The treatment group (n = 58) took part in five 90-minute sessions at one-week intervals, while the control group (n = 60) received standard care including medication. Depressive symptoms were assessed before the intervention, 5 weeks after the intervention, and at 3-month follow-up. Compared with the control group, the treatment group

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				showed a significant reduction in depressive symptoms both at post-intervention and at 3-month follow-up. In conclusion, group psychotherapy may be beneficial in treating depressive symptoms
Peselow, Eric Pi, Sarah Lopez, Enrique Besada, Andre Ishak, Waguih William (2014)	<i>The Impact of Spirituality Before and After Treatment of Major Depressive Disorder</i>	This research uses the clinical interview method structured for DSM-IV, and treated with selective serotonin reuptake inhibitor for eight weeks. 84 patients	Rating scale used: ✓ Montgometry Asberg Depression Hope Scale ✓ Beck Dysfunctional Attitudes Scale Spiritual Orientation Scale towards Life	The results of this study showed that there was a significant negative correlation between MADRAS change scores and SOL scores ($r = -0.41$, $p < 0.0001$); the BHS change score and SOL score ($r = -0.447$, $p < 0.0001$); and DAS change score and SOL score ($r = -0.392$, $p < 0.0001$). Lower SOL scores indicate higher levels of spirituality, which correlates with higher change scores

DISCUSSION

Psychologic disorders and mental disorders are common things that are often experienced by everyone in life. Various therapies were studied and tested whether they were effective or not in overcoming mental disorders which became a trend and issue for the next few years, in research by Zamaniyan et al in Iran in 2016. with the aim of assessing the quality of life and spiritual well-being of breast cancer patients after being given group spiritual therapy. The 24 research respondents were divided into 2 groups, the intervention group and the control group. After 12 sessions of group spiritual therapy meetings, the intervention group had higher quality of life and spiritual well-being scores compared to the control group who were not given group spiritual therapy intervention.

There are many studies that have been developed and tested by researchers using various research methods that are predicted to be in accordance with what is needed, in the research carried out. conducted in Japan in 2016 to examine the effect of Happy Science doctrine-based group psychotherapy on depressive symptoms in 118 outpatients with mental disorders in Japan. The treatment group ($n = 58$) took part in five 90-minute sessions at one-week intervals, while the control group ($n = 60$) received standard care including medication. Their mental status was assessed at pre-intervention, post-intervention, and 3-month follow-up using the Japanese version of the Center for Epidemiological Studies Depression Scale (CES-D), which has been validated previously. Depressive symptoms were assessed before the intervention, 5 weeks after the intervention, and at 3 month follow-up. Compared with the control group, the treatment group showed a significant reduction in depressive symptoms both at post-intervention and at 3-month follow-up. In conclusion, group psychotherapy may be beneficial in treating depressive symptoms.

Apart from comparing spiritual psychological interventions, there is a study that compares the effects before and after administering psychoreligious therapy, which of course is strong evidence of how this psychoreligious therapy can be used and applied directly. This research was conducted by Peselow, Eric Pi, Sarah Lopez, Enrique Besada, Andr   Ishak, Waguih William. 2014. The Impact of Spirituality Before and After Treatment of Major Depressive Disorder, carried out in New York with the aim of knowing the effect before and after psychospiritual therapy on patients with depressive disorders. The method used is Structured Clinical Interview for DSM-IV, and treated with a selective serotonin reuptake inhibitor for eight weeks. 84 patients, the results showed that there was a significant negative correlation between the MADRAS change score and the SOL score ($r = -0.41$, $p < 0.0001$); the BHS change score and SOL score ($r = -0.447$, $p < 0.0001$); and DAS change score and SOL score ($r = -0.392$, $p < 0.0001$). Lower SOL scores indicate higher levels of spirituality, which correlates with higher change scores

Based on the explanation of several studies above, providing a cheap therapy that does not require a lot of people or money but can be effectively done by anyone and at any time in various situations and a person's beliefs, a more specific and commonly used therapy in every institution provides an overview of effective therapy. and specifically Hosseini et al's research in Iran in 2017 with the aim of comparison Religious Cognitive Behavioral Therapy (RCBT), Cognitive Behavioral Therapy (CBT), and Sertraline on the level of depression and anxiety in patients after Coronary Artery Bypass Graft Surgery. Researchers divided respondents into 4 groups; control group, RCBT intervention group, CBT intervention group, and Sertraline intervention group. After 12 therapy sessions, it was found that Religious Cognitive Behavioral Therapy (RCBT) was more effective for patients after Coronary Artery Bypass Graft surgery, as assessed by reduced levels of depression and anxiety.

Based on several articles discussed in articles 1 and 2, they have the same research path where a study was carried out with the aim of comparing 2 groups with different treatments, where there was a control group and an intervention group. These two studies show that in the psychoreligious therapy intervention group both showed a reduction in depressive symptoms experienced by patients, so these two studies show that this therapy is an effective therapy and is very helpful in reducing depressive symptoms. Apart from the group comparisons discussed above, another study in the 3rd article conducted a study on the same topic related to spiritual psychology, but which was different in that this study used pre and post spiritual psychology intervention research methods to see the effect of therapy on patients who experienced the technique. interview Structured Clinical Interview for DSM-IV of 84 patients. The results of this study show that there is an effect of providing therapy on reducing depression that patients experience and this provides a more concrete and clear explanation regarding the use of psychological therapy.

Based on several sources obtained, this psychological therapy has various forms of therapy, one of which is a form of therapy based on research in the 4th article where therapy is provided using a form of Religious CBT which is packaged in such a way. into 4 groups; control group, RCBT intervention group, CBT intervention group, Sertraline. The results of this study indicate that Religious Cognitive Behavioral Therapy (RCBT) is more effective in reducing levels of depression and anxiety. After reviewing the 4 articles above, it can be proven that it is true that the use of psychoreligious therapy can be used and is effective in overcoming depression and anxiety disorders experienced by patients due to various problems and influencing factors. These studies have been highly tested and have been applied directly to

patients so that they can be considered as interventions that can be applied and studied further in relation to the world of nursing.

CONCLUSION

Indonesia is a country with an average population that still adheres closely to the teachings of its religion. Then based on this, in the process of treating or healing someone from illness, whether the religious values that are believed in, as well as religious teachings can bring about a faster recovery process from illness or not. The rise of therapy which can be used as a treatment for various diseases outside of pharmacological therapy from doctors is one of the reasons the author is looking for articles related to non-pharmacological therapy. One of the non-pharmacological therapies is related to religious therapy. There is a goal of implementing psychoreligious therapy according to Setyoadi and Kushariyadi (2011) who said the first goal is to reduce the length of treatment time for clients with psychological disorders, strengthen the client's mentality and self-concept, clients with psychological disorders originate from wrong perceptions regarding themselves, other people and their environment. With therapy with spiritual therapy, the client's perception of himself, other people and the environment will be restored. After reviewing the 4 articles above, it can be proven that it is true that the use of psychoreligious therapy can be used and is effective in overcoming depression and anxiety disorders experienced by patients due to various problems and influencing factors. These studies have been highly tested and have been applied directly to patients so that they can be considered as interventions that can be applied and studied further in relation to the world of nursing.

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