

SPIRITUALITAS DAN LUARAN KESEHATAN MULTIDIMENSIONAL PADA LANSIA DENGAN HIPERTENSI: TINJAUAN SISTEMATIS DAN KERANGKA BIOPSIKOSPIRITUAL

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Article Info	ABSTRAK
<p>Article History: Received 16/02/2026. Revised - Accepted 10/03/2026.</p> <hr/> <p>Keywords: Adaptasi penyakit kronis Hipertensi Keperawatan holistik Kerangka biopsikospiritual Spiritualitas</p>	<p>Penelitian ini bertujuan untuk mensintesis secara sistematis bukti mengenai hubungan antara spiritualitas dan luaran kesehatan multidimensional pada lansia dengan hipertensi serta mengembangkan kerangka biopsikospiritual yang relevan bagi praktik keperawatan holistik. Pencarian literatur dilakukan pada lima basis data internasional, yaitu Scopus, Web of Science, PubMed, Europe PMC, dan OpenAlex tanpa pembatasan tahun publikasi. Sebanyak 729 artikel teridentifikasi pada tahap awal, dan setelah penghapusan duplikasi serta penyaringan bertahap, 10 studi memenuhi kriteria inklusi dan kualitas studi dinilai menggunakan instrumen penilaian kritis Joanna Briggs Institute. Sintesis naratif menunjukkan bahwa spiritualitas dikonseptualisasikan dalam berbagai bentuk, termasuk partisipasi keagamaan, praktik privat, kesejahteraan spiritual, dan coping spiritual. Bukti yang tersedia menunjukkan konsistensi pada luaran psikologis, terutama dalam menurunkan distress emosional dan meningkatkan kepuasan hidup, serta pada perilaku kesehatan seperti kepatuhan pengobatan dan modifikasi gaya hidup. Hubungan dengan luaran fisik, termasuk tekanan darah dan hipertensi, ditemukan kurang konsisten dan cenderung dimediasi secara tidak langsung oleh mekanisme psikososial dan perilaku. Secara keseluruhan, spiritualitas berhubungan dengan peningkatan adaptasi terhadap penyakit kronis melalui regulasi emosi dan perubahan perilaku, sehingga mendukung integrasi dimensi spiritual dalam intervensi keperawatan holistik berbasis bukti pada lansia dengan hipertensi.</p> <p>ABSTRACT</p> <p><i>This study sought to systematically synthesize evidence on the relationship between spirituality and multidimensional health outcomes in older adults with hypertension and to develop a biopsychospiritual framework relevant to holistic nursing practice. A comprehensive search was undertaken across five international databases, including Scopus, Web of Science, PubMed, Europe PMC, and OpenAlex, without restriction by publication year. A total of 729 records were identified at the initial stage, and following duplicate removal and multi-stage screening, 10 studies met the inclusion criteria. The methodological quality of included studies was assessed using Joanna Briggs Institute critical appraisal tools. Narrative synthesis indicated that spirituality was conceptualized in diverse forms, including religious participation, private devotional practice, spiritual well-being, and spiritual coping. Evidence</i></p>

demonstrated consistent associations with psychological outcomes, particularly reductions in emotional distress and improvements in life satisfaction, as well as with health-related behaviors such as medication adherence and lifestyle modification. Associations with physical outcomes, including blood pressure and hypertension, were less consistent and were largely mediated through psychosocial and behavioral mechanisms. Overall, spirituality was associated with improved adaptation to chronic illness primarily through emotional and behavioral regulation, supporting its integration into evidence-informed holistic nursing interventions for older adults living with hypertension.

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