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Putro, D. U. H., Handayani, B., & Wahyuningsih, S.A. (2024). *Nurse and Health: Jurnal Keperawatan*. 13 (1): 1-57
<http://ejournal-kertacendekia.id/index.php/nhjk/index>

Review Article: Systematic Review, Meta-Analysis, Integrative Review, Scoping Review

LOGOTHERAPY ON QUALITY OF LIFE IN CHRONIC KIDNEY DISEASE PATIENTS UNDERGOING HEMODIALYSIS: A LITERATURE REVIEW

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Article Info:

Received: March, 18th, 2024

Revised: May, 2nd, 2024

Accepted: May, 14th, 2024

DOI:

<https://doi.org/10.36720/nhjk.v13i1.643>

Abstract

Background: Chronic kidney disease is a chronic disease that causes death rates to always increase. Chronic kidney disease patients require hemodialysis therapy. Hemodialysis therapy will have an impact on the quality of life of chronic kidney disease patients.

Objective: This literature review aims to identify the effect of logotherapy on the quality of life of chronic kidney disease patients undergoing hemodialysis.

Design: This research design is a literature review.

Data Sources: Search for articles using three journal databases, namely Google Scholar, PubMed, and Science Direct.

Review Methods: Used PRISMA flow diagram to find a total of 6 articles that met the inclusion criteria reviewed.

Results: Keywords in English "Chronic Kidney Disease Patient AND Logotherapy AND Quality Of Life AND Hemodialysis ". Key words in Indonesian "Gagal Ginjal Kronik AND Logoterapi AND Kualitas Hidup AND Hemodialisis". Inclusion criteria include full text articles from 2015-2024 in Indonesian or English published from national or international journals. Article types are quasi-experimental, semi-experimental and case studies. Six articles met the inclusion criteria. Logotherapy is useful for gaining behavioral values such as accepting with full fortitude, patience, courage to face forms of suffering, and giving the spirit to make life meaningful

Conclusion: Logotherapy is a type of psychotherapy to improve the quality of life through discovering and achieving the meaning of life. Logotherapy It is useful for gaining behavioral values such as accepting with full fortitude, patience, courage to face forms of suffering, and giving the spirit to make life meaningful.

Keywords: *Chronic Kidney Disease, Hemodialysis, Logotherapy, Quality of Life*

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E-ISSN

2623-2448

P-ISSN

2088-9909

INTRODUCTION

Chronic kidney disease is a condition where the kidneys cannot perform their function properly, so that the kidneys cannot carry out metabolic processes which causes progressive and irreversible damage for more than 3 months (Omega et al., 2023). Chronic kidney disease is a chronic disease that causes mortality rates to always increase (Nayana et al., 2017).

Data in 2021 states that cases of death due to chronic kidney disease are 843.6 million and are expected to increase by 41.5% in 2040. (World Health Organization, 2021). Report from 13th *Report of the Indonesian Renal Registry* in 2020, the number of patients diagnosed with chronic kidney disease was 61.786 cases (Perhimpunan Nefrologi Indonesia, 2023). Data from Riset Kesehatan Dasar in 2018 stated that cases of chronic kidney disease in Indonesia reached 499.800 people. West Java Province is one of the regions with the highest number of chronic kidney disease cases, namely 33.828 people (5.3%) (Kementrian Kesehatan Republik Indonesia, 2018).

Chronic kidney disease is a pathological process resulting from kidney damage over a period of more than 3 months and causes a glomerular filtration rate of less than 60 mL/minute/1.73 m² (Widiani, 2020). Another cause of chronic kidney disease is an unhealthy lifestyle such as not drinking enough water and an unhealthy lifestyle such as consuming alcohol, smoking and lack of physical activity (Fitria & Blandina, 2023).

One therapy for chronic kidney disease patients is hemodialysis. Hemodialysis is a therapy for the kidneys in patients with acute or chronic kidney dysfunction. The frequency of hemodialysis varies depending on the amount of remaining kidney function, the average patient undergoing hemodialysis is 2-3x/week and the duration of administration is between 3-5 hours in one therapy (Adha et al., 2021). Hemodialysis is very helpful in removing substances that the body does not need and

correcting fluid balance disorders in patients with chronic kidney disease (Srianti et al., 2021).

Reports from the United States show that there are more than 786,000 people living with chronic kidney disease and 71% are on dialysis and 29% are living with a kidney transplant (Centers for Disease Control and Prevention, 2021). The majority of chronic kidney disease patients undergoing hemodialysis are aged 45-54 years and 55-64 years (Perhimpunan Nefrologi Indonesia, 2023).

Patients undergoing hemodialysis will have an impact on their quality of life. Hemodialysis can affect the perception that he will not recover, so that it will worsen the condition he is experiencing (Kumiawan et al., 2019). Quality of life is an individual's perception of his life in the context of goals, hopes, standards and problems (Manuhutu, 2021).

The quality of life of chronic kidney disease patients can refer to the quality of treatment because it includes processes such as physical, psychological and social processes that the patient wants to achieve (Syahputra et al., 2022). Collecting data on the quality of life of chronic kidney failure patients will help patients understand their disease and is a strength of treatment (Tannor et al., 2019).

Patients with chronic kidney failure experience changes in daily life due to treatment and dependence on dialysis devices. The physical and mental symptoms that appear as well as the negative impact of dialysis therapy can significantly affect the patient's quality of life (Dąbrowska-Bender et al., 2018). The patient's quality of life depends on various factors, namely age, gender, level of education, knowledge, comorbidities, length of suffering, depression, stress, anxiety, family support, and self-esteem (Irawan et al., 2021).

Logotherapy is a therapy to invite individuals to find and give a more meaningful meaning to life. The three main principles in logotherapy are that life must have meaning in

any situation, even in times of difficulty, sadness and suffering. Second is every individual has unlimited freedom for the meaning of his life. Third, every individual is believed to have the ability to take an independent attitude towards events that are unfavorable to him (Widowati et al., 2018). Logotherapy is able to improve the standard of life because the focus is on discovering and achieving the meaning of life (Srilestari et al., 2021).

This literature review aims to identify the effect of logotherapy on the quality of life of chronic kidney disease patients undergoing hemodialysis.

METHODS

Design

This research was conducted using the literature review. The article selected are research article that discuss logotherapy on quality of life in chronic kidney disease patients undergoing hemodialysis.

Search Methods

Article searches were carried out using PICO with the keywords in English " Chronic Kidney Disease Patient AND Logotherapy AND Quality Of Life AND Hemodialysis ". Key words in Indonesian "Gagal Ginjal Kronik AND Logoterapi AND Kualitas Hidup AND Hemodialisis".

The inclusion criteria in this study were articles published between 2015-2024, articles in Indonesian and English, full text. Articles that are in accordance with the objectives to be achieved (screened from title, abstract and full text) contain therapy logos on the quality of life of chronic kidney disease patients undergoing hemodialysis using semi-experimental, quasi-experimental and case study research designs.

The exclusion criteria in this study were all forms of articles with a review design, articles with interventions that were less focused on the logo of therapy on the quality of life of chronic kidney disease patients undergoing hemodialysis.

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Search Outcome

The researcher obtained 6 articles that matched the keywords. Assessment based on eligibility against inclusion and exclusion criteria resulted in 6 articles that met and could be used in the literature review. The results of this study are reported in accordance with the Preferred Reporting Items for Systematic Reviews and Meta-Analyses Statement (PRISMA):

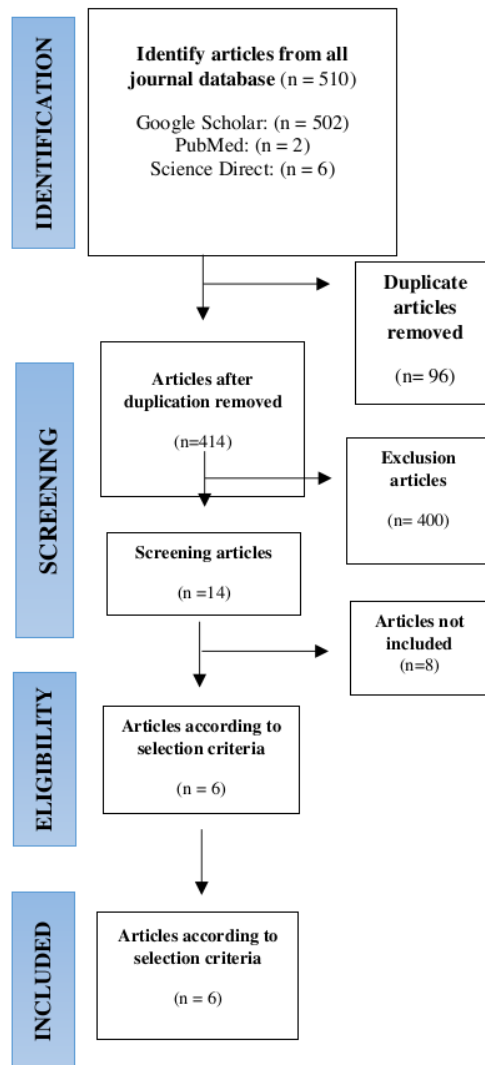


Figure 1. PRISMA Diagram

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Quality Appraisal

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Researchers analyze every incoming literature that meets the criteria. Data were analyzed by summarizing the main results selected to obtain topics and subtopics. After that, the researcher combined the data analysis and analyzed it to find subthemes. To achieve the aim of this literature review, the literature regarding logotherapy on the quality of life of chronic renal disease patients undergoing hemodialysis was thoroughly reviewed. Using the PRISMA technique, researchers selected 10 articles to review.

Data Abstraction

A literature search found 510 articles, of which 96 articles were duplicates, leaving 414 articles. A total of 414 articles were then screened and from the screening results, 400 articles were excluded because there were no full text articles available (not fully accessible), the type of article did not meet the criteria (RCT, quasi-experiment, pre-experiment, and case study) and the results of the screening The remaining ones are 14 articles. The remaining articles were then selected according to the criteria, namely those that discuss clearly and specifically about logotherapy on quality of life in chronic kidney disease patients undergoing hemodialysis namely 6 articles, which were then carried out by a literature review.

1 Data Analysis/ Synthesis

In this research, the authors analyzed articles by assessing and reading articles thoroughly by analyzing from the title, abstract, methods, how to collect data and the results obtained from each article then associated with the research topic to be discussed. In this research there were 6 articles that met the criteria of the 6 articles, data analysis was carried out that data were obtained in accordance with the research topic.

RESULTS

The results of the literature search found 6 articles that met the inclusion criteria.

Four articles are quasi-experimental, 1 article is semi-experimental, and 1 article is a case study. All articles were published in 2015-2024 (Table 1).

Definition Logotherapy

Logotherapy is a type of psychotherapy that was first developed by Viktor Emir Frankl in 1938 while surviving in a Nazi camp. This therapy is based on personal experience and is not only applied to himself, but is given in secret to prisoners who are depressed and have suicidal thoughts (Ahmad & Subandi, 2022). Logotherapy uses the five ways of finding meaning technique which was then adapted to Indonesian culture by Bastaman in 2007 (Wafa & Sosialita, 2023).

Benefits of Logotherapy

Logotherapy is a therapy to invite individuals to find and give a more meaningful meaning to life. The three main principles in logotherapy are that life must have meaning in any situation, even in times of difficulty, sadness and suffering. Second, every individual has unlimited freedom for the meaning of his life. Third, every individual is believed to have the ability to take an independent attitude towards events that are unfavorable to him (Widowati et al., 2018). Logotherapy is able to improve the standard of life because the focus is on discovering and achieving the meaning of life (Srilestari et al., 2021).

Therapeutic Processes

Logotherapy is carried out in 2 sessions/week with each session lasting 30 minutes (Shraah et al., 2023). Medical ministry logotherapy is carried out by researchers with an average meeting length of 45-60 minutes for each session with a minimum distance of 2 days per meeting (Handayani & Wahyudi, 2019). The material discussed in the implementation of logotherapy is an introduction to logotherapy, the meaning of freedom, acceptance, responsibility, searching for the purpose of life, discussing life and death,

Table 1. Results of literature study

No.	Researcher, Year, and Country	Methods (Design, Samples, and Instruments)	Implementation of Intervention	Results
1.	<p>11 Astiningsih et al (2017)</p> <p>Perbedaan Pengaruh Cognitive Therapy (CT) dan Logotherapy Terhadap Depresi Pada Pasien Dengan Hemodialisis Di RS Wawa Husada Kepanjen</p> <p>Indonesia</p>	<p>Design: Quasi-experimental with a pre-post test design</p> <p>Sample: 30 respondents (15 respondents in the Cognitive therapy group and 15 respondents in the Logotherapy group)</p> <p>Beck Depression Inventory Questionnaire</p>	<p>The implementation of cognitive therapy consists of 5 sessions with a duration of 30-45 minutes for each session, while logotherapy consists of 4 sessions with a duration of 30-45 minutes for each session. This study did not explain how many days it took to carry out this therapy.</p>	<p>24</p> <p>Logotherapy is more effective in reducing depression in patients undergoing hemodialysis than cognitive therapy.</p>
2.	<p>6 Ausrianti (2020)</p> <p>Efektifitas Logoterapi Medical Ministry Terhadap Motivasi Pasien Hemodialisa dengan Harga Diri Rendah Di Rumah Sakit Di Kota Padang</p> <p>Indonesia</p>	<p>1 Design: Quasi-experimental with a pre-post control group design</p> <p>Sample: 86 respondents (each group totaling 43 respondents)</p> <p>Instrument: Treatment Motivation Questionnaire (TMQ)</p>	<p>2</p> <p>Medical ministry logotherapy through 4 implementation sessions within 2 weeks consisting of session 1 identifying the cause of the problem, session 2 identifying the patient's reaction and response to the problem, session 3 namely medical ministry techniques. Session 4 is evaluation. The duration of logotherapy is not explained in this study</p>	<p>Medical ministry logotherapy was very effective on the motivation of hemodialysis patients with low self-esteem in the intervention group with p value = 0.000, whereas in the control group medical ministry logotherapy was not effective on motivation with p value = 0.171.</p>
3.	<p>Handayani & Wahyudi (2019)</p> <p>Logoterapi Medical Ministry Untuk Mengatasi Depresi</p>	<p>Design: Case study</p> <p>Sample: 3 respondents</p> <p>Instruments: Not</p>	<p>Medical ministry logotherapy is carried out by researchers with an average meeting length of 45-60 minutes for each</p>	<p>Medical ministry logotherapy in all three cases is that there is a decrease in the level of depression from moderate to mild,</p>

No.	Researcher, Year, and Country	Methods (Design, Samples, and Instruments)	Implementation of Intervention	Results
6	Klien Gagal Ginjal Kronik Yang Menjalani Hemodialisa: Sebuah Studi Kasus Indonesia	explained in this study	session with a minimum interval of 2 days between each meeting.	the client is more patient, and realizes the best behavior that must be done to overcome his health problems.
4.	Handayani et al (2017) Penurunan Tingkat Depresi Klien Gagal Ginjal Kronik Yang Menjalani Hemodialisa Dengan Logoterapi Medical Ministry Dan Terapi Komitmen Penerimaan Indonesia	Design: Quasi pre-post experiment with control group Sample: 28 respondents (28 respondents in the intervention group and 28 respondents in the control group) Instrument: Beck Depression Inventory (BDI) II questionnaire	Control group: only intervention was carried out with medical ministry logotherapy which consisted of 4 sessions and the intervention was carried out 4 times in each session and the duration of the intervention was 30-45 minutes. The implementation is carried out in collaboration with a team of psychiatric nursing specialists who have gone through an internet test to equalize perceptions. Intervention group: requires 4 meetings for medical ministry logotherapy and acceptance commitment therapy (TKP) which is carried out by the researcher himself with a meeting length of 45-60 minutes for each session with a minimum distance of	Medical ministry logotherapy and acceptance commitment therapy have an effect on reducing the level of depression in clients with chronic kidney disease (p value = 0.000).

No.	Researcher, Year, and Country	Methods (Design, Samples, and Instruments)	Implementation of Intervention	Results
			2 days per meeting.	
5.	Mehrizi et al (2022) The Impact of Logo-Therapy On Disease acceptance and self-awareness of patients undergoing hemodialysis: a pre-test-post-test research Iran	Design: Quasi pre-post experiment with control group Sample: 80 respondents Instruments: 4-mographic questionnaire, The Acceptance of Illness Scale (AIS), and the Self-Awareness Outcomes Questionnaire (SAOQ).	Logotherapy was carried out by researchers with an average meeting length of 45-60 minutes for each session and was carried out 3 times/week. The material discussed in this intervention is an introduction to logotherapy, the meaning of freedom, acceptance, responsibility, searching for the purpose of life, discussing life and death, overcoming despair, and people's attitudes and feelings in life.	There was a significant difference between the intervention and control groups in terms of self-awareness, indicating that logotherapy can increase the self-awareness of patients undergoing hemodialysis.
6.	Shraah et al (2023) 15 The Effectiveness of Counseling and Logo-therapy on Reducing the Psychological Depression among a Sample Kidney Patients Jordan	Design: semi-experimental pre-post with control group Sample: 30 respondents (15 experimental group respondents and 15 control group respondents) Instrument: Beck Depression Inventory (BDI)	This intervention was implemented in 2 sessions/week with each session lasting 30 minutes. This study did not explain how many days it took to carry out this therapy.	Counseling and logo-therapy have effectiveness and impact in reducing the level of psychological depression in chronic kidney disease patients.

overcoming despair, as well as people's attitudes and feelings in life (Mehrizi et al., 2022).

Therapeutic Outcomes

Logotherapy can provide motivation for hemodialysis patients with low self-esteem (Ausrianti, 2020). Logotherapy significantly reduce depression and improve the quality of life in patients with chronic kidney disease (Agustiningsih et al., 2017). Medical ministry logotherapy had a significant effect on reducing the level of depression in chronic kidney disease patients undergoing hemodialysis (Handayani et al., 2017).

DISCUSSION

Chronic kidney disease is a condition where the kidneys cannot perform their function properly, so that the kidneys cannot carry out metabolic processes which causes progressive and irreversible damage for more than 3 months (Omega et al., 2023). Chronic kidney disease is a chronic disease that causes mortality rates to always increase (Nayana et al., 2017).

Therapy for chronic kidney disease patients is hemodialysis. Hemodialysis is a therapy for the kidneys in patients with acute or chronic kidney dysfunction. The frequency of hemodialysis varies depending on the amount of remaining kidney function, the average patient undergoing hemodialysis is 2-3x/week and the duration of administration is between 3-5 hours in one therapy (Adha et al., 2021). Hemodialysis is very helpful in removing substances that the body does not need and correcting fluid balance disorders in patients with chronic kidney disease (Srianti et al., 2021).

Patients undergoing hemodialysis will have an impact on their quality of life. Hemodialysis can affect the perception that he will not recover, so that it will worsen the condition he is experiencing (Kurniawan et al., 2019). Quality of life is an individual's perception of his life in the context of goals,

hopes, standards and problems (Manuhutu, 2021). The quality of life of chronic kidney disease patients can refer to the quality of treatment because it includes processes such as physical, psychological and social processes that the patient wants to achieve (Syahputra et al., 2022). The patient's quality of life depends on various factors, namely age, gender, level of education, knowledge, comorbidities, length of suffering, depression, stress, anxiety, family support, and self-esteem (Irawan et al., 2021).

Nursing action plans can be carried out by nurses starting with generalist to specialist nursing interventions aimed at individuals, families and groups (Stuart, 2016). Nursing intervention that can be carried out in patients with chronic kidney disease to improve their quality of life is logotherapy (Ausrianti, 2020; Handayani & Wahyudi, 2019; Mehrizi et al., 2022).

Research Ausrianti (2020) revealed that logotherapy can provide motivation for hemodialysis patients with low self-esteem. Research by Agustiningsih et al (2017) stated that logotherapy can significantly reduce depression and improve the quality of life in patients with chronic kidney disease. Another study by Handayani et al (2017) revealed that medical ministry logotherapy had a significant effect on reducing the level of depression in chronic kidney disease patients undergoing hemodialysis.

Logotherapy is useful for gaining behavioral values such as accepting with full fortitude, patience, courage to face forms of suffering, and providing enthusiasm for life to be meaningful (Ausrianti, 2020). Logotherapy can also make someone stop worrying about negative thoughts (Ravari et al., 2021).

The ability to interpret events in life is a part that greatly influences a person's life. Individuals who are unable to interpret the illness they are experiencing will feel that the illness they are experiencing has resulted in their life being meaningless, feeling useless and unmotivated to try to recover from their illness. Individuals who experience illness must of

course have the goal of recovering, so that they are able to adapt to the changes that occur during illness and be more patient in dealing with their condition (Handayani et al., 2017). A person with meaning in life is considered to have awareness of the main purpose of human life and is the main motivation in getting through life's problems (Srilestari et al., 2021).

CONCLUSION

3 Logotherapy is a type of psychotherapy to improve the quality of life through discovering and achieving the meaning of life. Logotherapy It is useful for gaining behavioral values such as accepting with full fortitude, patience, courage to face forms of suffering, and giving the spirit to make life meaningful.

1 ACKNOWLEDGMENT

The researcher would like to thank the Akademi Keperawatan Pelni for their support to make this research success.

13 DECLARATION OF CONFLICTING INTEREST

The authors have no conflict of interest to declare.

FUNDING

This study received funding from Akademi Keperawatan Pelni, Jakarta, Indonesia.

AUTHOR CONTRIBUTION

Dimas Utomo Hanggoro Putro: Main authors, conceptualization, methodology, analysis, and resources.

Buntar Handayani: Generates ideas, conceptualization, formal analysis, and data curation.

Sri Atun Wahyuningsih: Validation, formal analysis, and data curation.

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Cite this article as: Putro, D. U. H., Handayani, B., & Wahyuningsih, S.A. (2024). Logotherapy on Quality of Life in Chronic Kidney Disease Patients Undergoing Hemodialysis: A Literature Review. *Nurse and Health: Jurnal Keperawatan*, 13 (1), 47-57. <https://doi.org/10.36720/nhjk.v13i1.643>

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