



THE EFFECTS OF SPIRITUALITY ON THE QUALITY OF LIFE AMONG CANCER PATIENTS ENROLLED IN THE OUT PATIENT CHEMOTHERAPY CLINIC

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ABSTRACT

Spirituality was defined as a way individuals seek and express meaning and purpose and the way they experience their connectedness to the moment. Studies showed that spiritual beliefs provided comfort to cancer patients and that different dimensions were related to the different aspects of health. The study aims to determine and correlate the effects of spirituality and the quality of life among patients enrolled in the outpatient chemotherapy clinic. An analytical cross-sectional study using a non-probability convenience sampling was done of which validated questionnaires on Spirituality and Quality of Life were the research instruments of the study. Pearson's correlation coefficient/Spearman rho computed on the relationship between the dimensions of spirituality and subscales of the quality of life among cancer patients. Chi-Square/Fisher's test was used to determine the correlation between the types and stages of cancer with the quality of life and spirituality of the respondents. A total of 105 cancer patients participated in this study. This study revealed that most of the cancer patients enrolled in the outpatient chemotherapy clinic had a mean score of 3.56 +/- 0.35 indicating a moderate to a high level of spirituality. It also showed a mean score of 5.41 +/- 0.53 indicating high QOLs. Dimensions of spirituality that were found to have a significant association with QOL domains (p-values < 0.05) were Mindfulness and Feeling of Security which were both found to have positive correlations with Emotional Well-being and Social Status. Spiritual care should be included as one of the non-pharmacological modalities in the comprehensive management and palliative care for Filipino cancer patients to improve the overall well-being, healthcare outcomes, and quality of life of patients and their families.

Keywords: Cancer Patients, Spirituality, Quality of Life