

## **The Role of Spiritual Guidance (BINROH) in Supporting the Mental Health of Burn Inpatients: A Qualitative Study at an Islamic Hospital in Jakarta**

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### **Abstract**

Burn injuries impose profound physical and psychological challenges, often leading to anxiety, depression, and diminished self-acceptance. This qualitative phenomenological study explores the role of structured spiritual guidance (BINROH) in supporting the mental health of burn inpatients at Rumah Sakit Islam Jakarta Cempaka Putih (RSIJ-CP). Twenty-two informants—including patients, family members, BINROH officers, hospital management, psychologists, medical staff, and volunteers—were recruited through purposive sampling. Data collection included in-depth interviews, direct observations, and document analysis. Analysis followed Miles and Huberman's framework: data reduction, display, and verification. Six themes emerged: (1) BINROH's presence fosters calmness and acceptance; (2) Consistent visits enhance psychospiritual support; (3) Worship facilitation (e.g., tayammum, prayer in lying position) strengthens faith; (4) Limited human resources and scheduling hinder delivery; (5) BINROH reduces anxiety, boosts optimism, and enhances cooperation with medical care; (6) Family resilience improves through BINROH support. Findings highlight BINROH's contribution to holistic care, integrating spiritual and emotional support with medical treatment. Strategic improvements—including staff expansion, scheduling consistency, and integration into hospital policy—could optimize outcomes. This study offers culturally grounded insights relevant to Islamic and non-Islamic healthcare settings worldwide.

**Keywords:** Burns, Spiritual Care, Religion and Health, Mental Health, Qualitative Research, Coping Skills

## Introduction

Burn injuries remain a major global health concern, particularly in low- and middle-income countries (WHO, 2018). In Indonesia, burns rank second among injury types, with increasing prevalence (Riskesdas, 2018). Beyond physical harm, burn patients face psychological challenges, including anxiety, depression, and impaired self-image (Gilboa, 2000; Ramsey et al., 2024). Recovery requires integrated physical, psychosocial, and spiritual care.

In Islamic hospitals, Spiritual Guidance (BINROH) serves as a structured psychospiritual intervention involving religious counseling, dhikr, and prayer facilitation. While the benefits of spiritual care in chronic illness are documented (Rababa & Al-Sabbah, 2023), evidence on its role in burn patient recovery is limited. This study fills that gap by exploring how BINROH supports the mental health of burn inpatients at RSIJ-CP, identifying service challenges, and recommending integration strategies within hospital systems.

## Methods

**Design:** Qualitative phenomenological approach to capture lived experiences.

**Participants:** Twenty-two informants: BINROH coordinator (1), hospital management (2), psychologists/clerics (3), burn inpatients (8), patient family members (4), nurses/medical staff (3), and volunteers (1). Purposive sampling ensured diversity of perspectives.

**Data Collection:** In-depth interviews (45–60 minutes) using semi-structured guides, observations during BINROH visits, and document review (SOPs, service logs).

**Ethics:** Ethical approval granted by Universitas Muhammadiyah Prof. DR. HAMKA (KIPKKFK/FK/001/01/2025); written informed consent obtained.

**Analysis:** Miles & Huberman's framework: data reduction, display, and verification. Trustworthiness ensured through triangulation (data sources, methods), member checking, and peer debriefing.

## Results

The Spiritual Guidance Service (BINROH) at RSIJ Cempaka Putih has a significant positive impact on burn patients. Patients reported feeling calmer and more at peace after visits from BINROH, particularly during critical moments such as hospital admission or prior to surgery. One patient shared:

*"When the BINROH officers came, I felt calmer. They helped me accept my condition patiently and believe that Allah has the best plan."*

Nurses also observed that patients were calmer and more prepared to undergo medical procedures after receiving spiritual guidance.

### **Code 2: Frequency of BINROH Attendance**

While BINROH services are highly valued, the frequency of officer visits was perceived as inconsistent. Patients, caregivers, and family members expressed that more regular attendance could enhance the psychospiritual impact. One patient noted:

*“Sometimes I want to be visited by BINROH, especially at night when I feel anxious. However, officers are not always present at those times.”*

Families also hoped for greater consistency, suggesting that visits occur at least twice daily to provide optimal support.

### **Code 3: BINROH Support for Patient Worship**

BINROH plays a vital role in enabling patients to fulfill religious obligations despite physical limitations. Officers guide patients in alternative worship practices, such as tayammum and prayer while lying down. One patient explained:

*“I felt unable to pray because of my physical condition. However, BINROH officers taught me how to tayammum and pray while lying down, which helped me continue my religious obligations.”*

This support offers patients significant emotional comfort and strengthens their resolve in facing physical challenges.

### **Code 4: Limited Resources and Officer Schedules**

A limited number of BINROH officers and suboptimal time management hinder the service’s reach. Patients and families agreed that having more staff would allow for broader and more consistent coverage. A family member commented:

*“If there were more BINROH officers, it would be better for all patients.”*

Hospital management’s prioritization of medical over spiritual services further limits BINROH’s presence. As one officer stated:

*“Current management prioritizes medical services, so we have to adapt to the existing situation.”*

This highlights the need for improved resource allocation to ensure optimal delivery of spiritual care.

### **Code 5: Challenges in BINROH Management**

A management approach that focuses predominantly on medical care poses challenges for integrating spiritual services. BINROH officers reported having to adjust to reduced time allocations for their duties. One officer noted:

*“Management prioritizes medical services, so we have to adapt to the existing situation. This means that spiritual services cannot always be provided optimally.”*

Addressing these challenges may require a shift in managerial priorities to better integrate spiritual care into hospital systems.

### **Code 6: The Role of BINROH in Patient Mental Health**

BINROH contributes significantly to patients’ mental well-being, offering support that fosters spiritual empowerment, reduces anxiety, and facilitates acceptance of physical conditions. One patient reflected:

*“The spiritual support I received made me more optimistic about facing recovery. I feel stronger mentally and can be more patient with the healing process.”*

The motivation provided by BINROH staff also helps patients remain focused on recovery and mitigates the psychological strain of intensive medical treatment.

BINROH support extended to families, providing coping strategies and emotional relief during patient recovery.

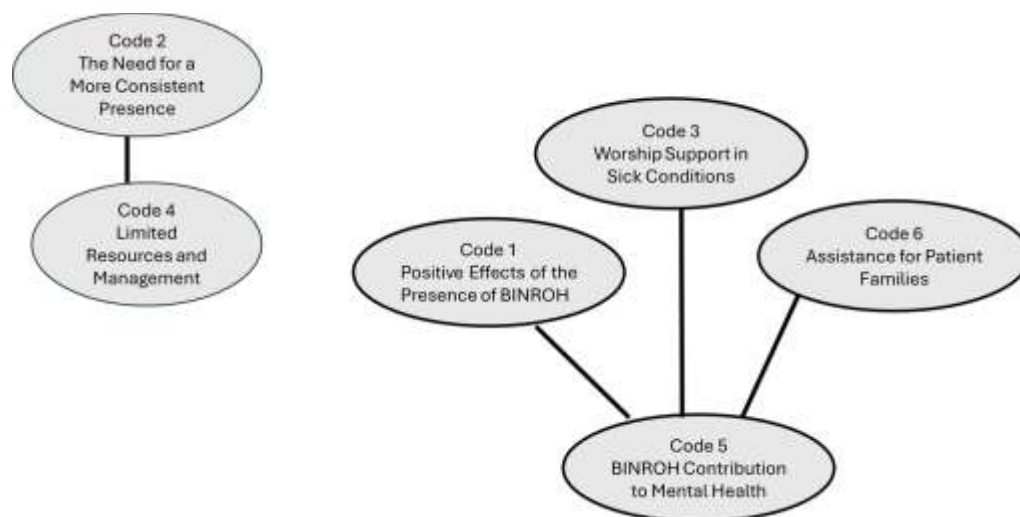


Figure 1.

Thematic map showing six major codes derived from the analysis of BINROH’s role in supporting burn inpatients’ mental health.

**Table 1. Grouping Results Based on Interview Results with Informants**

Code	Category	Data Chunks
Code 1	Positive Effects of the Presence of BINROH	Patients feel calmer when visited by BINROH
Code 2	The Need for a More Consistent Presence	Patients need more frequent BINROH visits
Code 3	Worship Support in Sick Conditions	BINROH helps patients carry out religious services such as prayer with tayammum
Code 4	Limited Resources and Management	The number of BINROH officers is considered insufficient
Code 5	BINROH Contribution to Mental Health	BINROH helps patients accept their condition more sincerely
Code 6	Assistance for Patient Families	BINROH provides emotional support to anxious patient families

Source: Research Results, 2024

## Discussion

The results of this study reveal important patterns and close relationships between categories of findings, which provide deeper insight into the role of BINROH in supporting patient mental health. A key pattern is the relationship between religious support during illness (Code 3) and BINROH's contribution to the patient's mental health (Code 5). This support not only helps patients fulfill their worship obligations but also fosters calmness and confidence. Similarly, limited resources (Code 4) are closely related to the need for more consistent attendance (Code 2), as sporadic visits reduce the continuity of psychospiritual support. Another link is between family assistance (Code 6) and patient mental health (Code 5), highlighting the indirect role of BINROH in creating a supportive environment for recovery.

## Conclusion

BINROH is a vital component of holistic burn care, addressing spiritual and mental health needs alongside medical treatment. Strengthening human resources, ensuring consistent presence, and embedding spiritual care into hospital protocols could amplify benefits for patients and families

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