

Psychospiritual Approach on Mental Health for Flood Victims: A Structured Literature

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Abstract

Coastal states in the East face annual flooding, particularly during the monsoon season, presenting considerable challenges despite residents' efforts to prepare. In 2022, Terengganu experienced devastating floods that severely impacted several districts, leading to significant loss of life and property. Victims endured not only material losses but also deep trauma and emotional distress (Harian, 2022). A critical concern arising from this disaster is the struggle for acceptance, with many victims attributing their hardships to fate or external circumstances. Such tendencies may impede their ability to cope, ultimately disrupting personal and familial harmony. This research adopts a qualitative methodology, utilizing documentary analysis and interviews to identify an effective psychospiritual approach tailored for flood victims. Data will be analyzed through content analysis with ATLAS.ti version 7.5.6 software. The findings indicate that psychospiritual therapy can empower individuals by emphasizing the interconnectedness of physical, emotional, mental, and spiritual health. This approach is consistent with the holistic goals set forth by the National Philosophy of Education in 1987, which aims to support the well-being of both individuals and communities.

Keywords: Psychospiritual, Mental Health, Flood Victims

Introduction

The flood disaster that struck Terengganu in 2022 resulted not only in property destruction and loss of lives but also left the flood victims grappling with lingering trauma due to the unprecedented and unforeseen nature of the disaster. As this annual disaster phenomenon persists, the involved parties must orchestrate comprehensive post flood management (Irwan et al., 2016). However, attention must also be directed towards the psychological, emotional, and resilience repercussions on flood victims. Studies indicate that female flood victims consistently experience feelings of stress, anxiety, and fear (Norizan, 2016). Furthermore, mental responses observed in female flood victims often include disrupted thoughts,

reflecting worries about the future and a sense of aimlessness and purposelessness in life post-flood. This aligns with the findings of the Division of Mental Health (2008), which enumerates mental responses experienced by disaster victims, including disturbed thoughts, depression, trauma, sleep disturbances, heightened anxiety, and a proclivity to easily lose hope. This substantial decrease in the resilience of flood victims leads some to contemplate giving up on returning to normal life. Therefore, human resilience needs to be restored, especially from a spiritual perspective, through the application of Islamic psychospiritual elements, which are essential for cultivating a peaceful and serene well-being in life (Yahya, 2021)

Material and Methods

Important procedures from the systematic review approach were used in this study to collect a sizable number of pertinent material. After choosing keywords, similar terms were found by scanning dictionaries, thesauri, encyclopedias, and previous research. After identifying all pertinent terms, search strings for the Scopus and Education Resources Information Center (ERIC) databases were developed (see Table 1). In conducting our systematic literature review, we utilized both Scopus and Education Resources Information Center (ERIC) databases due to their recognized importance and power in academic research.

The questions are as follows below:

1. How do psychospiritual interventions affect the mental health outcomes of flood victims?
2. What psychosocial factors mediate the relationship between psychospiritual beliefs and mental health in flood-affected populations?

Screening

Screening of Papers for Inclusion and ExclusionThe search was conducted in Scopus and Education Resources Information Center. These libraries were selected due to their better results during the pilot test and most publications related to computers and education. Originally, studies were found 244 in Scopus and 787 in Education Resources Information Center (ERIC) without any parameter being selected. Studies were then selected based on inclusion and exclusion criteria. Inclusion criteria focused on articles directly addressing the use published in academic journals from 2020 to 2024. Conference papers, editorials and grey literature were also excluded to ensure the academic rigor of the review. The inclusion and exclusion criteria are listed in Table 1.

Table 1

The Search String

Scopus	TITLE-ABS-KEY (psycho AND spiritual AND mental AND health OR (approach* OR advances*)) AND (LIMIT-TO (PUBYEAR , 2020) OR LIMIT-TO (PUBYEAR , 2021) OR LIMIT-TO (PUBYEAR , 2022) OR LIMIT-TO (PUBYEAR , 2023) OR LIMIT-TO (PUBYEAR , 2024)) AND (LIMIT-TO (EXACTKEYWORD , "Article")) AND (LIMIT-TO (DOCTYPE , "ar")) AND (LIMIT-TO (LANGUAGE , "English"))
	Date of Access: November 2024
ERIC	(psycho AND spiritual AND mental AND health OR (approach* OR advances*))
	Date of Access: November 2024

Distribution by Database

In total, 244 documents were excluded from consideration, which included conference papers, proceedings, dissertations, book chapters, editorials, magazines, reports, published prior to 2020. Following the removal of non-English studies and duplicates, the study sample decreased to 42 articles. The selection process occurred in two phases. Initially, titles and abstracts were reviewed, excluding studies unrelated to psychospiritual approaches practices. After this filtering and the elimination of duplicates, the sample was narrowed down to 202 articles. In the second phase, the introduction, methodology, and conclusion sections of the articles selected in the first phase were analyzed.

Table 2

The Selection Criterion is Searching

Criterion	Inclusion	Exclusion
Time line	2020 – 2024	< 2020
Literature type	Journal (Article)	Conference, Book, Review
Publication Stage	Final	In Press
Language	English	Non-English
Subject	psychology	psychology

Data Abstraction and Analysis

N o	Authors	Title	Journal	SCOPUS	ERIC
1.	Berghmans, Claude	The impact of spirituality-based therapeutic approaches in the field of anxiety treatment in mental health: An exploratory review of the literature of randomized controlled trials	Annales Medico-Psychologiques	\	
2.	Bovero, Opezzo, Marta Tesio, Valentina	Relationship between demoralization and quality of life in end-of-life cancer patients	Psycho-Oncology	\	
3.	Giulietti, Maria Velia Fabbietti, Paolo (Spatuzzi, Roberta Vespa, Anna	Effects of Mindfulness Based Interventions in Adults and Older Adults Caregivers of Patients with Early Stage Alzheimer's Disease: A Randomized Pilot Study	Journal of Alzheimer's Disease	\	
4.	Al-Nuaimi, Saleem Khaldoon Qoronfleh, M. Walid	Adaptation and Innovation in Spiritual-Psychosocial Support of Displaced Muslim Refugees	Pastoral Psychology	\	
5.	Quaglietti, Susan	Creating a Hope Narrative for Veterans in Recovery Using Photography and Written Expression	Journal of Creativity in Mental Health	\	
6.	(Johnson & Black, (2020)	Can Psychedelics Alleviate Symptoms of Cluster Headache and Accompanying Mental Health Problems? A Case Report Involving Hawaiian Baby Woodrose	Journal of Psychoactive Drugs	\	
7.	Grassi, Luigi, Riba, Michelle	Cancer and severe mental illness: Bi-directional problems and potential solutions	Psycho-Oncology		\
8.	(Usman et al., 2020)	How to deal with workplace stress: a Sufist psychotherapy approach	Mental Health, Religion and Culture		\
9.	Abdolahrezaee N.; Khanmohammadi A.; Dadfar M.; Rashedi V.; Behnam L.	Prediction of hope, physical health, and mental health by mediating variable of religious spiritual well-being in elderly	Mental Health, Religion and Culture		\
10.	Fennig M.; Denov D.M.	The impact of trauma, flight and protracted displacement on the mental health of Eritrean refugees living in Israel: An exploratory study of coping strategies	SSM - Mental Health		\
11.	Sleight A.G.; Boyd P.; Klein W.M.P.; Jensen R.E.	Spiritual peace and life meaning may buffer the effect of anxiety on physical well-being in newly diagnosed cancer survivors	Psycho-Oncology		\
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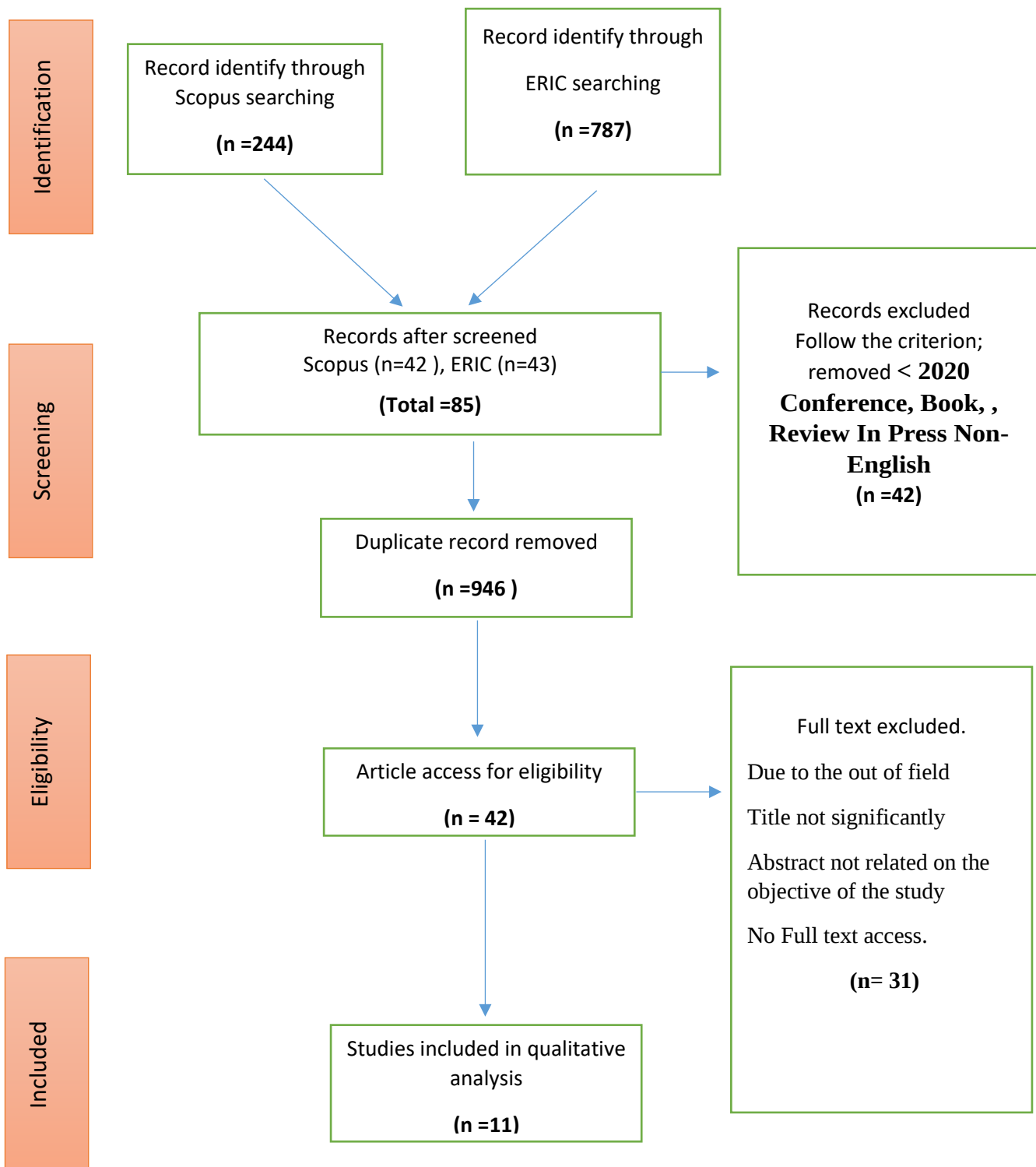


Figure 2. Flow diagram of the proposed searching study

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Conflicts of Interest

The authors declare that they have no conflicts of interest to report regarding the present study

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