

Spiritual Selfcare in Iranian People: A Qualitative Study using a Phenomenological Approach

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Abstract

Introduction: There is a considerable amount of evidence concerning the existing links between religion, spirituality and health. Spirituality improves individual's attitude towards environment and causes reduction in negative feeling and tension.

Aim: To evaluate the experience of individuals in relation to spiritual self-care, using phenomenological approach.

Materials and Methods: The present qualitative study was conducted with a phenomenological approach. A total of 47 ordinary people (including students, retired people, housewives, and unemployed people) were selected through purposive sampling technique. The data were collected through semistructured interviews and continued until data saturation. Lincoln and Guba criteria (including, credibility, transferability, dependability, and confirmability) was used to confirm the reliability of the data. Walcott thematic analysis method was used to analyse the data.

Results: Based on the analysis, results were placed in two main categories, including religious care and non religious care based on spirituality and four subcategories including religious compliance, respect for the rights and dignity, commitment to humanist and ethical behaviour and finding meaning and purpose in life.

Conclusion: The people take care of themselves by religious and non religious ways based on spirituality. Hence, attention to the religious needs is one of the key factors in their health promotion.

Keywords

Iran; Phenomenology; Qualitative study; Spiritual care