

Chapter 8

SPIRITUAL CARE APPROACHES OF NURSING STUDENTS DURING PEDIATRIC PRACTICE

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INTRODUCTION

The concept of spirituality is an abstract concept which is hard to understand and define (Heidari, Karimollahi & Mehrnoush, 2016; Lewinson, McSherry & Kevern, 2015). It has been defined as belief in the existence of a force which helps to give meaning to life (Wong & Yau, 2010), and has been interpreted as finding meaning, hope, purpose and value in the difficult experiences of life (Schulz et al., 2008). Much writing on the topic has emphasized that spirituality has an important role in individuals' physical and mental health, and that it has a positive effect on coping with problems (Mahbobi et al., 2012). Spirituality is one of the components contributing to the maturity of an individual. These components serve to protect an individual's mental and bodily health, provide the skill to cope with the difficulties of life, and give meaning to life (Kaplan & Esendir, 2018). In this way, individuals understand themselves, compare themselves to others, and maintain their self-esteem. At the same time, they support the preservation of mental health by providing the hope and strength for individuals to cope with the difficulties which they experience. Also, they help to improve an individual's quality of life by having a positive effect on unwanted states such as pain, anxiety and depression.

Spiritual care has been defined as “practices based on professional and holistic care which includes establishing an intuitive and reciprocal relationship, which must be given by nurses according to the needs and current condition of the individual or patient” (Çelik et al., 2014). Spiritual care includes within it

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