

**ABSTRACT FOR 3rd WORLD CONGRESS ON INTEGRATION
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MENTAL HEALTH & WELL BEING IN THE 4th INDUSTRIAL REVOLUTION

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The Need of Nurses on Spiritual Preparedness As A Religious Coping Mechanism When In A Disaster Response

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ABSTRACT

As frontline in healthcare service, nurses play a vital role in helping and assisting the needs of the population that affected by disasters such as floods, landslides, pandemics, tsunamis, mass casualty incidents and several others. Yet, there is extremely limited literature regarding spiritual preparedness as a coping mechanism amongst nurses. This study aimed to explore the experience of nurses while responding to a disaster. This qualitative study involved twenty-nine Muslim nurses from the various workplace. The data collected through semi-structured, in-depth and face-to-face interview and recorded via voice-recorder, then analysed iteratively through constant comparison method, following constructivist grounded theory approach by Charmaz. Involvement of the nurses in a disaster response created a feeling of being close to Allah SWT and taught them to be grateful for helping those who were underprivileged. Whenever they face difficulties and emotionally disturbed, they return to Allah SWT to ask for help and to soothe their feelings by performing several religious practices. Despite the minimal numbers reported such practices, the finding informed the requirement of spiritual preparation to act as a coping mechanism while responding to a disaster. Being prepared physically has frequently been highlighted by the healthcare institutions, yet, the spiritual preparedness seems unnoticed. The need for spiritual preparedness as a religious coping mechanism should be addressed by the authorities. Therefore, integration and Islamicisation of knowledge related to disaster preparedness require the greatest attention by healthcare institutions besides physical, psychological and emotional preparation for the nurses prior to the response.

Keywords: Nurses, Disaster response, Malaysia, Spiritual preparedness, Religious coping mechanism