


Spiritual Well-Being and the Quality of Nursing Care Among Palestinian Nurses Caring for Patients With Chronic Diseases: A Cross-Sectional Study

Journal of Transcultural Nursing
1–10
© The Author(s) 2025
Article reuse guidelines:
sagepub.com/journals-permissions
DOI: 10.1177/10436596251384878
journals.sagepub.com/home/tcn


Malakeh Z. Malak, PhD, RN¹ , Anas Shehadeh, PhD, RN²,
Hisham Zahran, PhD, RN³, Mayyada Nadi, MSN, RN⁴,
Wourod Omar, MSN, RN⁵, and Manar Bani Hani, PhD, RN¹

Abstract

Introduction: Despite the recognized importance of nurses' spiritual well-being, there has been limited research conducted to measure its levels in Arab countries, including Palestine. **Methods:** A cross-sectional, descriptive correlational design was used. Several hospitals were selected using cluster sampling method. A total of 306 registered nurses were recruited. **Results:** A total of 88.2% of the participants endorsed moderate spiritual well-being levels, and 37.3% reported very good levels of the quality of nursing care. Positive relationships were found between the quality of nursing care and spiritual well-being, income, and work experience. A negative relationship existed between work hours/week and the quality of nursing care. Female nurses reported a higher quality of nursing care than males. **Discussion:** Policymakers and hospital administrators can use the findings to provide an effective work environment and intervention programs concerning spiritual well-being for nurses caring for patients with chronic diseases to promote the quality of nursing care.

Keywords

chronic diseases, Karen–Personnel Instrument, quality of nursing care, spiritual well-being, spiritual well-being scale

Introduction

Chronic diseases are long-term conditions that require continuous care and frequent hospitalization (Centers for Disease Control and Prevention [CDC], 2024). With their increasing global prevalence, chronic illnesses have become a leading cause of morbidity, disability, and mortality (CDC, 2024; World Health Organization [WHO], 2024). Living with a chronic condition can be physically and emotionally exhausting, affecting all aspects of a person's life. It is a complex, dynamic, and cyclical process that demands ongoing assessment and sustained support (Benkel et al., 2020). Nurses play a critical role in providing comprehensive care and emotional support to individuals living with chronic diseases (Berardinelli et al., 2024; Malak et al., 2023; Tharani et al., 2021).

Nurses represent the largest segment of health care professionals and are the ones who spend the most time with patients, delivering the majority of direct care (Babapour et al., 2022). Compared with other professions, nursing is uniquely demanding, involving both intensive physical and emotional labor. As a result, nurses often face significant workload pressures and work-related stress. Supporting

nurses in managing these challenges includes prioritizing and enhancing their spiritual well-being (De Diego-Cordero et al., 2022; Murgia et al., 2020). Research suggests that nurses with higher levels of spirituality tend to provide better quality care, particularly for patients with chronic diseases (Tirgari et al., 2022).

The quality of life for patients with chronic diseases often declines, impacting their emotional, social, and functional well-being (Jabari et al., 2022). Nurses play a vital role in

¹Al-Zaytoonah University of Jordan, Amman, Jordan

²American University of the Middle East, Egaila, Kuwait

³Arab American University, Jenin, Palestine

⁴Watani Hospital, Nablus, Palestine

⁵An-Najah National University Hospital, Nablus, Palestine

Corresponding Authors:

Malakeh Z. Malak, PhD, RN, Professor, Community Health Nursing, Faculty of Nursing, Al-Zaytoonah University of Jordan, P.O. Box 130, Amman 11733, Jordan.

Emails: malakeh.m@zuj.edu.jo; malakehmalak@yahoo.com

Anas Shehadeh, PhD, RN, American University of the Middle East, Egaila 54200, Kuwait.

Email: anas.shehadeh@aum.edu.kw