

## RESEARCH ARTICLE

## Tuberculosis Treatment Using a Religious Approach

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### Abstract

In 2020, Bandung city ranked second in West Java for tuberculosis (TB) cases. The city government and stakeholders have taken health education, early detection, free treatment, and surveillance measures to address TB. Yet, a comprehensive approach is still needed. Despite previous studies exploring TB management, the role of religious approaches still needs to be explored. Employing a qualitative approach through a case study method, this research involves data collection through observation, in-depth interviews, and literature reviews. Participants are TB healthcare workers and religious speakers in Universitas 'Aisyiyah Bandung city. In 2020, Bandung reported 8,504 TB cases with increased detection success. 'Aisyiyah TB Care uses a religious approach to offer emotional and spiritual support to patients facing physical challenges, emotional burdens, and stigma. Religious perspectives introduce spiritual support via Islamic teachings emphasizing hygiene and self-care. Interviews reveal changed patient perceptions due to the religious approach. 'Aisyiyah addresses TB complexity and stigma, conducting educational efforts to reshape perceptions. The religious approach assists TB sufferers, aiming for positive influence, improved relationships, and fostering hope, gratitude, and trust in God. Collaborative efforts among health, religious, and government organizations are essential for effective TB management. The research highlights the positive impact of 'Aisyiyah TB Care's religious approach on management, addressing stigma, and enhancing well-being. Improved information dissemination and support are vital, particularly in areas with high TB burdens.

**Keywords:** Religious approach, stigma, tuberculosis (TB)

### Introduction

Tuberculosis (TB) is an infectious disease caused by *Mycobacterium tuberculosis* (MTB), primarily affecting the respiratory system.<sup>1</sup> In 2020, Bandung city was the region with the highest number of TB cases in West Java province, with 8,504 cases reported.<sup>2</sup> To address this high number of cases, the Bandung City Government and various institutions have implemented multiple approaches for TB management in the city.<sup>3</sup> These approaches include health education, early detection, free treatment, and establishing a surveillance network. However, more significant and integrated efforts from all parties are still required to reduce the TB case count in Bandung city and Indonesia.<sup>4</sup>

Previous research on the same topic has been conducted by earlier researchers, such as a study titled "Cultural and Religious Belief Approaches of a Tuberculosis Program for Hard-to-Reach

Populations in Mentawai and Solok, West Sumatra, Indonesia." The research findings show that cultural and religious belief approaches play a significant role in the Tuberculosis Program for hard-to-reach populations.<sup>5</sup> Next is a study on "Infectious Diseases, Religion, and Spirituality," its research findings reveal the critical role of religion and belief in tackling infectious disease outbreaks.<sup>6</sup>

Although both of these studies discuss approaches in TB management, their research focuses are distinct from those of this current study. The first previous study focuses on the role of religion and culture in TB management. Meanwhile, the second study addresses the role of religion and belief in managing infectious diseases. In contrast, this study focuses on the Islamic religious approach.

Drawing from the background and previous research, the researcher will take a different approach from previous studies. This study

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