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Quality of Life and Spirituality

ABSTRACT

The concept of Quality of Life (QOL) in health has emerged as an alternative idea to quantity of life. QOL was built around the idea that human beings should be studied as a whole, not merely as physical beings. Since QOL has been recognized as a critical outcome of care for people with illnesses, researchers have begun to explore the constructs of QOL. Even though the constructs of quality of life are still vague, the spiritual /existential domain recently has been considered to be one of the most important domains in addition to the physical, psychological, and social domains. Reviewing the medical model and biopsychosocial model that affect the concept of QOL, the author first discusses the necessity of conceptualizing QOL in the health field. Then the author defines the concept of spirituality/existentiality, and explains the unique characteristics of the fourth domain, the spiritual domain. Finally, the author concludes by explaining the importance of future studies of spirituality and QOL for people with life-threatening illnesses.

Key words: Quality of Life, Constructs of QOL, Spirituality