

## Self-Resilience of Patients with Systematic Lupus Erythematosus (SLE): Literature Review

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<p>Kata Kunci: Resiliensi Diri, Systemic Lupus Erythematosus, Kualitas Hidup, Pasien Kronis.</p>	<p><i>Systemic Lupus Erythematosus</i> (SLE) merupakan penyakit kronis dengan perjalanan klinis kompleks yang berdampak luas pada aspek fisik dan psikologis. Penanganan SLE memerlukan integrasi resiliensi diri dalam praktik klinis sebagai strategi bagi tenaga kesehatan di rumah sakit maupun perawatan jangka panjang untuk memitigasi distress emosional. Tujuan artikel ini meninjau dan menganalisis mekanisme resiliensi diri pada pasien SLE serta manfaat praktisnya bagi tenaga kesehatan. Metode peninjauan literatur dilakukan melalui basis data <i>PubMed</i>, <i>ScienceDirect</i>, <i>Google Scholar</i>, dan <i>Garuda</i> pada periode 2021–2026. Periode ini dipilih untuk menangkap dinamika manajemen pasien pasca pandemi yang relevan dengan perkembangan layanan kesehatan digital. Hasil analisis menunjukkan bahwa resiliensi diri secara dinamis meningkatkan kualitas hidup melalui mekanisme koping adaptif yang mengubah persepsi ancaman menjadi tantangan, serta manajemen diri yang memperkuat efikasi diri pasien sebagai dukungan sosial berperan dalam penyangga (<i>buffer</i>) terhadap stresor fisik. Kesimpulannya, resiliensi sebagai komponen krusial dalam asuhan holistik. Tenaga medis disarankan menerapkan pendekatan psikososial menggunakan instrumen seperti <i>Connor-Davidson Resilience Scale</i> (CD-RISC) untuk skrining rutin. Implementasi program dukungan kelompok berbasis komunitas dan intervensi psikoedukasi diperlukan untuk memperkuat kapasitas adaptasi pasien dalam pengaturan klinis maupun mandiri.</p>
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<p>Date received: 02 March 2026</p>	<p>Systemic Lupus Erythematosus (SLE) is a chronic autoimmune disease characterized by complex clinical pathways that significantly impact both physical and psychological domains. Effective SLE management necessitates the integration of self-resilience into clinical practice as a strategic tool for healthcare providers in hospitals and long-term care settings to mitigate emotional distress. This article aims to review and analyze the mechanisms of self-resilience in SLE patients and its practical utility for healthcare professionals. Methods a literature review was conducted using <i>PubMed</i>, <i>ScienceDirect</i>, <i>Google Scholar</i>, and <i>Garuda</i> databases for the 2021–2026 period. This timeframe was selected to capture post-pandemic patient management dynamics relevant to contemporary digital healthcare advancements. Inclusion criteria comprised quantitative and qualitative studies with robust methodologies, including cross-sectional or experimental designs and representative sample sizes. Findings indicate that self-resilience dynamically enhances quality of life through adaptive coping mechanisms that reframe perceived threats into challenges. Furthermore, self-management strengthens patient self-efficacy, while social support serves as a critical buffer against physical stressors. Resilience is a vital component of holistic care. Healthcare professionals are encouraged to adopt psychosocial approaches, utilizing validated instruments such as the <i>Connor-Davidson Resilience Scale</i> (CD-RISC) for routine screening. The implementation of community-based support groups and psychoeducational interventions is essential to bolster patient adaptation capacity in both clinical and independent settings..</p>
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## Introduction

Systemic Lupus Erythematosus (SLE) is a complex chronic inflammatory autoimmune disease in which the immune system attacks healthy tissues and organs inappropriately. The disease has different characteristics and can affect a variety of organ systems, including the central nervous system, kidneys, joints, and skin. SLE is estimated to occur at more than 150 cases per 100,000 people worldwide, with the majority of women being 90%. In Indonesia, the number of cases is estimated to reach one case per 2,000 people. Systemic Lupus Erythematosus (SLE) is often variable, which ranges from remission phases to recurrent exacerbations, which often increase with length of illness. This long-term condition not only has a physical impact, such as joint pain and extreme fatigue, but also creates psychological stress, such as stress, anxiety, and feelings of worthlessness (Lazar & Kahlenberg, 2024) (Astini et al., 2021) (Zucchi et al., 2023) (Pristianto and Sudawan, 2021). From a psychophysiological point of view, long-term stress in patients with SLE can lead to activation of the hypothalamic-pituitary-adrenal (HPA) axis which impacts self-resilience and consequently, the systemic inflammatory response becomes worse (psychoneuroimmunological theory).

Self-resilience is not just a psychological concept, but a biological adaptation mechanism that plays a role in moderating the immune neuroendocrine pathway (Azhara, Nugroho and Hermasari, 2023). Recent empirical findings show that high resilience correlates with regulation *Hypothalamic-Pituitary-Adrenal (HPA) Stuart T* which is more stable, which in turn is able to suppress the production of pro-inflammatory cytokines that often trigger *flare up* in SLE patients (Pham and Mathis, 2018). Globally, the manifestation of resilience is dynamic and influenced by the cultural context during treatment (Aryanti, Tanjung and Asrizal, 2022). Studies in Asia show that spirituality and social cohesion serve as external buffers that strengthen patients' defenses (Hudiyawati *et al.*, 2024). Longitudinal research indicates that the coping mechanism that evolved evolutionarily from reactive coping at early diagnosis to mature proactive coping provides a long-term protective impact against permanent organ damage (*damage index*). (Hamiki Juliansyah & Eni Nuraeni Nugrahawati, 2022)

This research is crucial to bridge the theory of psychoneuroimmunology with clinical applications. Resilience dynamics as predictors of biological stability, health workers can integrate behavior-based psychosocial interventions into standards of care (Yulis *et al.*, 2025).

This approach ensures SLE management not only pursues clinical remission medically, but also achieves sustained functional recovery as well as a more resilient quality of life as the disease progresses (Blessed are you) *et al.*, 2022). Mental resilience plays an important role in helping individuals cope with the impact of illness. This psychological resilience is known as self-resilience, which is a person's ability to survive, recover, and respond to difficult and traumatic situations from healthy and productive steps (Rama Adiputra, 2023) (Arimbi and Pristiano, 2025). There are two factors, namely internal factors (emotion regulation and optimism) and external factors (social support) that affect the patient's ability to adapt. Patients with a longer duration of the disease often experience intense fluctuations in symptoms, but on the other hand, they also have the potential to develop more effective coping mechanisms over time. (Marquez *et al.*, 2023) (Zucchi *et al.*, 2023)

Previous research has shown that resilience produces a significant positive correlation with the quality of life of people with SLE, including physical and emotional health. The challenge in maintaining resilience remains great because early symptoms can worsen to serious complications such as lupus nephritis or permanent organ damage. This phenomenon requires a literature review to further analyze how the current scientific evidence on self-resilience in SLE patients is available, in order to provide guidance for medical professionals in providing holistic care that focuses not only on the clinical, but also on the psychological aspects of the patient (Hamiki Juliansyah & Eni Nuraeni Nugrahawati, 2022) (Lazar & Kahlenberg, 2024) (Rahayu and Rahmawati, 2020).

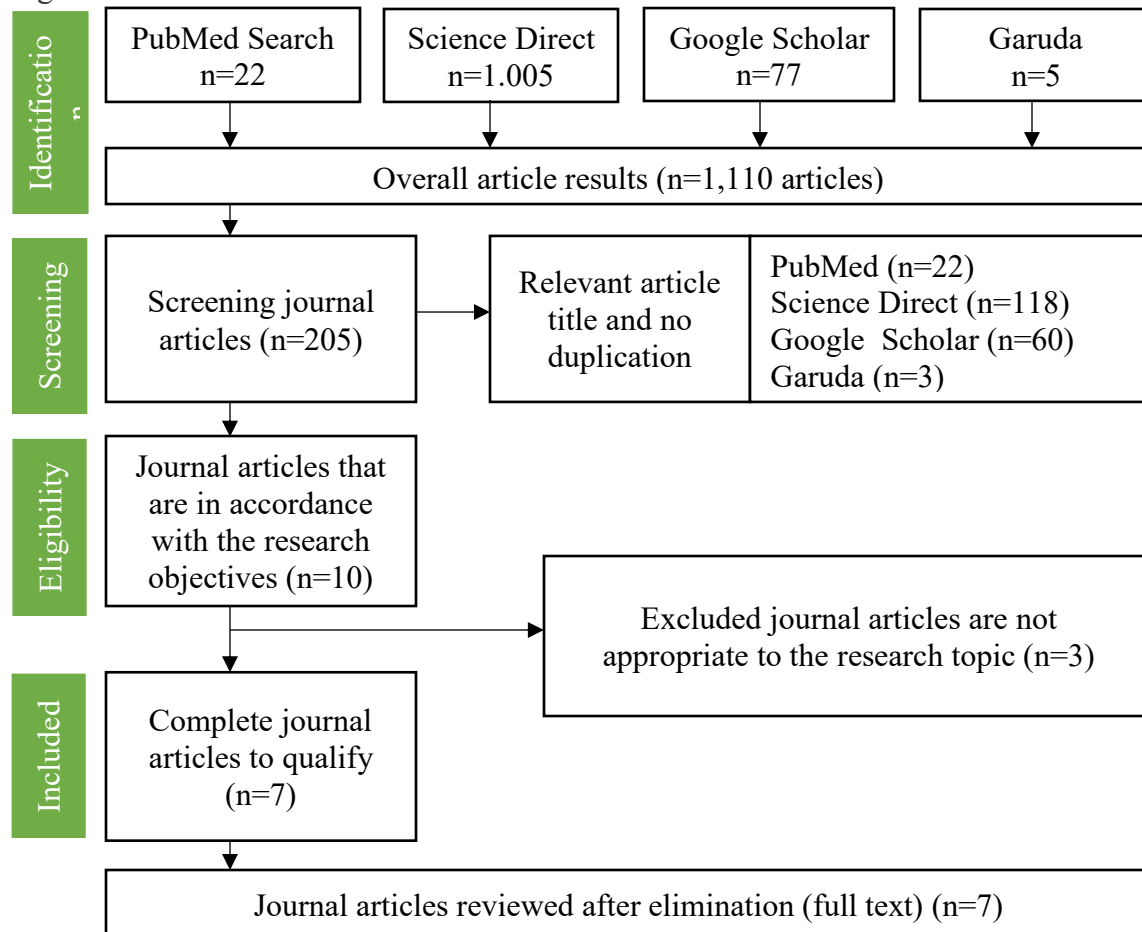
## **Method**

The method in this literature review uses the flow of the PRISMA diagram with relevant articles selected based on the topics of "self-resilience" and "SLE patients" published in the period of 2021 to 2026 and articles that are not suitable will be eliminated. Each selected article contains information about the research design, methods, and research results. Qualitative analysis is also used to assess the quality of research findings, identify themes that will then be analyzed descriptively by presenting research findings in the form of tables. In the synthesis phase the results of the various articles were combined and their characteristics, psychosocial support in patients with SLE, and quality of life were considered. In the article selection process,

the researcher establishes inclusion and exclusion criteria to ensure suitability with the research objectives. Inclusion criteria include quantitative and qualitative studies with the quality of cross-sectional or experimental design methodologies, as well as sample sizes that are representative of the SLE population. The inclusion criteria in this study include: (1) original research articles, (2) published in the period of 2021–2026, (3) available in Indonesian or English, (4) research subjects are patients with Systemic Lupus Erythematosus (SLE), and (5) discussing self-resilience, psychosocial support, or quality of life in SLE patients.

The exclusion criteria include: (1) articles in the form of literature reviews, systematic reviews, meta-analysis, editorials, or opinions, (2) articles that are not available in full-text form, (3) duplicate articles found in more than one database, (4) studies that do not specifically examine SLE patients, and (5) articles that are not relevant to the focus of the research.

Figure 1. PRISMA Flowchart



The literature search was carried out from 4 digital databases and yielded a total of 1,110 articles, consisting of 1,005 articles from ScienceDirect, 77 articles from Google Scholar, 22 articles from PubMed, and 6 articles from Garuda. The results of the search were carried out an initial screening process which resulted in 203 relevant articles based on the topic of self-resilience in SLE patients. The next selection stage involves an in-depth evaluation of the year of publication, keywords, abstracts, and research methodology, which filters the number of literature into 10 articles. In the final stage, categorization was carried out based on the suitability of the topic and more specific research objectives, so that 7 core articles were determined as analysis materials in the literature review.

## Research Results

Table 1. List of Research Articles

No	Author, Year	Porpuse	Method	Result
1	(An'nurihza Zidhan Azhara et al., 2023a), The Relationship Between Self-Resilience and Anxiety Levels in Patients with Systemic Lupus Erythematosus (SLE)	Understanding the relationship between self-resilience and anxiety levels in patients with Systemic Lupus Erythematosus (SLE).	Quantitative (observational analytic with a cross-sectional approach)  Purposive Sampling, 51 SLE patients at the Tittari Foundation in Surakarta  Free: Self-resilience (CD-RISC 10), Bound: Anxiety level (TMAS)  Spearman Rank Test	The results of the study show that a significant increase in mental toughness (resilience) has been proven to reduce anxiety levels and optimize the quality of life of lupus sufferers.
2	(Hamiki Juliansyah & Eni Nuraeni Nugrahawati, 2022), The Effect of Resilience on Quality of Life	Measuring the extent to which psychological toughness or resilience affects the quality of life of lupus survivors	Quantitative with simple aggressive analysis  Purposive Sampling, 20	The results of the study indicate that there is a significant positive correlation between an individual's ability to recover from physiological stress and an improvement

	in Patients with Systemic Lupus Erythematosus	in the Bandung area	Odapus respondents in Bandung City	in various dimensions of their well-being.
			Free: Resilience (CD-RISC), Bound: Quality of life (LupusQoL)	
			Simple Regression Analysis	
3	(Fatma et al., 2024), The Meaning of Life for Women with Systemic Lupus Erythematosus Who Initiated the SAPUAN (Friends of Women and Children) Institution	Understanding the meaning of life for women with systemic lupus erythematosus who initiated the SAPUAN (Friends of Women and Children) organization	Qualitative (quasi life history) 1 subject (Titim), initiator of the SAPUAN Institute Focus on the meaning of life and stages of discovery Narrative analysis	The results of the study indicate that psychological resilience and treatment adherence in women with lupus are highly dependent on their ability to find a more meaningful existence through social support and self-acceptance of their illness.
4	(Wulandari & Irwanto, 2022), The Mindfulness Approach in Describing the Relationship Between Gratitude and Quality of Life in People Living with Lupus	Describing gratitude and quality of life in people living with lupus and the changes that occurred after intervention using a mindfulness approach	Qualitative (phenomenological) 3 adult participants suffering from lupus Intervention Mindfulness, gratitude, and quality of life Interviews and diagnostic tools (PANAS, GQ6, EQ-5D-5L, VAS)	The results of the study show that the application of this strategy has been proven to increase participants' positive emotions and gratitude, which ultimately strengthens their inner peace and ability to face life's challenges more effectively and wisely.
5	(Trachtman et al., 2023), Resilience and its associations in children with Systemic Lupus Erythematosus	Measuring the extent to which mental resilience is related to disease severity and quality of	Short report/ association study 47 children diagnosed with SLE or JIA	The results showed that interventions to improve mental resilience can improve health-related quality of life (HRQOL) in children with rheumatic diseases.

	and Juvenile Idiopathic Arthritis	life in children with lupus and juvenile arthritis.	Resilience (CD-RISC 10), disease activity, and quality of life (HRQOL/PROMIS)	
			Descriptive statistics and Spearman's correlation	
6	(Goldblatt et al., 2025), Qualitative study to explore self-management strategies in severe systemic lupus erythematosus	Describe the self-management strategies used by individuals with severe SLE to provide educational information for initiatives.	Qualitative descriptive using focus groups 14 participants with severe SLE (3 focus groups) Self-management strategies (emotional coping, physical activity, diet, etc.)	Research shows that Systemic Lupus Erythematosus (SLE) has a significant impact on the quality of life of sufferers, especially in terms of physical health, pain, fatigue, and psychological conditions. Psychological intervention and stress management have been proven to help improve mental well-being and quality of life.
			Thematic analysis (inductive and deductive techniques)	
7	(Christina & Huwae, 2024), The Relationship between Psychological Well-being and Resilience in Lupus Survivors	Understanding the relationship between psychological well-being and resilience in lupus survivors.	Quantitative with cross-sectional bivariate correlational design Snowball Sampling, 50 lupus survivors in Indonesia Variables: Psychological Well-being (Ryff Scale) and Resilience (RQ)	The results indicate a strong positive correlation between psychological well-being and resilience in lupus survivors, where a person's mental stability is directly proportional to their ability to bounce back from adversity.
			Correlation analysis	

## Discussion

The seven research articles in this review collectively highlight that Systemic Lupus Erythematosus (SLE) is a chronic disease that has a significant impact on the psychological aspects and quality of life of sufferers. The majority of studies explain that positive psychological factors such as resilience, psychological well-being, meaning of life, gratitude, and mental resilience play a role in helping individuals cope with the impact of the disease. Findings from both quantitative and qualitative methods show that psychological adaptability is directly proportional to reduced anxiety and improved quality of life. The study reported that although 82.4% of patients experienced symptoms of anxiety, moderate to high levels of resilience were shown to be able to significantly suppress the anxiety. In line with research showing that there is a positive correlation of psychological prosperity and resilience, an increase in one aspect will automatically be followed by an increase in the other. (An'nurihza Zidhan Azhara et al., 2023)

The differences between studies lie in the methodology, subject, and variables explored. Research and use a quantitative approach with a cross-sectional design. Meanwhile, a questionnaire-based quantitative method was applied, and a simple regression analysis was used to test the correlation between resilience, anxiety, and well-being in both adult and pediatric odapus. On the other hand, , , as well as using qualitative methods to explore the patient's subjective experience, such as the meaning of life, gratitude, mindfulness, and self-management strategies. The characteristics of the subjects varied, ranging from a focus on women by, lupus survivors by, pediatric patients by to patients with severe SLE conditions that were the focus of the study, and which explained that patients' recovery cannot depend on medical aspects alone without mental health support. (An'nurihza Zidhan Azhara et al., 2023) (Christina & Huwae, 2024) (Trachtman et al., 2023) (Hamiki Juliansyah & Eni Nuraeni Nugrahawati, 2022) (Fatma et al., 2024) (Wulandari & Irwanto, 2022) (Goldblatt et al., 2025) (Fatma and Satwika, 2024) (Christina & Huwae, 2024) (Trachtman et al., 2023) (An'nurihza Zidhan Azhara et al., 2023), (Wulandari & Irwanto, 2022) (Goldblatt et al., 2025)

The conclusion of this literature confirms that resilience and positive psychological factors play a vital role in maintaining the well-being of individuals with SLE. Various interventions such as psychological support, mindfulness practices, life meaning, and self-

management strategies have been proven to be effective in helping patients cope with physical and mental burdens. Therefore, these findings emphasize the importance of implementing a holistic care model that integrates medical treatment with psychological interventions to improve the quality of life of odapus in a sustainable manner.

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### **Conclusion**

The conclusions of the seven articles show that positive psychological factors, such as resilience and mental well-being, play a vital role in lowering anxiety levels and improving the quality of life of Systemic Lupus Erythematosus (SLE) patients.

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