



A Study on Spiritual Well-Being and Psychological Well-Being among College Students

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Abstract

Nowadays people turn to spirituality but they don't understand it fully, for them it's just a way of praying or chanting and a connection with God. However, in a deep sense spiritual well-being is used to find purpose and meaning in life, cope with feelings of stress, depression, and anxiety, restore hope and optimism and find a sense of community and support. Additionally, psychological well-being is considered crucial for comprehensive health and happiness and has been linked to improve mental health, better physical health, and a sense of meaning in life. The current research aimed to find the relationship between spiritual well-being and psychological well-being, with a sample of 30 college students. Standardized measures were used to study these variables. The results found a significant positive correlation between Spiritual well-being and psychological well-being and a significant positive correlation between psychological well-being and existential well-being and a significant positive correlation between Spiritual well-being and Positive relation with others. Further, it was found that there was a significant positive correlation between

Existential well-being and environmental mastery, and there was significant positive correlation between Existential well-being and Positive relation with others. The evidence from past studies also suggests that there a positive correlation between spiritual well-being and psychological well-being. To foster spiritual well-being and psychological well-being people can practice meditation ,religious service attendance, or journaling,

Keywords: *Spiritual Well-being, Psychological Well -Being, College Students*

INTRODUCTION

“We are physical, mental and spiritual beings. If you don’t deal with all of life, you’re not going to get all that life to offer.”

- Billy Cox

The word “spiritual” refers to that core dimension of you, your innermost self, that provides you with a profound sense of who you are, where you came from, where you’re going and how you might reach your goal. You may not think much spiritual well-being and what role it plays in your life, but its significance is stronger than you may believe. Spiritual wellness may be the sense that life is meaningful, and you have found your place in it. Psychological well-being refers to an individual’s emotional health and overall functioning. It encompassing life satisfaction, and feelings of accomplishment. It is quite similar to other terms that refer to positive mental states, such as happiness or satisfaction.

Bozek and Nowak (2020) to explored the relationship between spirituality, health-related behaviours and psychological well-being. A sample of 595 students was collected. The results showed that both spirituality and health-related behaviours are positively related to

psychological well-being, and that the relationship with spirituality is also mediated by health-related behaviours.

A study was conducted by Jafari et al. (2010) to investigate the relationship between spiritual well-being and mental health in university students. A sample of 223 was collected, who took Spiritual Well-Being Scale and General Health Questionnaire. The results of the study showed that there is a significant relationship between spiritual well-being and mental health. The result also showed that religious and existential well-being significantly anticipated mental health. As well, another finding was that spiritual and existential well-being in females was significantly higher than in male.

A study was conducted by Pant and Srivastava, (2014) to examine the level of spiritual intelligence, mental health and quality of life and also to see the relationship among these three variables. A sample 50 UG and PG level college students was collected. The findings of study revealed that spiritual intelligence and mental health are correlated significantly, there is a significant relationship between spiritual intelligence and quality of life.

Spiritual Well Being

Goodloe and Arreola (1992) defined spiritual well-being as “meaning and purpose with self -transcendence, social and spiritual actions with others, concerns with nature, and personal relationship with God”

According to Hood-Morris (1996) “spiritual health included transcendence and existential features pertaining to an individual’s relationships with the self, others and a higher being, coupled with interactions with one’s environment.”

A study was conducted by Anye et al. (2013) on 250 participants to assess spiritual well-being (SWB) and various aspects of health-related quality of life (HROL). Using the standardised scales, it was found that individuals who reported higher SWB scores were likely to participate in religious-type activities and report better HROL compared with students who reported a moderate sense of SWB.

A study was conducted by Alorani and Alradaydeh (2017) on 919 students, to find the relationship between spiritual well-being, perceived social support, and life satisfaction. Significant positive correlation was found between spiritual well-being with perceived social support and life satisfaction, also positive correlation was found between perceived social support and life satisfaction.

A study was conducted to explore whether specific dimensions of spiritual well-being relate to reduce suicidal ideation. A sample of 457 college students was collected, Linear regression modelling used to assess religious and spiritual correlates of suicidal ideation. It was highlighted that well-being remained a significant predictor of suicidal ideation (Lindsay & Rienzo, 2010).

Psychological Well Being

Centres for Disease Control and Prevention (CDC) describes well-being as “the presence of positive emotions and moods, the absence of negative emotions, satisfaction with life, fulfilment, and positive functioning.”

Diener et al. (2010) defined psychological well-being as a “subjective evaluation of one’s life that is categorized by affirmative emotions, engagement, and meaning”. This definition encompasses a broad range of positive experiences, including happiness, satisfaction, and a sense of fulfilment.

A study was conducted by Roothman and Wissing (2003) to determine whether men and women differ with regard to aspects of psychological well-being. A sample of 378 participants were collected and each participants completed 13 scales that measure psychological well-being in affective, physical , cognitive ,spiritual , self and social aspects. Men scored higher on physical self- concept , automatic thoughts (positive), constructive thinking , cognitive flexibility .Women scored higher on the expression of affect ,somatic symptoms ,and religious well-being.

A study was conducted by Cooke et al. (2007) to assess the psychological well-being of university students. There were three aims: to measure the impact of arrival at university on psychological well-being of first year students, to monitor the shape of psychological well-being across first year, and to investigate how students manage their well -being. The results showed that greater strain is placed on well -being once students start university compared to levels preceding entry.

A study was conducted by Trainor and Delfabbro (2010) to examine the link between well-being and leisure participation in adolescents. A sample of 947 was collected and completed a questionnaire concerning participation in social, non-social, and unstructured leisure activities as well as measures of personality. The results show that personality variables were better predictors of adolescent well-being than spare-time use, although engagement in less structured leisure activities was associated with poorer psychological well-being and substance abuse.

Purpose

The purpose is to study spiritual well- being and psychological well-being among college students.

Hypothesis

- ***Hypothesis 1:*** There will be positive correlation between Psychological Well-being and Spiritual well-being.
- ***Hypothesis 2:*** There will be significant correlation between Existential well-being and Psychological Well-being.

Sample

A total sample of 30 in the age range 18-25 was collected from Hisar city. The participants were informed about the purpose of research and the questionnaire were filled through Google forms each participant was thanked for their cooperation.

Measures

Standardized scales were used for the study: The Psychological Well-Being scale, Spiritual Well-being scale (SWB).

- ***Psychological well-being Scale***

It is a 18-item scale designed to measure respondents' psychological well-being. It is a 7-point Likert-type scale ranging from 1 (strongly agree) to 7 (strongly disagree). The scale was developed by Ryff & Keyes (1995).

- ***Spiritual Well-Being (SWB)***

The scale was developed as a measure of subjective quality of life. It is a 20-item scale with 6-point Likert Scale ranging from 1 (strongly agree) to 6 (strongly disagree). The scale was developed by Ellison, Paloutzian (1991).

Procedure

The participants were informed about the purpose of the research and the questionnaires were filled through Google Forms. Standardized psychological tests were administered to the participants. Each participant was thanked for their time.

ANANYSIS OF DATA

RESULTS

Table 1: *N, Mean and SD of Psychological well-being and Spiritual well-being.*

	Psychological well-being	Autonomy	Environmental mastery	Personal growth	Positive relation with others	Purpose in life	self-acceptance	Spiritual well-being	Religious well-being	Existential well-being
N	30	30	30	30	30	30	30	30	30	30
Mean	87.8	14.3	14.1	17.8	14.2	13.6	15.2	87.0	44.5	42.5
Standard deviation	12.8	2.83	3.55	2.60	3.86	3.50	2.94	17.0	11.4	8.56

Table 2: *Correlation between Psychological well-being and Spiritual well-being*

	Psychological well-being	Autonomy	Environmental mastery	Personal growth	Positive relation with others	Purpose in life	Self-acceptance	Spiritual well-being	Religious well-being	Existential well-being
Psychological well-being	—									
Autonomy	0.471**	—								
Environmental mastery	0.680***	0.406*	—							
Personal growth	0.208	0.148	0.050	—						

Positive relation with others	0.657***	0.054	0.197	0.189	—					
Purpose in life	0.749***	0.172	0.298	-0.045	0.450*	—				
Self-acceptance	0.631***	0.051	0.279	-0.090	0.336	0.621** *	—			
Spiritual well-being	0.453*	0.183	0.238	0.285	0.452*	0.269	0.106	—		
Religious well-being	0.220	0.048	-0.018	0.240	0.300	0.209	-0.027	0.892 ***	—	
Existential well-being	0.607***	0.300	0.497**	0.246	0.499**	0.255	0.247	0.797 ***	0.437 *	—
Note. * $p < .05$, ** $p < .01$, *** $p < .001$										

The results in **Table 2** show that there is a significant positive correlation between psychological well-being and spiritual well-being ($r=0.453$, $p<.05$). The result also shows that there is a significant positive correlation between existential well-being and psychological well-being, ($r=0.607$, $p<0.001$), existential well-being and environmental mastery ($r=0.497$, $p<0.01$). Also, there is significant positive correlation between existential well-being and positive relation with others ($r=0.499$, $p<0.01$). Further, there is positive significant correlation between spiritual well-being and positive relation with others ($r=0.452$, $p<.05$).

The result found out that there is a positive significant correlation between psychological well-being & spiritual well-being ($r=0.453$, $p<0.5$). As a result, our hypothesis is accepted that there will be positive significant relationship between psychological well-being and spiritual well-being, which aligns with a previous study conducted by Fadaei et al. (2020) on Soldiers in Military who discovered that soldier's spiritual well-being and psychological well-being were at high levels, significant positive correlation was observed between spiritual well-being and psychological well-being.

Our findings highlight that there is a positive significant correlation between psychological well-being and existential well-being ($r=0.607$, $p<0.001$). As a result, our second hypothesis is accepted, which aligns with a previous study conducted by Rostovtseva et al., (2022) on psychological well-being and existential fulfilment in late adolescence, it was found that there was significant correlation between psychological well-being and existential fulfilment.

The study also found that there is a significant positive correlation between Spiritual well-being and Positive relation with others ($r=0.452$, $p<.05$). A previous study conducted by Mohamad et al. (2023) on Cancer patients revealed that patient's ability to learn to live with cancer is significantly impacted by the common spiritual focus on connection with oneself, others, and God.

The results highlight that there is a significant positive correlation between Existential well-being and Positive relation with others ($r=0.499$, $p<0.01$). The result was supported by a study conducted by Holst (2022), it was found that positive relations with others, such as friendship, contribute to existential well-being by sharing joy and enhancing self-awareness.

Further, the result indicates that there is a significant positive correlation between Existential well-being and Environmental mastery ($r=0.497$, $p<0.01$). A previous study conducted by Busygina (2024) shows that existential well-being influences psychological well-being in university teachers, and environmental mastery contribute to existential well-being by fostering adaptability and self-acceptance.

CONCLUSION

The aim of this research was to study spiritual well-being and psychological well-being among college students. A sample of 30 students was collected between the age group 18-25

through Google Forms. Standardized scales were used to measure spiritual well-being and psychological well-being.

The results found that there was a significant positive correlation between spiritual well-being and psychological well-being. Another finding indicates that there was a significant positive correlation between psychological well-being and existential well-being. Thus, our both hypotheses were accepted. From our research findings we can conclude that both spiritual well-being and psychological well-being play's an important role in finding meaning in life, how interpersonal relationship is crucial for an individual's health.

From the past studies we can conclude that both spiritual well-being and psychological well-being are important and have positive correlation between them. There are some measures to foster well-being, people can practice yoga , meditation, engaging in some spiritual practices, or journalising, build good interpersonal relationships.

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