

Correlates Between Spiritual Well Being And Psychological Well Being Among Adolescent College Students On The Basis Of Gender And Socio Economic Status

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ABSTRACT

The connection between spiritual wellbeing and the quality, satisfaction, and joy of life among college students has been established. This study examined the correlation between spiritual wellbeing and symptoms of psychological well being among adolescent college students. Data were collected from n-600 students (aged 18 & 19). The participants were asked to complete the Spiritual Well being Scale (SWB) by CraigW.Ellison, RaymondE. Paloutzian (1982) and Ryff's Psychological Well being Scales (PWB) (1995) to evaluate the status of their spiritual wellbeing and psychological well being. The study employed statistical analysis using SPSS to evaluate the results. Preliminary findings suggest a significant positive relationship between spiritual well being and psychological well being. According to the results of this study, a strong sense of connection to a higher power or a transcendent reality can provide individuals with a sense of purpose and meaning in life. Having a clear sense of purpose and meaning in life is associated with higher levels of psychological well-being.

Keywords: *Spiritual well being, Psychological Well-Being, Adolescent College Students, Mental Health, Well-Being, Positive Psychology, Purpose in life.*

INTRODUCTION

Spiritual well-being involves a personal, subjective sense of being connected to a larger entity or concept beyond oneself. This connection may include feelings of meaning, purpose, and transcendence. While typically tied to an individual's spiritual or religious convictions, it can also encompass a broader connection to nature, the universe, or the shared human experience. The sense of meaning and purpose in life, often derived from personal values, beliefs, and a connection to something beyond the self (Wong, P.T.P. (2012). Engaging in rituals, prayer, meditation, or other spiritual practices that foster a sense of connection with a higher power or transcendental reality (Emmons, R. A., &Paloutzian, R. F., 2003). The belief in and relationship with a higher power, God, or a transcendent force that provides a framework for understanding existence (Pargament, K. I. 1997). The alignment of one's actions¹ and decisions with ethical and moral principles derived from spiritual or religious beliefs (Emmons, R. A. 1999).

Psychological well-being pertains to an individual's holistic mental health, encompassing positive mental states, effective functioning, and a satisfactory quality of life. This concept spans various dimensions of mental health, and researchers frequently employ diverse

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models to comprehend and gauge psychological well-being. SWB involves an individual's personal evaluation of their life, which includes both cognitive judgments of life satisfaction and affective experiences of positive and negative emotions (Diener, E. 1984). Engaging in positive emotions like joy, gratitude, love, and contentment contributes to one's overall psychological well-being.(Fredrickson, B. L. (2001). Feeling in control of one's life and making choices that align with personal values contribute to psychological well-being (Ryan, R. M., & Deci, E. L. 2000). The ability to effectively manage and control one's environment, including setting and achieving goals, contributes to a sense of competence and well-being. (Ryff, C. D., 1989). Healthy and supportive relationships with others, including friends, family, and social connections, are crucial for psychological well-being. (Keyes, C. L. M. 1998).

OBJECTIVES

- To find the relationship between spiritual well – being and psychological well-being
- To explore the Influence of spiritual well – being on psychological well- being
- To explore the significant difference in spiritual well being on the basis of demographic variables Gender, Socio-economic status
- To explore the significant difference in psychological well being on the basis of demographic variables Gender, Socio-economic status

HYPOTHESIS

- H1: There will be significant relationship between spiritual well – being and psychological well being
- H2: There will be a significant influence of spiritual well – being on psychological well being
- H3: There will be significant difference in spiritual well – being on the basis of demographic variable gender and socio-economic status
- H5: There will be significant difference in psychological well – being on the basis of demographic variable gender and socio-economic status.

RESEARCH DESIGN

The research employed a Descriptive survey method. The study's sample consisted of 600 college students, comprising 302 females and 298 males from colleges in Tiruchirappalli. Simple random sampling was employed for data collection. The primary objective of the current research is to investigate the relationship between spiritual well being and psychological well being. SPSS version 25.0 was used to conduct the analysis of regression, analysis of correlation and t – test.

VARIABLES

Independent variable	Spiritual well – being
Dependent variable	Psychological well – being, Gender and socio-economic status

TOOL DESCRIPTION

1. **Spiritual Well being Scale (SWB) by CraigW. Ellison, Raymond E. Paloutzian (1982)**

The SWBS is 20-item paper-pencil instrument; it can also be easily administered on a computer website. It takes 10-15 minutes to complete. The standard method is for the scale to be self-administered. It may be administered orally if that is desirable.

Each item is answered on a 6-point Likert scale. The endpoints of the scale are anchored with the phrases "Strongly Agree" and "Strongly Disagree," with appropriate gradations in between. Ten of the statements assess RWB and contain the word "God." Ten of the statements assess EWB and have no religious connotation; these statements ask about such things as life satisfaction, purpose, and direction. Approximately half of the items are worded in the negative direction in order to control for any possible response bias.

Scoring

The Spiritual Well-Being score is a measure of perceived overall well-being. Each SWBS item is scored from 1 to 6, with a higher number representing greater well-being. Negatively worded items are reverse scored. 6

The positively worded items are numbered 3, 4, 7, 8, 10, 11, 14, 15, 17, 19, and 20. For these items, an answer of "Strongly Agree" is given a score of 6, "Moderately Agree" is scored 5, "Agree" is scored 4, "Disagree" is scored 3, "Moderately Disagree" is scored 2, and "Strongly Disagree" is scored 1.

The negatively worded items are numbered 1, 2, 5, 6, 9, 12, 13, 16, and 18. For these items, an answer of "Strongly Agree" is given a score of 1, "Moderately Agree" is scored 2, "Agree" is scored 3, "Disagree" is scored 4, "Moderately Disagree" is scored 5, and "Strongly Disagree" is scored 6.

A score in the range of 20 – 40 reflects a sense of low overall spiritual well-being. A score in the range of 41 – 99 reflects a sense of moderate spiritual well-being. A score in the range of 100 – 120 reflects a sense of high spiritual well-being.

2. Ryff's Psychological Well being Scales (PWB) (1995)

The Ryff Scale of Measurement is a psychometric inventory in which respondents rate statements on a scale of 1 to 6, where 1 indicates strong disagreement and 6 indicates strong agreement. Ryff's model is not based on merely feeling happy, but is based on Aristotle's Nicomachean Ethics, "where the goal of life isn't feeling good, but is instead about living virtuously".

The Ryff Scale is based on six factors: autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, and self-acceptance. Higher total scores indicate higher psychological well-being. Following are explanations of each criterion, and an example statement from the Ryff Inventory to measure each criterion.

RESULTS AND DISCUSSION

H1 There will be significant relationship between spiritual well – being and psychological well being

Table 1 showing the relationship between spiritual well – being and psychological well being dimensions

	SWB - Religious	SWB - Existential	SWB	PWB - Autonomy	PWB - Environmental Mastery	PWB - Personal Growth	PWB - Positive Relationship	PWB - Purpose in Life	PWB - Self-acceptance	PWB
SWB - Religious	1									
SWB - Existential	.711**	1								
SWB	.934**	.909**	1							
PWB - Autonomy	.293**	.286**	.304*	1						
PWB - Environmental Mastery	.280**	.243**	.284*	.350**	1					
PWB - Personal Growth	.175**	.141**	.172*	.102*	.172**	1				
PWB - Positive Relationship	.265**	.198**	.255*	.060	.066	.086*	1			
PWB - Purpose in Life	.144**	.210**	.184*	.103*	.006	.084*	.179**	1		
PWB - Self-acceptance	.203**	.177**	.212*	.210**	.266**	.108*	.146**	.167**	1	
PWB	.438**	.418**	.461*	.573*	.568**	.289*	.468**	.498**	.582**	1

**.-Significant at 0.01 level

The findings from Table 1 indicate a significant positive correlation between spiritual well-being and the psychological well-being of college students ($r = .461, p < 0.05$). When an individual is grounded in their religious beliefs and maintains positive relationships with others, they tend to adopt a positive life approach. This positive outlook, in turn, enhances motivation, meaning, and purpose in life, ultimately contributing to a favorable perception of life. These factors collectively contribute to psychological well-being. It is noteworthy that an individual's spirituality can be discovered not only through religious experiences but also through engagement with music, art, nature, and adherence to personal values and principles (American Family Physician, 2001).

H2 There will be a significant influence of spiritual well – being on psychological well-being

Table 2: Influence of spiritual well – being on psychological well- being

Independent variable	Dependent variable	Constant	Standardized Coefficient β Value	t-value	Model Summary
Spiritual well-being	Psychological well-being	58.061	0.461	12.697	$R^2=0.212$ $F=161.223$ $P<0.01$
21% Influence					

The regression analysis presented in Table 2 explores the relationship between spiritual well-being and psychological well-being. The R^2 (adjusted) value in the table is 0.211, indicating that approximately 21% of the variation in the dependent variable is accounted for by the predictor variable, spiritual well-being. The t value is highly significant at the .000 level, suggesting a substantial influence of spiritual well-being on psychological well-being.

Prominent theoretical reviews in the field of developmental psychology consistently underscore the crucial role of spirituality in shaping character and promoting positive development.(e.g., Benson et al., 2012a; Pargament et al., 2013; King and Boyatzis, 2015). According to Koenig et al. (2001), spirituality involves a personal exploration of fundamental questions about life, meaning, and transcendent forces, and this exploration may or may not lead to a commitment to specific religious beliefs and practices.

H3. There will be a significant difference in spiritual well-being on the basis of demographic variable gender

Table 3: Shows differences in spiritual well-being based on gender

Gender	N	Mean	SD	t value	p-value
Male	298	70.85	15.141	-4.205	0.000*
Female	302	77.22	21.444		

*.-Significant at 0.05 level

Table 3 clearly indicates that the spiritual well-being of female participants ($M = 77.22$, $SD = 21.44$) surpasses that of male participants ($M = 70.85$, $SD = 15.14$), and this difference is statistically significant ($t(541.816) = 4.205$, $p < 0.05$). This outcome highlights a gender-based distinction in spiritual well-being among adolescent college students. Consequently, the acceptance of Hypothesis 3, which posits 'a significant gender difference in spiritual well-being among adolescent college students,' is supported.

Additionally, Imam et al. (2009) demonstrated a significant relationship between overall spiritual well-being and psychological health, as measured by self-efficacy, self-esteem, and life satisfaction. Similarly, Sullivan's (2005) study found a positive correlation between religious participation, spiritual well-being, and self-esteem. Furthermore, research by Esa Jafari et al. (2010) revealed that spiritual and existential well-being is significantly higher in females compared to males.

H4 There will be significant difference in spiritual well – being on the basis of demographic variable socio-economic status

Table 4: Shows differences in spiritual well-being based on socio-economic status.

Total SWB	Sum Squares	of F	Sig.
Between Groups	5762.055	8.316	.000*
Within Groups	206826.238		
Total	212588.293		

*-Significant at 0.01 level

Table 4 indicates a noteworthy discrepancy in spiritual well-being concerning socioeconomic status. The analysis reveals a substantial difference in spiritual well-being based on socioeconomic status ($F = 8.316$, $p = 0.00$). This outcome unequivocally supports the acceptance of the alternative hypothesis and the rejection of the null hypothesis.

In line with these findings, research conducted by Smith et al. (2012) uncovered that individuals with higher socioeconomic status typically enjoy increased access to resources, education, and opportunities. This elevated status positively influences their existential well-being, contributing to a heightened sense of purpose and overall life satisfaction.

H5 There will be significant difference in psychological well – being on the basis of demographic variable gender

Table 5: Shows differences in psychological well-being based on gender

Gender	N	Mean	SD	t value	p-value
Male	298	80.14	11.30	-0.818	0.414 ^{NS}
Female	302	80.97	13.44		

NS- Not Significant

Table 5 clearly demonstrates that the mean value for psychological well-being is higher for females ($M = 80.97$, $SD = 13.44$) compared to males ($M = 80.14$, $SD = 11.30$), and the difference is not statistically significant ($t(583.410) = -0.818$, $p > 0.05$). This result

indicates that the psychological well-being of adolescent college students is not noticeably affected by gender. As a result, the initially proposed hypothesis is refuted.

In summary, the findings imply that the psychological well-being of adolescents is indirectly influenced by perceived social support, with self-esteem serving as the mediating variable. Adolescents who perceive robust social support tend to have elevated self-esteem, subsequently contributing to their psychological well-being. Moreover, the study discerned no significant gender disparities in perceived social support, self-esteem, and psychological well-being. Additionally, in terms of various sources of perceived social support, both boys and girls leaned more towards family for social support than friends or other sources (Anju Poudel, Bishnu Gurung, and Gopal Prasad Khanal, 2020).

H6 –There will be significant difference in psychological well – being on the basis of demographic variable socio-economic status

Table 6: Shows differences in psychological well-being based on socio-economic status.

Category of socio-economic status	Total PWB	Sum of Squares	F	Sig.
Low	Between Groups	1134.455	3.710	.025*
Medium	Within Groups	91287.263		
High	Total	92421.718		

*Significant at 0.05 level

Table 6 indicates that there is statistically significant difference in psychological well-being concerning socioeconomic status (F value = 3.710, Sig. value = 0.341). This outcome suggests the acceptance of alternative hypothesis and rejecting the null hypothesis. Psychological well-being differs in adolescents from different socio-economic status. It may be that as parents of adolescents from medium and higher economic status give parent their adolescent children in a favourable environment and provide them with many opportunities to develop their skills and potentials. They also are exposed to various positive environment and experience that aids in progress of better psychological well-being.

FINDINGS:

- Spiritual well-being has a significant positive relationship with the psychological well-being of adolescent college students
- Spiritual well-being has influence on psychological well-being. It also suggests that among the predictor variable seems to have 21% variation on the dependent variable.
- Spiritual well-being differs based on gender among adolescent college students.
- There is a significant difference in spiritual well being with regard to social economic status
- There is no difference in Psychological wellbeing based on gender among adolescent college students.
- There is a difference in Psychological well being with regard to social economic status.

Limitations of the study:

- Only the adolescents are considered for the study.
- Population area is limited.

Suggestions for the future:

- The study variables could include other psychological variables
- Other research designs can be implemented.
- Independent and dependent variables can be done for other population.

Conclusion:

The research reveals that Spiritual well-being has a significant positive relationship with the Psychological well-being of adolescent college students. Spiritual well-being has influence on psychological well-being. Spiritual well-being differs based on gender and socio-economic status among adolescent college students. Psychological well being differs based on gender and socio-economic status. Feeling deeply connected to an elevated power or a transcendent reality has the potential to provide individuals with a deep sense of purpose and meaning in their lives. A well-defined sense of purpose and meaning is correlated with elevated levels of psychological well-being. In moments of stress or adversity, many individuals resort to their spiritual beliefs and practices as effective coping mechanisms. Employing strategies such as spiritual coping is associated with improved psychological well-being.

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