



# Spirituality And Psychological Well-being Among Young Adults

**Miss. Sanjivani Dilip Ibite, Student of psychology S P College**

**Dr. Ramdas Kolekar Sir Parashurambhau College, Pune-30**

## Abstract

In an ever-changing and complex world, the pursuit of psychological well-being is a paramount concern, particularly among young adults who are navigating the challenges of emerging adulthood. This demographic, marked by transitions in education, career, and relationships, often grapples with questions of purpose, meaning for the future. Spirituality, encompassing a wide range of beliefs and practices, has increasingly garnered attention as a potential factor influencing psychological well-being. The objective of this study was to check whether there is a correlation between Spirituality and psychological well-being among young adults of 19 to 35 years of age. The Spirituality Scale developed by Delaney (2003) and Psychological Well-being Scale (18 items) given by Ryff (2007) are used to measure spirituality and psychological well-being respectively. The total sample size was N = 106. Google form were sent to collect the data. JASP software is used to analyse the data. The findings revealed a positive correlation between spirituality and psychological well-being.

**Keywords: Spirituality, Optimism, Psychological Well-being, Young adults**

## 1.1 Introduction

The intertwining relationship between spirituality and psychological well-being is a subject of particular interest, as both concepts hold the promise of bolstering mental health. This study seeks to delve into the intricate connections between spirituality and psychological well-being in the lives of young adults. It aims to explore whether an individual's spiritual beliefs and practices influence their overall psychological well-being.

The World Health Organization's definition of health now stands open to severe criticism due to changes in today's world and the accompanying mental void; in addition to physical, psychological, and social aspects, spiritual health and its interaction with the other aspects has been studied in scientific literature and recent research.

## **Spirituality**

According to Scott (2023) Spirituality is the broad concept of a belief in something beyond the self. It strives to answer questions about the meaning of life, how people are connected to each other, truths about the universe, and other mysteries of human existence. Spirituality offers a worldview that suggests there is more to life than just what people experience on a sensory and physical level. Instead, it suggests that there is something greater that connects all beings to each other and to the universe itself.

Victor and Treschuk (2019b) states that, the Latin word spiritus is the origin of the word spiritual, which means to blow or to breathe, and has come to mean that which gives life to the soul. It explains spirituality as a journey, search for truth. Spirituality is abstract and subjective, with many assumptions. It is an interconnection of something beyond ourselves and connecting something within ourselves. The spiritual dimension is also addressed as emotions such as love, hope, peace, trust, inspiration, and faith.

Researchers have found that individuals who report higher levels of spirituality often experience greater psychological well-being, including improved life satisfaction, positive affect, and reduced levels of depression and anxiety. (Koenig, 2012)

## **Psychological well-being**

Huppert (2009) States that psychological well-being is about lives going well. It is the combination of feeling good and functioning effectively. Psychological well-being is, however, compromised when negative emotions are extreme or very long lasting and interfere with a person's ability to function in his or her daily life. The concept of feeling good incorporates not only the positive emotions of happiness and contentment, but also such emotions as interest, engagement, confidence, and affection. The concept of functioning effectively (in a psychological sense) involves the development of one's potential, having some control over one's life, having a sense of purpose (e.g. working towards valued goals), and experiencing positive relationships.

Psychological well-being is a multifaceted and multi-dimensional construct that encompasses an individual's overall happiness, satisfaction with life, and mental and emotional health. It includes key components such as positive emotions, autonomy, positive relationships, low levels of negative emotions, purpose in life, life satisfaction, and personal growth. Psychological well-being is considered crucial for comprehensive health and happiness and has

been linked to improved mental health, better physical health, and longer life expectancy. (Dhanabhakyaam & Sarath, 2023)

### **Significance of the study**

In today's running world every person has to deal with lot of tasks. The age range of 19 to 35 is a critical life stage marked by significant transitions in education, career, and relationships. These responsibilities can lead to many mental health issues like stress, anxiety, depression, etc., and it may become threat to their psychological wellbeing. Understanding how spirituality influence psychological well-being during this period is vital, as it can offer insights into factors that affect the long-term mental health of individuals.

Psychological wellbeing of young adults ultimately going to help them to manage their stress, anxiety and negative emotions. Spirituality helps a person to enhance their coping strategies, give them power to deal with negative events in life and protects them from severe mental illnesses. Psychological well-being is a key component of overall mental health. This research can shed light on whether spirituality can serve as protective factors or interventions to enhance the mental well-being of young adults, potentially reducing the risk of mental health issues such as anxiety and depression etc.

### **Statement of the problem**

The research is aimed to study if there is any relationship between spirituality and psychological wellbeing among young adults.

### **Objective of the study**

- 1) The Purpose of this study is to comprehend how spirituality affects young adults psychological wellbeing.
- 2) To study if there is a positive correlation between spirituality and psychological wellbeing.

### **Hypothesis**

There is a positive correlation between spirituality and psychological wellbeing

### **Sample**

The samples for the present study are collected through snow ball sampling method. Google forms were sent to sample to collect the data. Population under study is of young adults, aged between 19 to 35 years. The participants of the present study comprise 106 young adults. Participants are from Maharashtra, India.

## Variables under the study

- 1) Spirituality
- 2) Psychological Well-being

## Research tools

1. The Spirituality Scale (SS) (Delaney, 2003)

For measuring the spirituality in young adults, “The Spirituality Scale (SS)” by (Delaney, 2003) is used. It is a comprehensive evaluation tool that Concentrates on the beliefs, instincts, lifestyle decisions, practices, and rituals that Define the spiritual aspect of human existence. Relationships, eco-awareness, and Self-discovery are all measured on the scale. The Cronbach’s alpha coefficient for the total SS was .94. Coefficients of the three subscales ranged from .81 to .94.

2. Ryff’s psychological wellbeing scale (18 items)

For measuring psychological well-being among young adults, Ryff’s psychological well-being by (Ryff and Keyes, 1995), developed in 2007, is used. It assesses six factors: self-acceptance, environmental mastery, personal growth, purpose in life, and positive Relationships with others. It has a 0.82 test-retest reliability coefficient.

## Results

### Descriptive statistics

Table 1: Showing the descriptive statistics

	Valid	Mean	Std. Deviation
Spirituality	106	110.000	16.805
Psychological wellbeing	106	89.057	12.610

The above table 2 shows the mean scores of spirituality and psychological well-being as 110.000 and 89.057 respectively. It also shows standard deviation of spirituality and psychological well-being as 16.805 and 12.610 respectively.

## Correlations

### Pearson's Correlations

Table 2

Variable

Variable		Spirituality	Psychological well-being
Spirituality	Pearson's r p-value		
Psychological well-being	Pearson's r p-value	0.503*** < .001	

P < .05, \*\* p < .01, \*\*\* p < .001

Table 2 shows that there is significant positive correlation between spirituality and psychological well-being as the Pearson correlation value is  $r = 0.503^{***}$  with the significance value of  $p < .001$  which indicates that the correlation is significant at the 0.001 level.

From the above discussion it was confirmed that the hypothesis that there is a positive correlation between spirituality and psychological well-being among young adults is accepted.

In support of the above result, following literature can be taken into consideration-

The study was conducted on Relationship Between Spirituality and Psychological Wellness: A Serial Multi-Mediation Analysis by Kurtuluş et al. (2022), in result of the research, it was seen that there were positive and significant relationships between the spirituality of adults and their psychological well-being.

The study was conducted by Burney et al. (2017) on spirituality and psychological wellbeing of young adults. Positive correlations were found between the dimensions of spirituality with overall psychological wellbeing.

Reed and Neville (2014) studied the influence of religiosity and spirituality on psychological well-being was examined among Black American women in this web-based study. Findings suggest direct links between spirituality and psychological well-being.

### 5.3 Conclusion

The conducted research included a hypothesis based on which the tests were performed and results were obtained. The study revealed that there is significant positive correlation between spirituality and psychological well-being. It can be concluded that hypothesis of this study is accepted.

### 5.4 Limitations

- An online mode of data collection was implemented through a google form. Although it helped for a greater reach to the population, many of the member of the population ignored it, causing a lesser number of people actually submitting the responses. Similarly, those who have submitted their response, instances of expectancy bias may have occurred on the participant's end.
- The sample collected for the research study consisted of a low number of participants. Similarly, as the snowball sampling method was implemented due to limited time period offered for the study, the sample was not randomized as well as representative.
- Geographical limitations were faced during the data collection phase of the research. As a result, a limited number of resources were attempted to utilize in order to collect Data.

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