
Spiritual Well-Being and Life Satisfaction among University Students

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ABSTRACT

The aim of the study is relationship between spiritual well-being and life satisfaction among university students. A sample of 130 university students (65 males and 65 females) under the age range 18-25 years old participated. Spiritual well-being scale questionnaire (Raymond F. Paloutizian & Craig W. Ellison 1982) while life satisfaction was measured Life Satisfaction scale (Ed Diener 1985). The study utilized correlation investigated spiritual well-being and life satisfaction among university students. The results showed significant correlation was found between spiritual well-being and life satisfaction among university students. This finding suggests that individual feel connected to their spirituality have better mental health, social support, accomplish more academically and are more resilient when presented with challenges. who report higher levels of spiritual well-being are also more likely to experience greater life satisfaction. These results underscore the importance of considering spiritual aspects in promoting spiritual well-being and life satisfaction among university students.

INTRODUCTION

During time at university, students experience a pivotal phase marked by independence from family, forging new social ties, and shouldering greater autonomy and obligations. This transition brings about heightened stress levels and challenges across various domains, impacting their well-being. Spiritual well-being emerges as a crucial coping mechanism, offering a positive outlook in the face of adversity. Despite the longstanding focus on physical, mental, and social dimensions of health, spiritual well-being proves instrumental in alleviating suffering and fostering resilience.

Spiritual well-being encompasses one's emotions, actions, and positive acknowledgments regarding their connections with oneself, others, nature, and a higher power. It fosters a sense of unity, satisfaction, joy, love, reverence, respect, optimism, inner peace, and a clear sense of purpose and direction in life for individuals (Gomez and Fisher, 2003).

Life satisfaction holds significance in determining an individual's overall sense of well-being. University students commonly grapple with issues surrounding life satisfaction as they navigate through a phase where they are defining their adult roles, gearing up for professional life, and refining their personal values.

Life satisfaction is a crucial aspect of an individual's overall well-being. Among university students, it serves as a key indicator, reflecting how individuals perceive and evaluate their lives. University years represent a phase characterized by the exploration of adult roles, preparation for professional endeavors, and the shaping of personal values. Life satisfaction has found correlate positively with life satisfaction (Genia & Cooke, 1998). Furthermore, advancement in religious and spirituality are connected to improved mental health and physical health, strongly associated with both life satisfaction and quality of life (Seybold & Hill, 2001; Tate & Forchheimer, 2002).

Life satisfaction refers to an individual's perception of their past experiences and their outlook on future prospects. It serves as a gauge of overall well-being and can encompass mood, contentment with relationships, achievement of goals, self-image, and perceived ability to handle daily challenges. Unlike transient emotions, life satisfaction pertains to a favorable overall attitude towards one's life trajectory. Positive experiences play a crucial role in shaping this perception, motivating individuals to strive towards and achieve their objectives (Bailey, Eng, Frisch, & Snyder, 2007).

REVIEW OF LITERATURE

Shafi et al. (2016). Study Investigated spiritual well-being, life satisfaction, and depression among middle-aged individuals, utilizing a sample of 100 participants. The study employed the Spiritual Well-Being Scale (SWB) by Paloutzian and Ellison (1982), the Life Satisfaction Scale by Singh and Joseph, and the Beck Depression Inventory (2nd edition, 1996) to measure these constructs. Findings indicated that 79% of the participants exhibited an average level, while 21% demonstrated a high level of spiritual well-being. Regarding life satisfaction, 43% of the sample reported an average level, while 57% reported a high level. Additionally, 68% of the sample experienced minimal depression, with 16% reporting mild, 10% moderate, and 6% severe levels of depression. Significant negative correlations were observed between spiritual well-being and depression, as well as between life satisfaction and depression among middle-aged individuals. Moreover, a significant positive correlation was found between spiritual well-being and life satisfaction. Gender differences were not significant across spiritual well-being, life satisfaction, and depression among middle-aged individuals.

Alorania I.O. et al., (2017). Research investigated the relationship between spiritual well-being, perceived social support, and life satisfaction among university students in Jordan. Utilizing a cross-sectional descriptive-correlation design, a convenience sample of 919 students from the University of Jordan was surveyed. The findings revealed that university students reported moderate levels of spiritual well-being and perceived social support, while expressing a moderate level of life satisfaction. Significant positive correlations were observed between spiritual well-being and perceived social support, as well as between spiritual well-being and life satisfaction. Additionally, a positive correlation was identified between perceived social support and life satisfaction. Both aspects of spiritual well-being demonstrated significant positive correlations with all sources of perceived social support. These findings suggest the importance of considering the relationship between spiritual well-being and perceived social support in university health programs.

Baykal E. et al. (2023). Turkey is one of among nation where covid-19 pandemic had a major impact. Millions of people had physiological and psychological problems as a result of pandemic which has claimed thousands of peoples. This study effect of spiritual well-being on the life satisfaction during covid-19 pandemic are impacted their spiritual well-being. White collar employees in Turkey in service sector were the subject of the study. Online survey was used in field of research data from a sample of 384 worker or employees. The results indicated that people life satisfaction is positive effect by their spiritual well-being.

METHODOLOGY

Aim

To measure the difference on the level of spiritual well-being and life satisfaction among male and female university students.

Objective

To find out the relationship between spiritual well-being and life satisfaction among university students.

Hypotheses

There will be significant relationship between spiritual well-being and life satisfaction among university students.

Sampling

In The present research a sample of 130 university students aged between 18-25 years old, with 65 male and 65 female from Delhi and NCR.

Tools Used

Questionnaire	Author	Year established	Number of items	Reliability and Validity
Spiritual well-being scale (SWBS)	Raymond F. Paloutizian & Craig W. Ellison	1982	20	Reliability: Cronbach's A high alpha value (typically above 0.70). Validity: The indicates has good face validity as it substance of items.
Life Satisfaction scale	Ed Diener	1985	5	Reliability: Cronbach's alpha ranging from 0.80 to 0.90 or higher, indicating high internal consistency among its items. Validity: low correlation (.09) with affect intensity measurements, indicating a high likelihood of reliability across affective states.

RESULTS

Table 4.1 Correlation value between Spiritual well-being and Life Satisfaction among University Students

VARIABLE	N	r	p
		-	
SPIRITUAL WELL-BEING	130		
		0.452	Sig***
LIFE SATISFACTION	130		

Significant at both the level calculated (0.05 and 0.001)

DISCUSSION

The title of the research is Spiritual well-being and life satisfaction among university students. The sample of 130 university students out of taken this 65 were male and 65 were female with the age range of 18 -25 years old. For data collection tools such as Spiritual well-being scale (SWBS) (Raymond F. Paloutizian & Craig W. Ellison 1982) and life satisfaction Scale (Ed Diner 1985). For statistical analysis correlation were calculated.

Finding the present study to both the level it observed significant and both correlation value between spiritual well-being and life satisfaction among university students. Table: the correlation coefficient (r) between spiritual well-being and life satisfaction is 0.452 which indicate both the level it observed significant and both correlation value between spiritual well-being and life satisfaction among university students. In the present there will be significant relationship between spiritual well-being and life satisfaction among university students. This hypothesis is accepted as correlation is found to significant. This finding is consisting with the study conducted by Shafi et al. (2016) a significant positive correlation was found between spiritual well-being and life satisfaction among university students. And Alorania I.O. et al., (2017) Significant positive correlations were observed between spiritual well-being and perceived social support, as well as between spiritual well-being and life satisfaction among university students in Jordan.

CONCLUSION

The Title of the study Spiritual well-being and Life satisfaction among university students. For this data collected from 130 students in that there were 65 males and 65 females. For data collecting questionnaire used Spiritual well-being scale (Raymond F. Paloutizian & Craig W. Ellison,1982) and Life satisfaction (Ed Diener,1985). For statistical analysis correlation were used. There is significant and both correlation value between spiritual well-being and life

satisfaction among university students. For future research Expand sample size and diversity to enhance generalizability and statistical power, incorporating various demographics. Use validated measurement tools for accurate assessment of spiritual well-being and life satisfaction. Consider additional factors like academic stress, social support, and cultural norms to provide a more nuanced understanding. Limitations of the study include a small sample size (130 university students with equal gender distribution), limiting statistical power and generalizability. It employed a cross-sectional design, preventing causal inferences about spiritual well-being and life satisfaction among university students.

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