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**RELATIONSHIP BETWEEN SPIRITUAL WELLNESS AND
QUALITY OF LIFE AMONG UNIVERSITY STUDENTS**

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ABSTRACT

The present study was sought to examine the relationship between spiritual wellness, quality of life and its dimensions including physical, psychological, social, environmental, and perception of quality and health. Spiritual Wellness Inventory (Ingersoll, 1998) and World Health Organization Quality of Life Questionnaire (Power, 2003) was used to collect the data. Sample of the present study consisted of college and university students (N = 313). Purposive continent sampling technique was used to collect the information. The hypotheses were supported in the present study. Results of the Pearson correlation indicate that spiritual wellness has significant positive correlation with quality of life and its dimensions including physical, psychological, social, environmental quality of life, and perception about quality and health. They present study is pretty insightful in understanding the association of spiritual wellness with the quality of life and its different aspects.

Key Words: Spiritual Wellness, Quality of Life

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INTRODUCTION

Spirituality has broad applications in every aspect of human life and its outcomes are observed in real life scenarios in the society (Ingersoll, 2000). Survey shows that most of the people prefer to be labelled as spiritual rather than religious (Gallup, 1993). The spiritual operates in multiple forms like spiritual well-being and spiritual wellness. Spiritual wellness is an undeniable reality of human life (O'Brien, 2000). It creates purpose and meaning in life (Myers, 1999, p 11)). The present study aims to examine the relationship of spiritual wellness with quality of life and its dimensions including physical, psychological, social, environmental, and perception of quality and health.

Spiritual wellness is directly associated with the perception of quality of life which incorporates spiritual and psychological aspects (Horton, 2002; Myers, Sweeney & Witmer, 2000). Rahmqvist (2001) illustrates that quality of life is more related to the perception of quality in life and less relevant to the actual quality experiences because quality of life is subjective in nature (Ager, 2002; Hacker, 2003; Hill, 2002; Scherer & Cushman, 2001). Efficace and Marrone (2002) discovered that spiritual aspect of personality is instrumental in determining the perceptions of quality of life.

Horton (2002) illustrates that spirituality and spiritual wellness dominantly influence quality of life. Spiritual wellness is a multidimensional phenomenon (Ingersoll, 2000) including physical, social, psychological, and occupational aspects (Egbert, Mickley, & Coeling, 2004). Similarly, quality of life is a multidimensional concept which incorporates physical, psychological, social, occupational, and environmental dimensions (Taylor, 2003). These domains of quality of life are associated with each other (Efficace & Marrone, 2002).

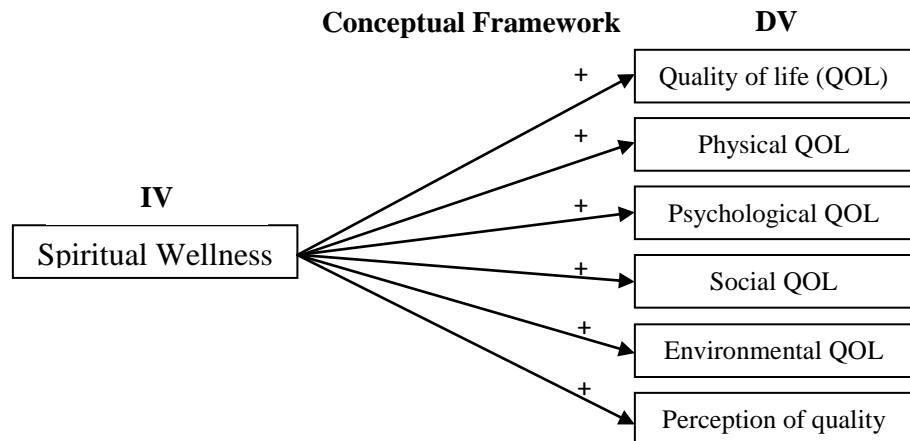
Similarly, spiritual wellness integrates physical and psychological aspects of human health (Myers et al., 2000). Physical quality is the primary aspect of quality of life (Mandzuk, 2005). Spiritual wellness is directly related to developing the perception of health and quality in life. Individuals with spiritual wellness perceive their lives important, meaningful and purposeful (Ingersoll, 1998). Spiritually well people perceive connectedness with other people and community (Ingersoll, 2000) just like social quality of life which is related to developing friendships, families, and belongingness (Mandzuk, 2005).

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Spiritually well individuals effectively deal with the mysteries, ambiguities, and uncertainties of life (Ingersoll, 1998). These aspects are relevant to psychological quality of life (Mandzuk, 2005). Spiritual wellness raises connectedness with the environment which is an aspect of the quality of life (Ingersoll, 2002). Spiritual growth ensures superior existence in all domains of life (Seligman & Csikszentmihalyi, 2000). Creating meanings in life is possible through spiritual wellness (Purdy & Dupey, 2005).

Batool (2011) investigated the role of spiritual wellness in delinquent tendencies among students and found that both constructs are inversely related. Similarly, Shumaila (2010) found that spiritual wellness and emotional intelligence positively predicted life satisfaction among the nurses. In Pakistani religious society, spiritual well-being has great importance. It is for the first time that the association between spiritual wellness and quality of life is being studied among the students. On the basis of the literature review, following hypotheses are formulated:

1. Spiritual wellness will be positively correlated with quality of life among students.
2. Spiritual wellness will be positively correlated with dimensions of quality of life.



METHOD

Participants

The present study is based on cross-sectional survey research design. Sample of the present study comprised of college and university students ($N = 313$) with age ranges 15 to 25 years ($M = 19.16$, $SD = 2.38$). Sample was selected from different colleges and universities of Rawalpindi and Islamabad by using purposive convenient sampling technique. Dual informed consent was obtained in written from the administration of the targeted institutions and the immediate participants after assuring them regarding the utility and the confidentiality of the information. Data was collected during working hours.

Measures

In the present study, information was collected through self report measures: (1) Spiritual Wellness Inventory was developed by Ingersoll (1998). It consists of 65 items and based on Likert-type 4-point rating scale. Odd items are negatively scored whereas even items are positively scored. There is no cut off scores in the scale therefore high scores indicate high spiritual wellness and vice versa. The scale has been used in the indigenous context (Gohar, 2005) and reported to be a reliable and construct valid instrument. (2) World Health Organization Quality of Life Questionnaire was developed by Power (2003). The questionnaire consists of 26 items and four subscales measuring physical, psychological, social, environmental, and perception of quality of life. The questionnaire is a 5-point rating scale. The scale has been used in the indigenous context and reported to be a reliable and construct valid instrument (Khan, Akhtar, Ayub, Alam, & Laghari, 2003).

RESULTS

The present study was carried out to examine the relationship between spiritual wellness, quality of life and its dimensions in the prediction of delinquent tendencies among adolescents. Descriptive statistics was computed for all study variables followed by Alpha reliability coefficients of the scales. Pearson correlation was applied to study the relationship between study variables.

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Table 1

Descriptive Statistics and Alpha-Reliability Coefficients for all Study Variables (N = 313)

Variables	<i>M</i>	<i>SD</i>	Minimum	Maximum	<i>α</i>
Spiritual wellness	184.59	12.76	131	220	.71
Physical functioning	23.08	3.77	10	31	.80
Psychological functioning	20.66	3.38	8	29	.77
Social dimension	11.26	2.21	3	15	.70
Environment	25.58	5.52	8	39	.78
Perception of quality and health	7.74	1.46	2	10	.56
Quality of life	88.32	12.11	45	117	.82

Table 1 shows descriptive statistics and Alpha reliability coefficients for all scales. The reliability coefficients indicate that Spiritual Wellness Inventory, World Health Organization Quality of Life Questionnaire and its subscales have satisfactory internal consistency and hence appropriate for use in the study.

Table 2

Pearson correlation between spiritual, quality of life and its dimensions (N = 313)

Variables	1	2	3	4	5	6	7
1. Spiritual wellness	-	.46**	.47**	.37**	.24**	.29**	.48**
2. Physical functioning		-	.49**	.52**	.41**	.40**	.77**
3. Psychological functioning			-	.39**	.36**	.38**	.70**
4. Social dimension				-	.40**	.37**	.70**
5. Environment					-	.36**	.80**
6. Perception of quality and health						-	.57**
7. Quality of life							-

** $p < .01$

Table 2 shows Pearson correlation between Spiritual Wellness Inventory, World Health Organization Quality of Life Questionnaire and its dimensions. Spiritual wellness has significant positive correlation with physical Functioning, psychological functioning, social dimension, environment, perception of quality of life and health, and overall quality of life. Physical Functioning has significant

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positive correlation with psychological functioning, social dimension, environment, perception of quality of life and health, and overall quality of life. Psychological functioning has significant positive correlation with social dimension, environment, perception of quality of life and health, and overall quality of life. Social dimension functioning has significant positive correlation with environment, perception of quality of life and health, and overall quality of life. Environment has significant positive correlation with perception of quality of life and health, and overall quality of life. Perception of quality of life and health has significant positive correlation with overall quality of life.

DISCUSSION

The present study aimed at investigating the relationship of spiritual wellness with quality of life and its dimensions including physical, psychological, social, environmental quality of life, and perception about quality and health. The findings show that all the hypotheses are supported in the present study.

The first hypothesis “spiritual wellness will be positively correlated with quality of life” was supported in the present study. The findings are in line with the past research illustrating the spiritual wellness directs determines quality of life (Efficace & Morrone, 2002). Ferrel et al., (1998) also discovered similar findings that spiritual well-being is positively associated with quality of life.

The second hypothesis “spiritual wellness will be positively correlated with dimensions of quality of life” was also supported in the present research. Findings showed significant positive relationship of spiritual wellness with physical, psychological, social, environmental quality of life, and perceptions of quality and health. Spiritual wellness regulates an energy which ensures competence and quality in all aspects of life (Helminiak, 2001). Ferrans and Powers (1992) illustrate that spiritual needgratification is positively associated with overall life satisfaction. Horton (2002) argues that spiritual health is instrumental in determining quality of life.

The present study shares some limitations. First, self-report measures were used in the present study that may result in single source biasness and the responses of the participants can be influenced by social desirability. Secondly, all the information was collected from a single source i.e. students that may lead to common method variance. The present study was limited to university and

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college students, school students should also be included in the future research. Overall the findings are pretty valuable for the parents, teachers and health professionals. In the religious society of Pakistan, if the attempts are made to promote spirituality in the educational institutions, the perception of quality of life among the students can be improved. Such perceptions of high quality of life will directly effect the academic achievement of the students.

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