

Essence of Spiritual Well-Being on Hope in an Adults Life

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ABSTRACT- This study was conducted to determine the association between spiritual well-being and Hope by using the Spirituality Index of Well-being (SIWB) and Adult Hope Scale (AHS). SIWB is divided into two domains, i.e., self-efficacy and life-scheme and AHS is divided into domains, i.e., Agency and Pathways. The study was conducted on 60 participants between the ages of 19-60+. The mean score of SIWB was 42.44 and SD = 8.032 and AHS, M= 47.52 and SD= 8.85. The t score is 3.2938 ($p=0.0013$), which indicates a very statistically significant level. Hence, it proves our hypothesis that Spiritual well-being and Hope are correlated. Both are two important pillars of a optimistic life. It gives a meaning to our life and trust in your potential and faith in yourself.

Keywords- Spiritual well-being, Hope, self-efficacy, life scheme, Agency Thinking, Pathway thinking

I. INTRODUCTION

What would life look like without a purpose? Pretty boring, right? It may seem like life has no meaning and is pointless. And will slowly becomes unbearable. Having a purpose gives us a way to live a meaningful life. And that further gives us a sense of living, which we all crave for! We all plan for our life, like what it would look like for us in future. People usually think that finding meaning in life is the same as finding happiness in life. A life scheme is a mental representation of life, that help us to organize and set a proper plan to achieve goals one wished for. Finding a sense of meaning can help us introspect our life.

Once we set the purpose in our life, then the next thing that comes into the picture is our belief. Having belief in own self is the most important key to achieve something in life. That is self-efficacy, which refers to an individual's belief in his or her capacity to execute behaviors necessary to produce specific performance attainments (Bandura). It motivates us to have proper control over our emotions and also helps us

to feel confident for the things that we have set for ourselves.

Spiritual well-being here relates to meaningful life and self-efficacy. Life is a journey, and we humans are travelers on the journey of life. It is a journey that we all have to travel to the end. The question that arises is, "Do we know where we came from, how many days or years we have to live in this world, and what is our destination in actual sense?" Most of us don't really know the answers and keep on looking for it. The answers to these questions give us the meaning and purpose of life. Spiritual well-being provides life satisfaction, optimism, compassion, fulfillment, religious faith, positive outlook, and faith on own self. We all want these things so that life can be called life in a true sense.

HOPE

The expectation that one will have positive experiences or that a potentially threatening or negative situation will not materialize or will ultimately result in a favorable state of affairs (APA dictionary). Hope is very important for us. It actually gives us positivity in tough times, which ultimately helps us to have the patience to bounce back.

It's so hard to move on, especially when you are hopeless that things will get better. In our lifetime, we experience such situations where things do not go our way. In our lifetime, we experience situations where things do not go our way. And in times like these, hoping that it will get better is what keeps us optimistic. Hope keeps us positive, which helps us find a way out of any problem. It also helps us to see past adverse experiences as life lessons, which helps us to look at life differently.

Hope theory includes three components (Snyder et al.'s 1991)

- 1) goal
- 2) Pathways Thinking
- 3) Agency Thinking

● Hope gives us a meaningful life to live, which ultimately gives us purpose and goals for ourselves. It saves us from living a pointless life.

● Pathway thinking helps us plan the way to achieve our desired goal. Obviously, setting a goal is primary, but the way to reach it is an equally important part.

● Agency thinking is having the intention and belief in oneself to follow those desired paths to reach to the goal.

Suppose we are stuck in a problem, then your goal is to get out of that problem. Obviously, we will first try to look at ways to come out of this. Ultimately, show faith in ourselves and in the path we have decided to get out of the problem. This the example to describe hope theory.

Spiritual well-being and hope enhance our positive thinking, coping ability, self-efficacy and life satisfaction. Both of these keep us healthy not only mentally but also physically. It also provides a

sense of self-acceptance and belief in one's own abilities for a better tomorrow and future. The main motive is a meaningful life and belief in one's own abilities, and also the expectation that things will eventually go in our favor. And that us the positive attitude we all should have.

HYPOTHESIS

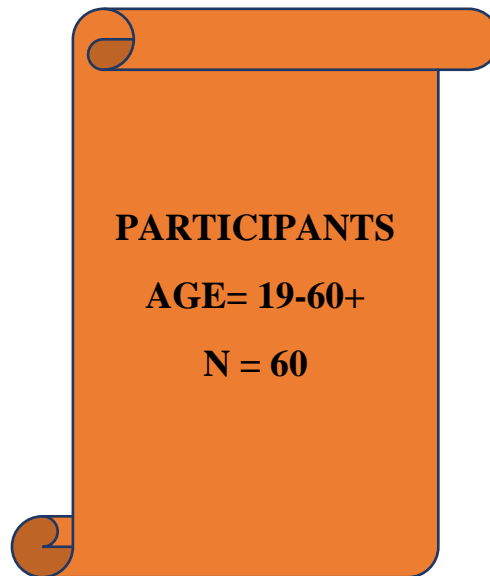
This study is designed to assess the hypothesis that Spiritual well-being and Hope are correlated.

METHODOLOGY

SAMPLE

The random sampling method was used to collect the data. All the participants were from India. They have willingly participated in this research. Sample consists of 60 individuals, 48.1% male and 51.9% female. The ages of the participants were between 19-60 and above. The average participants 53.8% were between the age of 19-29.

RESEARCH DESIGN



MATERIALS

Two scale is being used in this study-

1) Spirituality Index of Well-being (SIWB). The SIWB (Timothy P. Daaleman, Bruce B. Frey, 2004) is used to define spirituality as a sense of meaning or purpose from a transcendent source. This scale consists of 12-items that measure individual's perceptions of their spiritual quality of life. The scale is divided into two subscales: (1) self-efficacy subscale and (2) life-scheme subscale. Each item is answered on a 5-point scale ranging from 1 (Strongly Agree) to 5 (Strongly Disagree).

2) Adult Hope Scale (AHS). The AHS (Snyder et al., 1991) is used to assess the level of hope in an individual. This scale consists of 12-items and is divided into two subscales: (1) Agency (i.e., goal-directed energy) (2) Pathways (i.e., planning to achieve goals). Each item is answered on an 8-point Likert scale ranging from 1 (definitely false) to 8 (definitely true).

Further SPSS is used for the calculation.

II. RESULTS AND DISCUSSIONS

This study was conducted to find the correlation of Spiritual well-being with Hope by using the

Spirituality Index of Well-being (SIWB) and Adult Hope Scale (AHS).

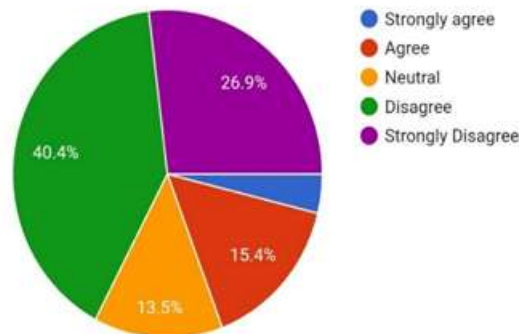
Participants	Spiritual well-being	Hope
Mean	42.44	47.52
Standard deviation	8.032	8.85

T-score	D.F.	P value	Significance level
3.2938	118	P=0.0013	Very statistically significant

The above-mentioned tables show that the Spiritual well-being, Mean is 42.44, and SD is 8.032 and Hope, M= 47.52 and SD= 8.85. By using SPSS, the T-test or T-ratio value is $t = 3.2938$ and $DF = 118$. Two-tailed P value equals 0.0013 ($p = 0.0013$), which is considered very statistically significant.

Hence, it proves our hypothesis that Spiritual well-being and Hope are

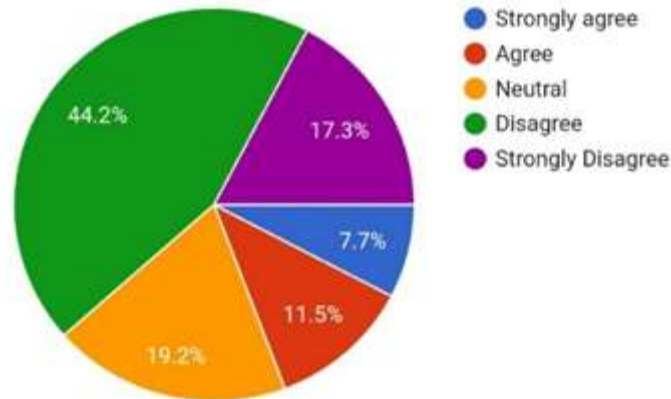
correlated. Spiritual well-being helps us lead meaningful lives and have confidence in our own abilities to face the challenges and achieve the goals we have set for ourselves. Being hopeful automatically brings an optimistic outlook towards life. It promotes self-efficacy and motivates us to lead a meaningful life.



In spiritual well-being, "There is not much I can do to help myself."

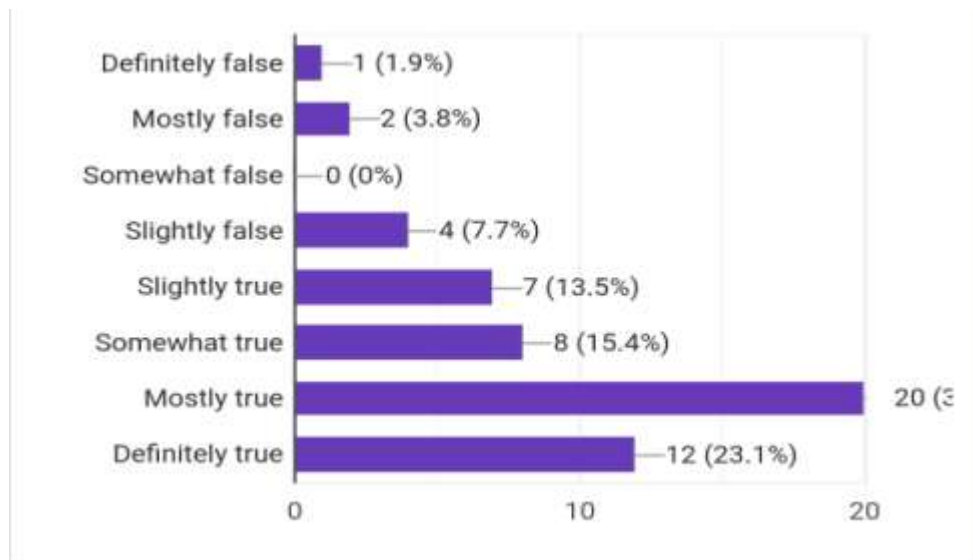
In the above-mentioned question, 67.3% disagree with the statement, which shows their self-efficacy

Another question, "I have a lack of purpose in my life".



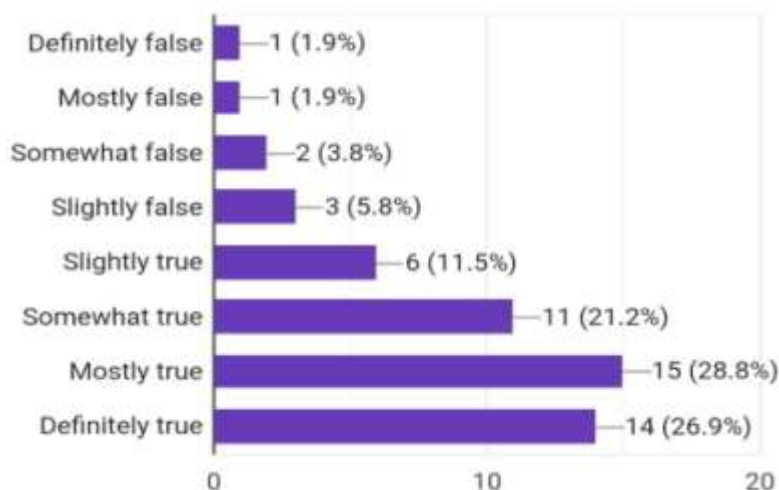
Here , 61.5% disagree with the statement, which shows that they have purpose in their life which give a meaning to their life .

In Hope,"I can think of many ways to get the things in life that are important to me".



In the above-mentioned question, most of the people agree with the statement. It shows their hope that they can find ways to get what matters to them.

Another question," Even when others get discouraged, I know I can find a way to solve the problem."



Here also most people agree with the statement that best describes their level of hopefulness even in the face of adversity.

Spiritual well being and hope are two important pillars of our life which give a positive direction to our life and a reason to live it to the fullest. Spiritual well-being embraces our search for deeper meaning in life. It gives us greater clarity in making everyday choices, and we become more consistent with our actions and beliefs. Through spiritual well-being, we can reach the level of life satisfaction that we all ultimately seek.

Hope, on the other hand, gives us the positivity that we have the ability to do what we want. It also helps us to have faith in ourselves that even in the face of adversity, we can find a way out. It helps us to set goals for ourselves and also provides motivation to achieve it.

III. CONCLUSION

The present study proves our hypothesis that Spiritual well-being and Hope are correlated. Both are important pillars of our life and important for a meaningful life.

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