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## Relationship between spirituality and resilience

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### Abstract

Spirituality is known to have impact on multiple facets of human life. The present study attempts to explore the relationship between spirituality and resilience of young adults. Data was gathered from 180 young adults using SEIS and BURS scales. The data was then analyzed using correlation. The obtained co-efficient correlation is 0.54 which indicates a substantial positive correlation between the two variables. Spiritual faith is one of the factor that might enhance resilience of young adults.

**Keywords:** Spirituality, spiritual openness, spiritual support, resilience, young adults

### Introduction

In its definition of health, W H O has included spirituality as the fourth component. "Spirituality is the ability to connect with one's soul as well as a sense of connection to something bigger than ourselves." It also refers to the recognition of a feeling or belief that there is something greater than oneself and that we are a part of a larger whole that is cosmic or divine in nature.

Spirituality is known to have positive effects on various aspects of our life including quality of life, psychological wellbeing, and resilience.

"Resilience is the ability to withstand adversity and bounce back from difficult life events. It is also referred to as mental toughness". Resilience is defined as the ability to adapt to adversity while remaining emotionally balanced.

Archana; Kumar, Updesh; Singh, Rohtash (2014), Resilience and Spirituality as Predictors of Psychological Well-Being among University Students. The study was conducted on a sample of 186 students within the age range of 21-24 years. The students were assessed with Resilience Scale (Connor and Davidson, 2003), Daily Spiritual Experience Scale (Underwood and Teresi, 2002) and Psychological Well-Being Scale (Ryff and Keyes, 1995). Stepwise Multiple Regression analysis exposed that psychological well-being is predicted by both resilience as well as spirituality among students. This shows that students who were resilient and had strong spiritual approach in their lives reported higher levels of psychological well-being.

Charlotte D. Shelton, Sascha Hein, Kelly A. Phipps (2019) <sup>[1]</sup>, explored the relationships between spirituality, leader resiliency and life satisfaction/well-being. Using an explanatory sequential design, the authors tested three research hypotheses to explore the relationships between the participants' spiritual practices and level of resiliency, life satisfaction and sense of well-being. Data were collected from 101 executive MBA alumni of a US-based university. 43 Following the quantitative analysis of the survey results, interviews were conducted with 25 executives who scored high in the frequency of spiritual practice to further explore how they applied their spirituality in stressful work situations. The results found positive relationships between spirituality, resilience, and overall life satisfaction. Participants who engaged in meditative practices had a significantly higher overall resilience score than non-meditators.

Smith, Bruce W, Ortiz J. A. (2012) <sup>[2]</sup>, examined the relationship between Spirituality, Resilience and Positive Emotions. The findings of the study revealed that there is a significant positive relationship between a) resilience and spirituality, b) spirituality and positive emotions and c) Resilience and positive emotions.

The present study attempts to know the relationship between spirituality and resilience.

### Problem

To explore the relationship between spirituality and resilience of young adults.

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## Objectives

- To study the spirituality of young adults
- To study the level of resilience of young adults.
- To explore the relationship between spirituality and resilience.

## Hypothesis

There will be a positive relationship between spirituality and resilience.

## Variables

Independent Variable

- Spirituality

Dependent Variable

- Resilience

## Operational Definition

1. Spirituality – Ability to connect to ourselves with something beyond.
2. The ability to bounce back after an emotional crisis.
3. Young Adults – Adults in the age range of 25-35 years.

## Research Design

Single Group design is adopted.

## Sample

Sample consists of o 180 subjects. All the subjects were in the age range of 25-30 years. All the subjects were married and employed.

## Materials

1. SEIS was developed by – Genia (1997). It is a 6-point Likert scale consisting of 23 items. SEIS has two sub-scales, viz, Spiritual Support (13 items) and Spiritual Openness (10 items).
2. BURS was developed by Prof. Anna Lakshmi (2009) of Bharatiar University. It is a 5- point Likert scale consisting of 30 items.

## Analysis and Results

**Table 1:** Shows the scores on Spirituality and Resilience scales.

	Spirituality	Resilience
N	180	180
Mean	89.34	95.50
"r" Value	0.54	
Interpretation	Substantial Positive Correlation	

## Discussion

The present study was carried out with the aim of exploring the relationship between spirituality and resilience. The mean spirituality score is 89.34 and mean resilience score is 95.50. The correlation co-efficient is 0.54. This indicates that there is a substantial positive correlation between spirituality and resilience. The belief in the supreme give individuals a sense of faith which might help them to face the adversities of life in an effective manner. This connection with the divine provides an inner strength which helps to bounce back.

Research conducted by, Bruce *et al.* (2012) and Shelton *et al.* (2019) <sup>[1]</sup> on university students have also found positive correlation between spirituality, resilience, and psychological wellbeing. The result of the present study agrees with the previous research findings.

## Conclusion

1. There is a substantial positive correlation between, spirituality and resilience.
2. Spiritual faith, openness and support helps to enhance resilience of young adults.

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