

The Relationship between Spirituality, Quality of Life, and Resilience

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Abstract. A high spirituality level will lead to peace of mind and calmness in facing a life full of challenges. Thus, spirituality level determined how well someone's quality of life and resilience are. This library research aims to seek the relationship between spirituality, quality of life, and resilience. We reviewed journals that provide evidence that spirituality has a significant relationship with quality of life and resilience. Twenty quantitative research journals with correlational analysis in their hypotheses testing and published in 2013 to 2018 were reviewed. The result showed that all of the studies have proven that spirituality has a significant positive relationship with quality of life, as well as resilience in various sexes, ages, occupations, and illnesses. The higher a person's spiritual level, the better his quality of life and his resilience in facing life's problems.

Keywords: *spirituality, quality of life, resilience, correlation*

INTRODUCTION

Spirituality and religiosity occupy an important place in human life as motivating and harmonizing forces. Spirituality is a complex and multidimensional part of the human experience as an inner belief system. It helps individuals to search for the meaning and purpose of life, and it helps them to experience hope, love, inner peace, comfort, and support. Spirituality can be understood as the set of beliefs that brings vitality and meaning to the events of life. It is the human propensity for the interest of others and themselves. Spirituality can encompass both secular and religious perspectives. The World Health Organization (WHO) declares that spirituality is an essential dimension of someone's quality of life. Indeed, one's spirituality affects his physical, psychological, and interpersonal states and vice versa. All of these will contribute to his overall quality of life [18].

Higher levels of religious faith and spirituality are associated with more adaptive coping responses, higher resilience to stress, a more optimistic life orientation, higher perceived social support, and lower levels of anxiety among recovering individuals [2]. The high level of one's spirituality is believed to create peace in the heart, thus providing a calm situation for someone to face various obstacles in life. It will help him have a clear and airy mind so that he is not easily stressed and will

continuously feel content. Thus, the researchers argue that someone's high spirituality will improve his quality of life and resilience. This article aims to gather evidence that spirituality is significantly related to one's quality of life and resilience.

LITERATURE REVIEW

Spirituality

Spirituality is often found within the context of religion, but it may not be the case. By the same token, the practice of spirituality can make people become religious or part of organized or emerging religion, but again, it may not be the case. Spirituality is defined as a more or less coherent picture of what is sacred and a lifestyle that incorporates beliefs, attitudes, values, or action in response to the pictures of sacredness [12].

People know various ways to develop their spirituality, e.g., by contemplating nature or art, strengthening their relationships with other people, or achieving self-transcendence through combating one's own limitations and adversities [5]. [7] observed that spirituality is defined in the health literature in seven ways: (1) a relationship with God, spiritual well-being or a higher power, and a belief in a reality greater than the self; (2) an understanding or sensation that spirituality comes not from within the self but from outside of the self; (3) a state of transcendence or connectedness that is indispensably related to belief in a higher being or power; (4) an existential qualification of life that is not from the material world; (5) a sense of meaning and purpose in life; (6) life power or integrating power of the person; and (7) the sum of the above. A spiritually individuated person has an embodied, integrated, connected, and permeable identity whose high degree of differentiation, far from being isolating, actually allows him or her to enter into deeply conscious communion with others, nature, and the multidimensional cosmos (8).

Quality of Life

The quality of life (QOL) has been defined as a person's sense of wellbeing that stems from satisfaction or dissatisfaction with the areas of life that are important to him/her [16]. Quality of life is a broad concept and a measure of overall wellbeing and the individual's perception of their position in life, including the aspects of physical and mental health, relationships and environment [14]. [20] summarized that quality of life is

defined as optimum levels of mental, physical, role (e.g., work, parent, carer, etc.) and social functioning, including relationships, and perceptions of health, fitness, life satisfaction, and well-being and also includes the adequacy of housing, income, and perceptions of immediate environment.

Resilience

Resilience is the ability to adapt to life’s ever-changing landscape and recover quickly from stressors and potential stressors. Generally, highly optimistic individuals report being more receptive, more creative, making better decisions, having improved communication, making new connections, experiencing new ways of being, and finding new learning opportunities. Repeated experiences of optimism build multiple personal resources over time, leading to resilience. In healthcare environments, employees bear witness to the suffering of patients. Yet, employees are not immune to distress themselves; in fact, they are at risk for it. The current economic situation has also had impacts of fear and uncertainty for most people. In order to create and sustain a more healing and caring environment for patients, employees can learn and practice techniques that help them draw from their personal strengths and resources. These techniques can minimize the adverse effects of stress and make employees more resilient, creative, and effective in their many roles, personally and professionally. Making an internal ‘shift’ can prevent stress from creating a downward spiral in health, relationships, and performance [15].

METHOD

This is library research focusing on the relationship between spirituality, quality of life, and resilience. We reviewed journals that provide evidence that spirituality has a significant relationship with quality of life and resilience. Quantitative research journals with statistical analysis in their hypotheses testing published between 2013 and 2018 were chosen. The strength of the relationship value between the two variables is classified into five levels based on [11], namely:

Correlation coefficient	Category
0.81 to 1.00	Very strong
0.61 to 0.80	Strong
0.41 to 0.60	Moderate
0.21 to 0.40	Weak
0.00 to 0.20	Very weak

RESULT

Spirituality and Quality of Life

Spirituality makes changes in cognitive skills, such as the use of abstract thinking, the ability to understand metaphors. It can also mean the ability to observe a

stressful situation and take the necessary action to deal with it [3]. The results of the research with elderly respondents who had gone through many life experiences as found in Celis’ and [4], [6], [10], and [1] showed that one’s spirituality levels had a significant positive relationship with his/her quality of life with moderate to strong categories.

Spirituality generally relates to better mental health, greater well-being, and higher quality of life. Physical health and medical outcomes may also be affected. Besides its connection with health, there are several practical reasons why health professionals ought to inquire about spirituality, particularly in patients with severe or chronic illness. Spiritual beliefs influence medical decisions that affect health care, may conflict with medical care, and can influence the doctor-patient relationship, either positively or negatively. Support from the faith community can help patients cope better with severe health stressors, may improve early detection of disease, and can enhance compliance with medical treatment [13].

Spirituality and Resilience

Human beings are the most resilient creatures among other living beings. People deal with their daily life problems in many ways, and one effective and much-used method, especially in India, is prayer. Spirituality relates more to personal search, to finding greater meaning and one’s purpose of existence [9]. Research by [19] with adult respondents showed that the correlation between spirituality and resilience was strong. Participant’s spiritual wellbeing, and more importantly, their relationship with their God, drove their behaviors and connections that act as protective factors leading to enhanced resilience. Participating together in spiritual practices in a spiritually aware family and connecting to a spiritual family in a spiritually aware community may assist in developing spiritual awareness from a young age and encourage living in a relationship with God. The young people who lived with these spiritual strengths enjoyed a sense of spiritual well being that provides a sense of peace and satisfaction in life. The five spiritual strengths identified within this case study are interconnected, and the relationships between the spiritual strengths are bidirectional. These spiritual strengths acted as protective factors, through moderating risks for developmental health outcomes, and were associated with enhanced adolescent resilience for the participants.

The discourses above reveal the belief in God as a means to live an unconcerned old age and cope with unfavorable situations, showing that faith is what gives them support in their daily life. Prayer, as an essential resilience strategy for the older adult, is reaffirmed in the testimonies. Gratitude for the blessings achieved, such as the maintained health and longevity, stand out in the testimonies of faith in God [17].

CONCLUSION

The result showed that all of the studies have proven that spirituality has a significant positive relationship with quality of life, as well as resilience in various sexes, ages, occupations, and illnesses. The higher a person's spiritual level, the better the quality of life and his resilience in facing life's problems. The relationship between spirituality and quality of life was found mostly in respondents with advanced age, while for respondents who were still working or students, the relationship between the two variables was classified as weak to moderate. Weak to moderate correlation between spirituality and resilience was found in respondents with health problems or suffered from chronic diseases and productive respondents. The older the respondents, the stronger the relationship between the two variables.

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