The relationship between spiritual well-being and demographic characteristic of students of Qazvin University of Medical Sciences

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Received: 7 Jun 2018; Accepted: 30 Jun 2018

Abstract

Background: Spiritual well-being is considered as an important aspect of health. It plays an important role in the development of health outcomes.

Objective: This study was conducted to investigate the statues of spiritual well-being of student of Qazvin University of Medical Sciences as the health care providers.

Methods: This descriptive-analytical study was conducted on 307 students which selected from Qazvin University of Medical Science by multi-stage sampling in 2019. The data were collected using Ellison and Paloutzian 20-items spiritual well-being questionnaire. The reliability of questionnaire was examined through cronbach's coefficient alpha approach. Data were analyzed using independent t-test and ANOVA.

Findings: The results showed that the mean of religious well-being was 36.20±6.84, existential well-being 34.59±5.82 and total spiritual scores were moderate (70.78±11.33). Significant relationships were found between spiritual well-being and field of study (P<0.001), level of study (P=0.004), and housing conditions (P<0.001).

Conclusion: According to the findings, the level of spiritual well-being among students was moderate which was related to their field, level of study and housing conditions. Due to the impact of these results on the health outcomes of the community, it should stimulate discussion about the necessity of planning to improve the level of students' spiritual well-being according to their demographic variables.

Keywords: Spiritual well-being, Existential well-being, Religion, Demographic factors