

## THE INFLUENCED FACTORS OF SPIRITUAL WELL-BEING: A SYSTEMATIC REVIEW

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### Keywords

*Human Life;  
Spiritual Well-being;  
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### Abstract

*Well-being in essence is not just material or physical prosperity, but how each individual gets the opportunity to develop his full potential, including spirituality. This study aims to explore the factors that influence spiritual well-being. The method used in this research is a systematic review. The findings of this study are factors that affect spiritual well-being including: mental health, spiritual coping, life satisfaction, hope, primary emotions, mindfulness, self-compassion, perceived social support, quality of life, adjustment to chronic diseases, psychological disorders, psychological well-being, and psychological resilience.*

### Kata Kunci

Kesejahteraan  
Spiritual;  
Kehidupan  
Manusia;  
Tinjauan  
Sistematis

### Abstrak

Kesejahteraan pada hakikatnya bukan hanya sekedar sejahtera secara materi atau fisik saja, tetapi bagaimana setiap individu memperoleh kesempatan untuk mengembangkan seluruh potensi dirinya, termasuk di dalamnya spiritual. Penelitian ini bertujuan untuk menggali faktor-faktor yang mempengaruhi spiritual well-being. Adapun metode yang digunakan dalam penelitian ini adalah tinjauan sistematis. Temuan dari penelitian ini adalah faktor-faktor yang mempengaruhi kesejahteraan spiritual diantaranya: kesehatan mental, koping spiritual,

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kepuasan hidup, hope, primary emotions, mindfulness, self-compassion, perceived social support, quality of life, adjustment to chronic diseases, psychological disorders, psychological well-being, dan psychological resilience.

## Introduction

Well-being is not only prosperous materially or physically, or just being free from epidemics and disasters, but how each individual gets the opportunity to develop his full potential. In essence, well-being is a condition in which individuals achieve happiness and harmony in life in all dimensions, both in terms of physical, intellectual, social, spiritual, mental, and occupational dimensions (Kitko, 2001). The dimensions of well-being contained within the individual are dimensions that are interconnected and interdependent. The level of functioning or non-functioning of one dimension of well-being affects the functioning of another dimension of well-being.

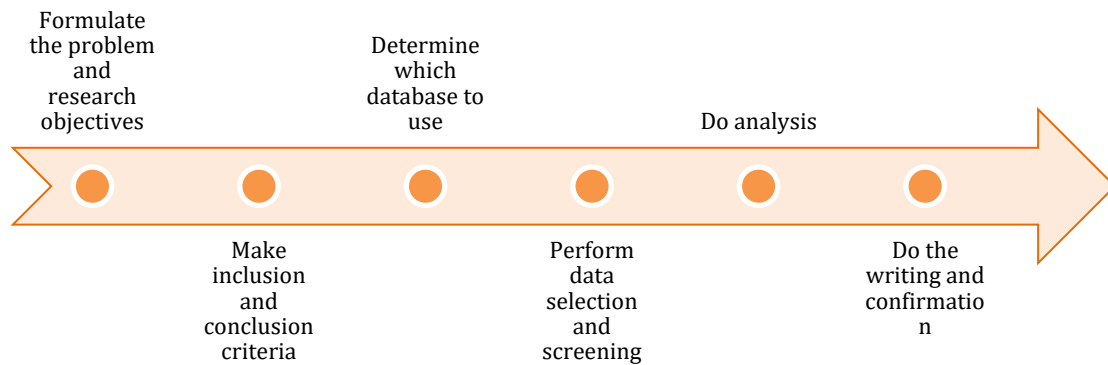
Actually, the individual is a creature that must be understood as a whole, both physically, mentally, emotionally, and spiritually (Granello, 2013). In this case, the spiritual dimension becomes a connector and balancer for the development of each dimension of well-being, so that spirituality in the context of well-being is not an isolated dimension from other dimensions of well-being, but is a reciprocal core that connects all dimensions of well-being (Purdy & Dupey, 2005).

Each dimension of well-being essentially contains a spiritual aspect, so it can be said that each dimension of well-being is not a stand-alone dimension, but is interconnected and interacts with one another, and the dimension that can bridge and balance the development of welfare is the spiritual dimension (Sylvestro et al., 2021). Spiritual well-being can be an indicator of the quality of individual life, because individuals who are spiritually prosperous can live life in harmony, both as individuals and as part of the social environment (Brubaker & Sweeney, 2021). In addition, spiritual well-being consistently affects the quality of life of individuals, this is possible when individuals who are spiritually prosperous will have the ability to interpret the opportunities obtained in life as a result of individual interactions with the environment and belief in the power of the God who regulates all forms of life so that individuals are able to live more in harmony (Utama et al., 2021).

Therefore, this aim of this research is to explore the factors that influence spiritual well-being. It is hoped that through this research, we can find out more about spiritual well-being and be useful for further research.

## Research Method

This research is included in research with a systematic review. Systematic review is a structured and planned review of previous articles (Setyaningsih et al., 2019; Alawiyah et al., 2020; Rahmat et al., 2020; Priambodo et al., 2020; Rahmat & Alawiyah, 2020). The approach used in this research is meta-ethnograph, where the researcher summarizes various relevant research results in a narrative manner with the aim of developing new theories to complement existing theories (Siswanto, 2010; Rahmanisa et al., 2021; Widha et al., 2021). The analysis process from the systematic review will be explained in **Figure 1**.



**Figure 1.** Analysis Process of Systematic Review

## Result and Discussion

### Findings

Based on the search result using the Google Scholar database, twelve article were found that were considered to be in accordance with the research that was raised, namely about the influenced factors of spiritual well-being. The twelve article will be described in **Table 1**.

**Tabel 1.** Research Article Findings

Author	Aim	Methods	Finding
Hamka et al. (2019)	To examine the relationship and effect between spiritual well-being on students' mental health in learning	Quantitative method with linear regression analysis, correlation, and independent t-test.	There is a significant relationship between spiritual well-being and mental health of

Author	Aim	Methods	Finding
			students in Indonesia with a large R Square of 0.151 which indicates that 15.1% of spiritual well-being is effect by mental health.
Sadeghi et al. (2018)	To demonstrate the relationship between spiritual coping and spiritual well-being in patients with beta-thalassemia major in Zahedan in 2016	Quantitative method with Pearson correlation analysis, independent t-test, and one-way variance analysis.	There is a positive and significant relationship between spiritual well-being and spiritual coping.
Riklikienė et al. (2021)	This study aims to determine the relationship between spiritual well-being with life satisfaction and healthy living behavior during pregnancy in pregnant women.	Quantitative method with t-test analysis, Spearman rank correlation coefficient, and Eta coefficient.	There is a positive relationship between spiritual well-being with life satisfaction and healthy living behavior during pregnancy in pregnant women within themselves and their environment.
Yaghoobzadeh et al. (2018)	To examine the relationship between spiritual well-being and hope in patients with cardiovascular disease.	Quantitative method with descriptive and cross-sectional correlation design.	There is a positive and significant relationship between spiritual well-being and hope. In this study, it was found that women who have a high level of

Author	Aim	Methods	Finding
			religiosity will have high spiritual well-being as well. In addition, individuals who are married, have a high socioeconomic status and a high level of education will have high hope.
Hebler-Ragger et al. (2018)	To examine the relationship between primary emotions and religious/ spiritual well-being with the mediator variable personality	Quantitative method with linear hierarchical regression analysis.	There is a strong relationship between primary emotions and religious/spiritual well-being as seen from the mediator variable, namely the personality dimension.
Mathad et al. (2019)	To explore the correlations and predictions between spiritual well-being and its relationship to mindfulness, self-compassion, and satisfaction with life in baccalaureate nursing students.	Quantitative method with Pearson correlation analysis and multiple regression analysis.	There is a significant relationship between spiritual well-being and self-compassion, mindfulness, life satisfaction in the personal, communal, environmental, and transcendental spheres.
Alorani	& To identify the	Quantitative	There is a positive

Author	Aim	Methods	Finding
Alradaydeh (2018)	relationship between spiritual well-being, perceived social support, and life satisfaction for university students in Jordan.	method with cross-sectional descriptive-correlational design.	relationship between spiritual well-being and perceived social support and life satisfaction with $r_1$ of 0.49 and $r_2$ of 0.53.
Ayik et al (2019)	To determine the relationship between spiritual well-being on adjustment to a stoma and the quality of life of patients with a stoma.	Quantitative method with descriptive analysis, correlation, and hierarchical regression analysis.	There is a significant relationship between spiritual well-being and quality of life in patients with a stoma. In addition, there is also a significant relationship between spiritual well-being and acceptance of a stoma.
Baykay (2022)	To find out the effect of spiritual well-being on life satisfaction at the individual level during the COVID-19 period.	Quantitative method with online survey.	There is a positive effect between spiritual well-being and life satisfaction at the individual level during the COVID-19 period.
Leung & Pong (2021)	To examine the relationship between spiritual well-being and symptoms of psychological	Quantitative method with cross-sectional study.	There is a negative effect between spiritual well-being and psychological disorders.

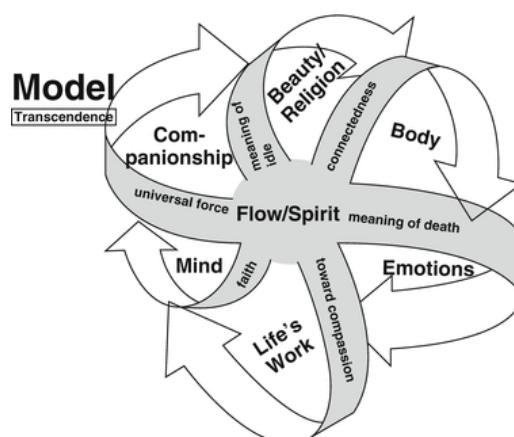
Author	Aim	Methods	Finding
	disorders such as depression, stress, and anxiety in Chinese students in Hong Kong.		Hierarchical multiple regression showed that the effect was 79.9%, 71.3%, and 85.5% in three domains of psychological disorders, namely depression, anxiety, and stress.
Hall et al. (2019)	To examine the effect of spiritual well-being on Haitian adolescents with psychological well-being.	Quantitative method with cross-sectional study.	There is an influence between spiritual well-being and psychological well-being in Haitian adolescents.
Gultekin et al. (2019)	To examine the correlation between spiritual well-being and psychological resilience in patients with liver transplantation.	Quantitative method with correlational descriptive study.	There is a positive correlation between spiritual well-being and psychological resilience in patients with liver transplantation.

Based on **Table 1**, it can be seen that spiritual well-being is influenced by several factors, including: mental health (Hamka et al., 2019), spiritual coping (Sadeghi et al., 2018), life satisfaction (Riklikienė et al., 2021; Mathad et al., al., 2019; Alorani & Alradaydeh, 2018; Baykay, 2022), hope (Yangoobzadeh et al., 2018), primary emotions (Hebler-Ragger, 2018), mindfulness (Mathad et al., 2019), self-compassion (Mathad et al., 2019), perceived social support (Alorani & Alradaydeh, 2018), quality of life (Ayik et al., 2019), adjustment to diseases (Ayik et al., 2019),

psychological disorders (Leung & Pong, 2021), psychological well-being (Hall et al., 2019), and psychological resilience (Gultekin et al., 2019).

## Discussion

Spiritual well-being according to Gomez & Fisher (in Fourianalistyawati, 2017) is a concept used to describe a situation full of motivation or encouragement to find the purpose of life and focus on a certain belief which is then believed to be the truth. Purdy & Dupey (in Imadudin, 2015) formulated a model of spiritual wellness known as the holistic flow model of spiritual wellness. This model uses the principle of energy flow by placing spirituality at the core of the energy flow that moves, balances, and influences health and happiness in every dimension. Purdy & Dupey (2011) compiled aspects of the holistic flow model of spiritual wellness into aspects of belief in the power that governs the universe, connectedness, faith, sacrifice, and the ability to interpret death. The aspects of the holistic flow model of spiritual wellness can be represented in **Figure 2**.



**Figure 2.** Holistic Flow Model of Spiritual Wellness

The factors that influence spiritual well-being based on **Figure 3** can be explained as follows.

**First**, mental health is the avoidance of a person from symptoms of mental disorders (neurose) and symptoms of mental illness (psychose), as well as a person's ability to adapt to himself, others, the community in which he lives (Ariadi, 2013). **Second**, spiritual coping is an individual's way of using his beliefs in managing stress and problems in life (Handayani, 2016). In addition, Pargament also mentions spiritual coping is an effort to understand and overcome the sources of stress in life by



doing various ways to strengthen the individual's relationship with God (Safaria, 2011).

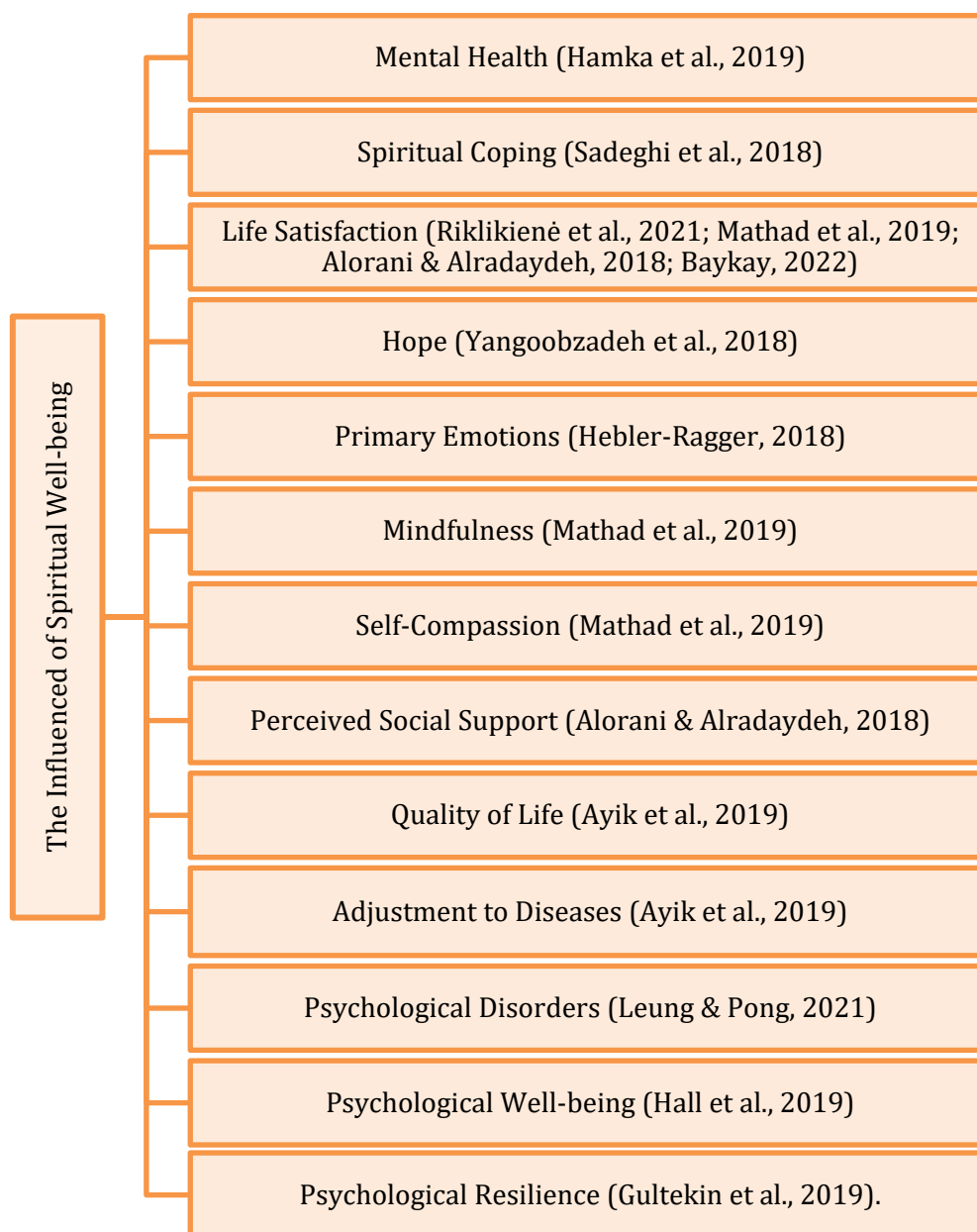
**Third**, life satisfaction refers to the extent to which the individual is satisfied with what he currently has and its aspects are measured cognitively by the individual towards himself (Linsiya, 2015; Waskito et al., 2018). **Fourth**, hope is energy that is focused on one's goals and the path that leads one to his goals (Lukito, 2018). In addition, hope is a mental process when individuals have a strong desire (willpower) and are accompanied by a plan or mapping (waypower) to achieve their goals (Ein, 2021).

**Fifth**, primary emotion is one of a limited set of emotions that are usually manifested and universally recognized across cultures (Hebler-Ragger, 2018). The list of primary emotions varies among different theorists. They often include fear, anger, joy, sadness, disgust, humiliation, and surprise. Some theorists also include shame, shame, and guilt.

**Sixth**, mindfulness is the presence of awareness that is inherent and involves experience from time to time (Adinursari, 2019). Mindfulness is defined as the ability to focus attention directly, openness to experience, over time, with open-mindedness, and self-acceptance (McCann et al., 2018). **Seventh**, self-compassion is a concept adapted from the Buddhist philosophy of how to love yourself like pity when you see other people experiencing difficulties (Hasmarlin & Hirmaningsih, 2019).

**Eighth**, perceived social support is the individual's perception that social support will be accepted when needed, and makes individuals feel that others love, care, and appreciate the individual (Lim & Kartasasmita, 2018). **Ninth**, quality of life is an individual's perception of their position in life in the context of the culture and value system in which they live and in relation to their goals, expectations, standards and concerns (Afiyanti, 2010).

**Tenth**, adjustment to diseases. Stanton et al. (2006) identified five conceptualizations related to adjustment to chronic disease consisting of mastery of disease-related adaptive tasks, preservation of functional status, perceived quality of life across multiple domains, absence of psychological disorders, and low negative affect. **Eleventh**, psychological disorders are conditions that affect thinking, feelings, moods, and behavior (Triwahyuni & Prasetyo, 2021). These may only appear occasionally, and some can last a long time (chronic).



**Figure 3.** The Influenced Factors of Spiritual Well-being

**Twelfth**, psychological well-being is a condition in which individuals have positive attitudes towards themselves and others, can make their own decisions and regulate their own behavior, are able to control an environment that is compatible with their needs, have a more meaningful life purpose, and strive to continue develop their potential (Hardjo et al., 2020). Ryff (in Yuliani, 2018) states that there are six dimensions in psychological well-being, namely self-acceptance, positive relationships with others, autonomy, mastery of the environment, life goals, and personal growth.

**Lastly**, psychological resilience is the ability to face challenges, resilience will appear when a person faces a difficult experience and knows how to face or adapt to it (Putra et al., 2022). According to Holaday (in Novianti, 2018), the factors that influence resilience are as follows.

- a. Social support, namely in the form of community support, personal support, familial support, as well as the culture and community in which the individual lives.
- b. Cognitive skills, including intelligence, problem solving, the ability to avoid self-blame, personal control, and spirituality.
- c. Psychological resources, namely internal locus of control, empathy and curiosity, tend to seek wisdom from every experience, and are always flexible in every situation.

## Conclusion

Spiritual well-being is one of several dimensions in individual well-being that can be an indicator that determines a person's quality of life. The factors that influence spiritual well-being include: mental health, spiritual coping, life satisfaction, hope, primary emotions, mindfulness, self-compassion, perceived social support, quality of life, adjustment to chronic diseases, psychological disorders, psychological well-being, and psychological resilience.

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