

Role of Spiritual Well-Being, Resilience and Affective State on Psychological Well-Being of Young Adults

Ms. Shviti Sood^{1*}, Dr. Anviti Gupta²

^{1*}Research Scholar, PhD Psychology, Department of Psychology, Sharda School of Humanities and Social Sciences (SSHSS), Sharda University, Greater Noida, e-mail: shvitisood@gmail.com, 2021363465.shviti@dr.sharda.ac.in,

²Prof. & Dean, SSHSS, Department of Psychology, Sharda School of Humanities and Social Sciences (SSHSS) Sharda University, Greater Noida.

How to cite this article: Shviti Sood, Anviti Gupta (2024) Role of Spiritual Well-Being, Resilience and Affective State on Psychological Well-Being of Young Adults. *Library Progress International*, 44(3), 16762-16779

Abstract

Psychological well-being is a crucial aspect of overall wellbeing and it plays an important role in the life of young adults who are navigating significant life transition. There are many factors which influence psychological well-being of young adults. In this study we studied the correlation between spiritual well-being, resilience, affective state (positive and negative) and psychological well-being among young adults. The objective of the study was to assess the role of spiritual well-being, resilience and affective state (positive and negative affect) on psychological well-being of young adults. Quantitative method was used on sample of 200 young adults aged 19-35 from Noida and Greater Noida. The study employed standardized scales: PANAS, SWBS, CD-RISC-25, and Ryff's Psychological Well-being Scale. The results were analysed using Spearman's correlation. The results of the study indicated varied impact on psychological well-being i.e. it showed weak positive correlation for spiritual well-being, strong positive correlation for resilience, very strong positive correlation for positive affect and moderate negative correlation for negative affect. Study concluded that fostering resilience and positive affect or positive emotional experience can be useful for individual growth and psychological wellbeing in young adults. The study has filled gap in research focussing on young adult and highlighting importance of spiritual well-being, resilience and affective state to encourage psychological well-being in them.

Keywords: Affective state, Negative affect, Positive affect, Psychological well-being, Resilience, spiritual well-being, young adults

Introduction:

Psychological well-being is a crucial aspect of overall wellbeing and it plays an important role in the life of young adults who are navigating significant life transition. There are many factors which influence psychological well-being of young adults. In this study we are going to understand the correlation between spiritual well-being, resilience, affective state (positive and negative) and psychological well-being among young adults.

Psychological wellbeing

Psychology wellbeing is a multi-dimensional approach to wellness which has various aspects such as happiness, life satisfaction, mental and emotional health. Psychology wellbeing is also associated with positive emotions, career life, positive relationship and purpose in life. Negative events and environment also impact overall wellbeing of an individual. It is considered that psychological well-being plays an important role in life of young adults and introduction of spirituality has a significant positive impact. (Ibte & Kolekar, 2023). Young adults go through lot of changes and challenges which include physical changes, emotional fluctuations, family challenge and career challenges that cause distress leading to mental health issues. In such situations positive emotions and resilience play an important role in protecting their mental health. (Kakulte & Shaikh, 2023)

Ryff's six factor model has defined psychological well-being as the overall healthy functioning of individual encompassing both effective functioning and positive sense of one's environment. It also includes several key components such as: autonomy, personal growth, environmental mastery, purpose in life, positive relationships with others and self-acceptance.

(Mahmud, Islam, & Sha, 2022).

Spiritual well-being

Spiritual well-being is a two-dimensional concept, i.e. religious wellbeing and existential wellbeing. The concept of spiritual well-being involves both psycho social and religious facets which means integrating physical, emotional and social dimensions. Spiritual well-being is about the individual's faith and belief in God and themselves. It in the form of positive and realistic thinking helps to make the best of the worst situation. It also helps in improving mental health, good feelings, logical problem solving and boosts body immunity. (Hamka et al., 2022)

Spirituality is a multi-dimensional construct which involves the experience of transcendence through harmony, inner peace and connectedness. It can be an internal and external experience. (Ibite & Kolekar, 2024)

Resilience

Resilience is known as an ability to adapt and recover from life's challenges which includes both changes or loss in life. It means maintaining emotional regulation in the time of stress, viewing adversity as manageable and implementing problem-solving skills. People who have higher level of resilience have survivor mentality, an internal locus of control and effective social support networks. These skills help them bounce back to life and permit them to deal with difficulties, maintain optimism and use their strengths to cope with life's pressures. (Sivakumar, Manoj, & Devi, 2022). Strengthening of resilience helps young adults to maintain their welfare and reduce stress in life. It makes them feel positive and healthier individuals (Faisal & Mathai, 2017).

Psychological affect

Emotion can be represented by two basic and distinct concepts i.e. positive and negative affect. Positive affect (PA) is associated with the feeling of enthusiasm, vigour and alertness making individuals more confident and enthusiastic. In contrast Negative affect (NA) is characterized by the feelings of subjective distress and unpleasant engagement causing individuals to worry excessively about the threats and error. Those who have stronger traits of PA are generally more positive and energetic, while those with higher NA tend to experience more anxiety and stress. (Kakulte & Shaikh, 2023)

Literature review

- The study by Faisal and Mathai (2017) examines the relationship between resilience, spirituality and psychological well-being. The study was conducted among 64 adolescents and the brief Resilience Scale, the Scales of Psychological Well being and the Spiritual Health Inventory was used. The findings of the study reveal significant positive correlations between resilience and spirituality as well as psychological well-being. The research also highlights gender differences in resilience levels. The authors advocate for early interventions to enhance resilience in adolescents to improve their overall psychological well being. (Faisal & Mathai, 2017).
- The study by Kakulte & Shaikh (2023) explores the relationship between pro social behaviour, psychological well-being and positive – negative affect in young adults aged between 19-25. The sample of 80 participants was collected and data was collected through the Prosocial Personality Battery, Ryff's Psychological Well-Being Scale, and the Positive and Negative Affect Scale. Results reveal a significant positive correlation between prosocial behaviour and psychological well-being ($r = 0.396$) and positive affect ($r = 0.274$). Conversely, a negative correlation with negative affect ($r = -0.191$) was observed. It's observed that prosocial behaviour enhances well-being and positive emotions while decreasing negative feelings. (Kakulte & Shaikh, 2023)
- The study by Eryilmaz, Yıldırım-Kurtuluş and Doenyas examine the impact of self-compassion on the mental toughness of preadolescents through positive and negative affect and psychological resilience. Study was a causal-comparative model with 263 participants (10–13 years). Results indicated that self-compassion boosts mental toughness by increasing positive affect and resilience, and decreased negative affect. The study also highlighted the importance of incorporating these components in interventions to enhance mental toughness and well-being in adolescents. (Eryilmaz et al., 2023)
- The study by Ibite and Kolekar (2023) examined the correlation between spirituality and psychological well-being among young adults. The study was conducted among 106 young adults (19 to 35 years old) utilizing the Spirituality Scale by Delaney (2003) and the Psychological Well-being Scale by Ryff (2007) and data and the results were analysed by the

help of JASP software. The result of the study revealed positive correlation between spirituality and psychological well-being of young adults and it also suggested that spirituality can play an important role in enhancing the psychological well-being of young adults. (Ibite & Kolekar, 2023)

- The study by Hamka et al., 2022 examined the role of spiritual Well-Being, depression, anxiety and stress among Indonesian Muslims during the COVID-19 pandemic. The data was collected from 538 participants and data was collected with the help of survey method that included measures for spiritual well-being and the and the depression, anxiety and Stress Scale (DAS-21) and analysed through structural equation modelling (SEM). Findings of the study indicated that spiritual well-being significantly increases happiness and mental health while reducing the effect of anxiety, depression and stress. It also highlighted the importance of spiritual beliefs in promoting mental well-being during challenging times and supported the application of spirituality theory in mental health management. (Hamka et al., 2022)
- The study by Ibite & Kolekar, said that psychological well-being is playing an important role in life of young adults as they are facing the challenges in their education, career, and relationships. In this study correlation has been used between spirituality and psychological well-being. For this the Spirituality Scale by Delaney (2003) and the Psychological Well-being Scale by Ryff (2007), was used. The data was collected from 106 participants via Google Forms and analysed with JASP software. The results indicated a positive correlation between spirituality and psychological well-being, suggesting that spirituality can enhance mental well-being of young adults. (Ibite & Kolekar, 2024)
- The study by Sivakumar, Manoj, & Devi investigated the relationship between psychological well-being and resilience among adolescents and adults. The study used quantitative and empirical correlational research design, with 116 participants who were aged between 18 to 45. Standardized questionnaires were used to measure psychological well-being and resilience. The Data was analysed using Pearson's Correlation coefficient in SPSS which indicated a significant correlation at the 0.05 level and hypothesis was upheld. This suggested that psychological well-being is positively influenced by resilience in both age groups (Sivakumar, Manoj, & Devi, 2022)
- Mahmud, Islam, & Sha examined the components of psychological well-being putting emphasis on young adults as significant life transitions. The study used mixed-method design. The research was conducted in three stages: First, Ryff's Psychological Well-being Scale was adapted for the Bangladeshi population. In the second stage, the adapted scale was administered to a representative sample of 301 young adults to identify factors influencing psychological well-being and the final stage focussed on developing an intervention program which reinforced Ryff's six-factor model as a framework for enhancing young adults' psychological well-being. (Mahmud, Islam, & Sha, 2022)

Research Methods:

Research Question:

To estimate the importance of Spiritual well-being, Resilience and affective state in shaping the psychological well-being of young adults

Research Gap:

There was limited exploration of the role of spiritual well-being, Resilience and affective state on psychological well-being of young adults. There were inadequate consideration of mediating and moderating factors in understanding the influence of spiritual well-being, resilience and affective state on psychological well-being.

Aim: The main purpose of this study is to assess the role of spiritual well-being, resilience and affective state on psychological well-being of young adults

Objectives:

- To estimate the relationship between spiritual well-being and psychological wellbeing among young adults
- To estimate the relationship between resilience and psychological wellbeing among young adults.
- To estimate the relationship between positive affect and negative affect and psychological wellbeing among young adults.
- To understand the potential mechanisms through which spiritual well-being, resilience, affective state and psychological well-being of young adults are correlated.

Hypotheses

H1 There will be significant relationship between the scores of spiritual well-being and psychological well-being amongst young adults

H2 There will be significant relationship between the score of resilience and psychological well-being amongst young adults

H3 There will be significant correlation between the scores of positive affect and psychological well-being amongst young adults

H4 There will be significant correlation between the scores of negative affect and psychological well-being amongst young adults

Sample:

In this quantitative approach to study, we have used standardized scale. For this study purposive sampling techniques has been used for selecting the samples. Sample was collected from 200 young adults, 19 -35 years of age residing in Noida and Greater Noida region.

Sample selection criteria

Inclusion criteria:

- Individuals who are in the range of 19 to 35 years (young adults)
- Individuals living in urban areas of Noida and Greater Noida
- Individuals who were interested in participating

Exclusion criteria:

- Individuals below 19 years and above 35 years
- Individuals living in rural areas of Noida and Greater Noida region
- Individuals with chronic illnesses and physical disability or with moderate or profound disabilities or disorders

Variables:

Dependent variable: Spiritual well-being, Resilience and affective state

Independent variable: Psychological well-being

Tools used:

1) Positive and Negative Affect Schedule scale (PANAS):

It was developed by Watson, Clark, and Tellegen in 1988. To measures two core dimensions of mood i.e. Positive affect (PA) and Negative affect (NA). It has two subscales containing 10 adjectives which describe different feelings and emotions. Respondents rate the extent to which they have experienced each emotion over the specific time frame (i.e. Past week or currently). It's on a 5-point Likert scale ranging from "very slightly or not at all" (1) to "extremely" (5).

2) Spiritual well-being scale (SWBS)

It was developed by Paloutzian and Ellison in 1982. The scale measures an individual's spiritual health. The scale consists of 10 items divided and it is divided into two subscales: the Existential Well-Being subscale (it focuses on sense of purpose and meaning in life) and Religious Well-Being subscale (it assesses individual's relationship with God or higher power). Scale is on a five-point Likert scale, ranging from strongly agree to strongly disagree.

3) The Connor-Davidson Resilience (CD-RISC-25)

It was developed by Kathleen M. Connor and Jonathan R. T. Davidson. It assesses resilience in individuals. The scale consists of 25 items on 5-point likert scale ranging from "not true at all" to "true nearly all time".

4) Ryff Psychological well-being scale

It was developed by Carol Ryff to asses psychological well-being on six elements i.e.: Self-Acceptance, Personal Growth: The feeling of continued development and realization of one's potential, Purpose in Life, Environmental Mastery, Autonomy and Positive relationship. The scale is on 6-point Likert scale (1= "Strongly Disagree" to 6= "Strongly Agree").

Procedure:

The main purpose of this study is to investigate the relationship of spiritual well-being, resilience and affective state. The ethical considerations were taken and informed consent was taken from the participants and following steps were undertaken to conduct the study:

Method: For this qualitative study structured interview method was used as the primary data collection method. Interviews

were conducted using pen paper method allowing participants to mark their response directly on the response sheet. Collecting data: The questionnaires were given to the participants to the series of questions they responded. The responses of the participants were directly recorded onto the response sheet.

Data analysis: The collected data from response sheet were analysed to find out the relationship of spiritual well-being, resilience and affective state on the psychological well-being of young adults. The study helped in understanding the role of spiritual well-being, resilience and affective state on the wellbeing of the young adults.

Table 1: Demographic details:

Age	19- 35 years
Area	Noida and Greater Noida
Education	Graduation and above

Demographic

Result:

The findings of the study outline the role spiritual well-being, resilience and affective state on psychological well-being of young adults. The results are organized to reflect the primary objectives and hypothesis using spearman’s correlation in the excel sheet. The results of the study are divided in 4 parts which is described below:

1.1 Correlation between spiritual well-being and psychological well-being

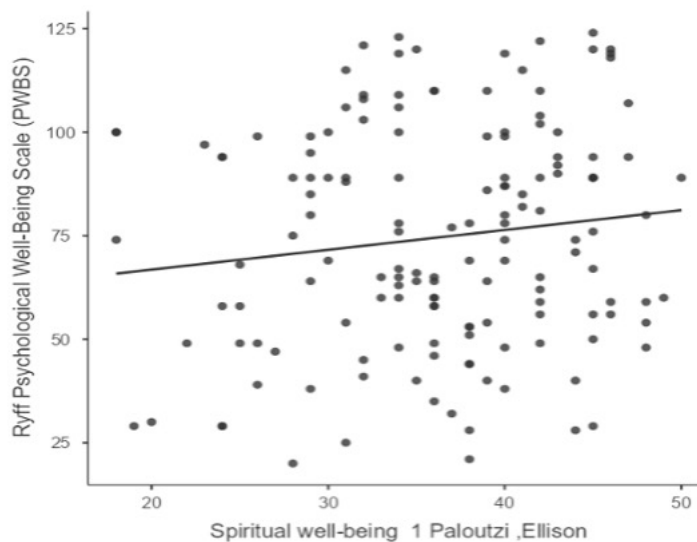
Table 2

Variable	Spearman's rho	p-value	Correlation
Spiritual well-being	0.116	0.158	Weak positive correlation

Hypothesis (H1): There is significant relationship between spiritual well-being and psychological well-being amongst young adults is supported with caution.

The relationship is statistically significant but the strength of the relationship between spiritual well-being and psychological well-being is weak and other factors might play an important role in influencing psychological well-being:

The data is represented on graph:



Graph 1: Correlation between spiritual well-being and psychological well-being

The scattered point on graph represents the scattered data with little indication of a flat line on graph indicating weak positive correlation between the variables. Therefore, spiritual well-being has an important role but it doesn’t have very strong impact on psychological well-being of young adults

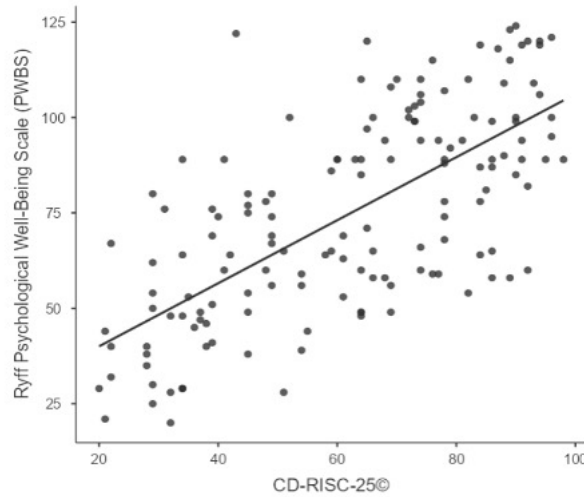
1.2 Correlation between Resilience and psychological well-being

Variable	Spearman's rho	p-value	Correlation
Resilience	0.678	<0.001	Strong Positive Correlation

Table:3Hypothesis (H2): There is significant relationship between Resilience and psychological well-being amongst young adults and study is strongly supporting. The relationship is statistically significant and has strong correlation i.e. resilience has strong impact on psychological wellbeing.

The data is represented on the graph

Graph 2: Correlation between Resilience and psychological well-being



The point on the graph represents the data which are aligned or close to the line with positive slope indicating strong positive correlation between the variables. Therefore, it indicates that resilience has great influence on psychological well-being of young adults.

1.3 Correlation between Positive affect and psychological well-being

Table: 4

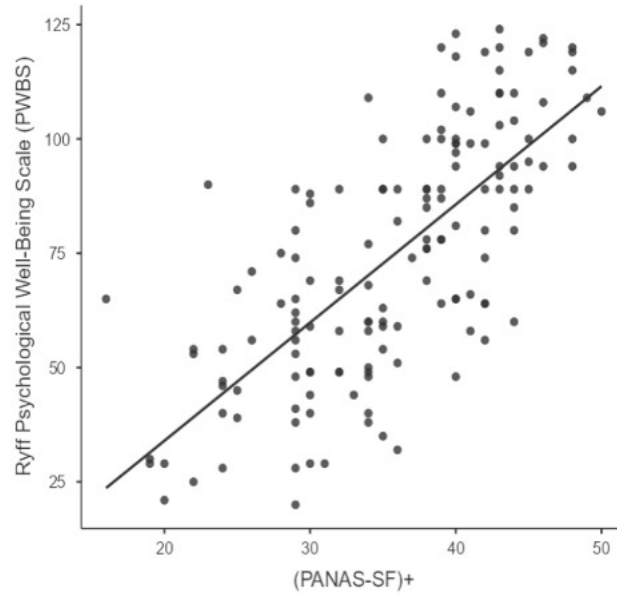
Variable	Spearman's rho	p-value	Correlation
Positive affect	0.725	<0.001	Very Strong Positive Correlation

Hypothesis (H3) There is significant correlation between the scores of positive affect and psychological well-being amongst young adults and study is strongly supporting.

The relationship is statistically significant and has very strong positive correlation i.e. positive affect has huge impact on the psychological well-being of young adults.

The data is represented on the graph

Graph 3 : Correlation between positive affect and psychological well-being



The point on the graph represents the data which touches or is very close to the line with positive slope indicating very strong positive correlation between the variables. Therefore, young adults who have higher score in positive affect have better psychological well-being.

1.4 Correlation between Negative affect and psychological well-being

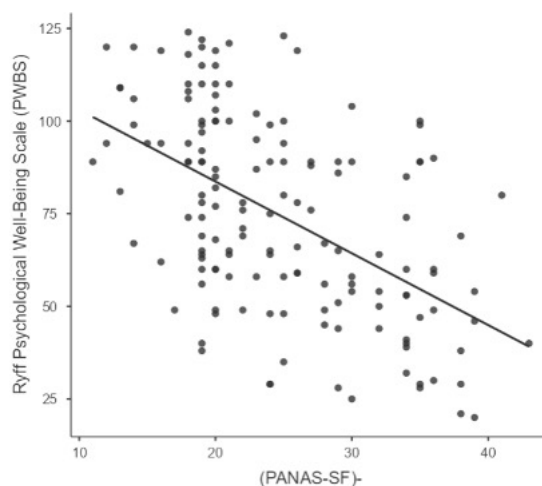
Table: 5

Variable	Spearman's rho	p-value	Correlation
Negative affect	-0.36.7	<0.001	Moderate Negative Correlation

Hypothesis (H4) There is significant correlation between the scores of negative affect and psychological well-being amongst young adults.

The relationship is statistically significant it has inverse correlation which indicates that negative affect and psychological wellbeing impact each other in opposite direction i.e. higher the score of negative affect, the lower is the score of psychological well-being

The data is represented on the graph



Graph 4 : Correlation between negative affect and psychological well-being

The point on the graph represents the data which is scattered around the line moving in downward direction or negative direction reflecting moderate negative correlation. Therefore, negative affect has negative correlation i.e. if an individual has higher score in negative affect then the person will have low psychological well-being.

The study presented that the effect of spiritual well-being, resilience, positive affect and negative affect have varied impact on psychological well-being i.e. it has weak positive correlation for spiritual well-being, strong positive correlation for resilience, very strong positive correlation for positive affect and moderate negative correlation for negative affect. This suggests that encouraging positive emotions or feelings and increasing resilience can be very useful interventions for promoting psychological well-being amongst young adults.

Discussion

Psychological wellbeing plays an important role in the life of young adults as they go through lot of changes in terms of physical, emotional wellbeing, career and family. There are lot of factors which are associated with psychological well-being amongst young adults. In this study we have focused on spiritual well-being, resilience and affective state.

The main aim of the study was to analyze the correlation between spiritual well-being, resilience positive and negative affect on the psychological well-being amongst young adults. The results were analysed using spearman's correlation. The results revealed varied impact of these factors on psychological well-being among the young adults The results are discussed in 4 parts:

1. Spiritual wellbeing and psychological well-being

Spiritual well-being and psychological well-being have a weak positive correlation which indicates significant relationship between them but it is not a very influential factor. It interprets that spiritual well-being contributes to maintain psychological well-being of young adults but it is not a very strong factor. It can be because of individual differences in young adults and how they perceive and integrate spirituality and wellbeing into their life.

2. Resilience and psychological well-being

Resilience and psychological well-being have a strong positive correlation which indicates significant and strong relationship between them and shows resilience as an influential factor. It indicates that people with high resilience will have better psychological well-being as compared to people with low resilience. It interprets the importance of resilience in young adults for maintaining and promoting psychological well-being.

3. Positive affect and psychological well-being

Positive affect and psychological well-being have a very strong positive correlation with psychological wellbeing which indicates very strong relationship between them and study shows affect as highly influential factor. It means positive emotions like joy and enthusiasm play crucial role in enhancing psychological well-being of young adults. It indicates the

importance of incorporating positive emotions and positive affect as an intervention to enhance and boost psychological well-being of young adults.

4. Negative affect and psychological well-being

Negative affect and psychological well-being have a negative moderate correlation which indicates significant relationship between them but it is reverse or negative correlation.

It indicates that if the score of negative affect is high the score of psychological well-being is low and if the score of psychological well-being is high then the score of negative affect is low.

It means emotions like sadness and anger will negatively affect the psychological well-being of young adults. It highlights the adverse effect on psychological well-being.

The findings of the study suggests that the spiritual well-being, resilience and positive affect help young adults in maintaining psychological well-being and negative affect leaves negative impact on psychological well-being amongst the young adults. The findings have suggested that focus on improving psychological well-being amongst young adults should be on enhancing resilience and positive affect while helping them mitigate negative affect. Future researches can explore the mechanisms through which these factors influence mental health and develop the targeted interventions to enhance psychological well-being among the young adults

Conclusion

This study examined the intricate relationship between spiritual well-being, resilience, affective state and psychological well-being among the young adults. The study was conducted emphasising the significant role these factors play in navigating through the changes and challenges young adults go through and impact their psychological well-being.

The results underscore the significant correlation between the variables: spiritual well-being exhibited weak positive correlation, resilience demonstrated a strong positive correlation and positive affect showed very strong positive correlation with psychological well-being. Conversely negative affect was negatively correlated with psychological well-being among young adults.

Finding of the study highlighted the importance of resilience and positive affect in maintaining psychological well-being, while indicating a neutral role for spiritual well-being. Additionally, the study underlined the need to mitigate the effects of negative affect to enhance the psychological well-being of young adults.

Fostering resilience and positive affect or positive emotional experience can be useful for individual growth and psychological wellbeing of young adults. As we move forward it is important to integrate the findings into practical strategies to enhance psychological wellbeing among young adults.

References

1. Faisal, T., & Mathai, S. M. (2017). Resilience and spirituality as correlates of psychological well-being among adolescents. *International Journal of Indian Psychology*, 4(3). <https://doi.org/10.25215/0403.143>
2. Kakulte, A., & Shaikh, S. (2023). Prosocial behavior, psychological well-being, positive and negative affect among young adults: A cross-sectional study. *Indian Psychiatry Journal*, 32(Suppl 1), S127–S130. https://doi.org/10.4103/ipj.ipj_214_23
3. Eryilmaz, A., Yildirim-Kurtulus, H., & Doenyas, C. (2023). Positive affect, negative affect, and psychological resilience mediate the effect of self-compassion on mental toughness: A serial mediation analysis. *Psychology in the Schools*, 60*(8), 2991-3007. <https://doi.org/10.1002/pits.22902>
4. Ibite, S. D., & Kolekar, R. (2024). Spirituality and psychological well-being among young adults. *International Journal of Novel Research and Development*, 9(1), 332. <https://doi.org/IJNRD2401139>
5. Hamka, Suen, M. W., Ramadhan, Y. A., Yusuf, M., & Wang, J. H. (2022). Spiritual well-being, depression, anxiety, and stress in Indonesian Muslim communities during COVID-19. *Psychology Research and Behaviour Management*, 2022(15), 3013-3025. <https://doi.org/10.2147/PRBM.S381926>
6. Ibite, S. D., & Kolekar, R. (2024). Spirituality and psychological well-being among young adults. *International Journal of Novel Research and Development*, 9(1). <https://www.ijnrd.org/IJNRD2401139>
7. Sivakumar, S., Manoj, R., & Devi, D. M. (2022). Relationship between psychological well-being on resilience in adolescence and adults. *YMER*, 21(6). Retrieved from <https://ymerdigital.com/YM...>
8. Mahmud, A., Islam, S., & Sha, F. (2022). Components and predictors of psychological well-being in young adults.

The Eurasia Proceedings of Educational and Social Sciences, 25, 166-193. <https://doi.org/10.55549/epess.1221491>

9. Watson, D., Clark, L. A., & Tellegen, A. (1988). Development and validation of brief measures of positive and negative affect: The PANAS scales. *Journal of Personality and Social Psychology*, 54(6), 1063–1070. <https://doi.org/10.1037/0022-3514.54.6.1063>

10. Paloutzian, R. F., & Ellison, C. W. (1982). Spiritual Well-Being Scale. In R. F. Paloutzian & C. W. Ellison (Eds.), *Loneliness, spiritual well-being, and the family* (pp. 6-7). The Center for Spiritual Well-Being.

11. Ryff, C. D. (1989). Happiness is everything, or is it? Explorations on the meaning of psychological well-being. *Journal of Personality and Social Psychology*, 57(6), 1069–1081. <https://doi.org/10.1037/0022-3514.57.6.1069>

12. Connor, K. M., & Davidson, J. R. T. (2003). Development of a new resilience scale: The Connor-Davidson Resilience Scale (CD-RISC). *Depression and Anxiety*, 18(2), 76–82. <https://doi.org/10.1002/da.10113>

Positive and Negative Affect Schedule (PANAS-SF)

Indicate the extent you have felt this way over the past week.		Very slightly or not at all	A little	Moderately	Quite a bit	Extremely
PANAS 1	Interested	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PANAS 2	Distressed	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PANAS 3	Excited	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PANAS 4	Upset	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PANAS 5	Strong	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PANAS 6	Guilty	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PANAS 7	Scared	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PANAS 8	Hostile	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PANAS 9	Enthusiastic	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PANAS 10	Proud	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PANAS 11	Irritable	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PANAS 12	Alert	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PANAS 13	Ashamed	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PANAS 14	Inspired	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PANAS 15	Nervous	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PANAS 16	Determined	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PANAS 17	Attentive	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PANAS 18	Jittery	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PANAS 19	Active	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PANAS 20	Afraid	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

Annexure:1

SWBS

Please mark the answer that best applies to you: strongly agree, agree, neither agree nor disagree, disagree, or strongly disagree. The work "Higher Power" or "God" refers to God, Buddha, or any other Supreme Being/Higher Power/Life Force that you may believe in. Please circle only once answer per line.

	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree
1. I don't know who I am, where I come from, or where I am going.	1	2	3	4	5
2. I believe that God/a Higher Power loves me and cares about me.	1	2	3	4	5
3. I have a personally meaningful relationship with God/a Higher Power.	1	2	3	4	5
4. I feel very fulfilled and satisfied with my life.	1	2	3	4	5
5. I don't get much personal strength and support from God/a Higher Power.	1	2	3	4	5
6. I believe that God/a Higher Power is concerned about my problems.	1	2	3	4	5

Annexure:2

7. I feel good about my future.	1	2	3	4	5
8. My life doesn't have much meaning.	1	2	3	4	5
9. My relationship with God/a Higher Power contributes to my sense of well-being.	1	2	3	4	5
10. I believe there is some real purpose for my life.	1	2	3	4	5

Note: The original English language Spiritual Well-Being Scale (SWBS) is in the *Journal of Psychology and Theology*, 1983, 11(4), p. 340. SWBS © 1982 and 10-item shortened SWBS (above) © 2005, 2010 by C. W. Ellison and R. F. Paloutzian. All rights reserved. Shortened version courtesy of Dr. Sian Cotton. The SWBS (Paloutzian & Ellison, 1982; Ellison, 1983) and its translations (see Paloutzian et al., 2021, for elaboration on 10 translations) are available gratis. The SWBS may be used at no cost for research, teaching, clinical practice, public speaking or other scholarship, so long as (a) standard proper citations and credits are given in any publication or presentation of work done with the SWBS, and (b) this copyright byline (as appropriate to the language of the SWBS in use) appears at the bottom of all copies of the scale, whether paper, electronic, print, slides for visual presentation, or other. PDFs of the SWBS and the Manual for the Spiritual Well-Being Scale can be downloaded at <https://www.westmont.edu/psychology/raymond-paloutzian-spiritual-wellbeing-scale>.

Psychological Wellbeing (18 items)

This survey accompanies a measure in the SPARQTools.org [Measuring Mobility toolkit](#), which provides practitioners curated instruments for assessing mobility from poverty and tools for selecting the most appropriate measures for their programs. To get a copy of this document in your preferred format, go to "File" and then "Download as" in the toolbar menu.

Age: Adult

Duration: 3-5 minutes

Reading Level: 6th to 8th grade

Number of items: 18

Answer Format: 1 = strongly agree; 2 = somewhat agree; 3 = a little agree; 4 = neither agree or disagree; 5 = a little disagree; 6 = somewhat disagree; 7 = strongly disagree.

Scoring:

The Autonomy subscale items are Q15, Q17, Q18. The Environmental Mastery subscale items are Q4, Q8, Q9. The Personal Growth subscale items are Q11, Q12, Q14. The Positive Relations with Others subscale items are Q6, Q13, Q16. The Purpose in Life subscale items are Q3, Q7, Q10. The Self-Acceptance subscale items are Q1, Q2, and Q5.

Q1, Q2, Q3, Q8, Q9, Q11, Q12, Q13, Q17, and Q18 should be reverse-scored. Reverse-scored items are worded in the opposite direction of what the scale is measuring. The formula for reverse-scoring an item is:

$((\text{Number of scale points}) + 1) - (\text{Respondent's answer})$

For example, Q1 is a 7-point scale. If a respondent answered 3 on Q1, you would re-code their answer as: $(7 + 1) - 3 = 5$.

In other words, you would enter a 5 for this respondents' answer to Q1.

To calculate subscale scores for each participant, sum respondents' answers to each subscale's items. Higher scores mean higher levels of psychological well-being.

Sources:

Ryff, C. D., Almeida, D. M., Ayanian, J. S., Carr, D. S., Cleary, P. D., Coe, C., ... Williams, D. (2010). *National Survey of Midlife Development in the United States (MIDUS II), 2004-2006: Documentation of psychosocial constructs and composite*

Instructions: Circle one response below each statement to indicate how much you agree or disagree.

1. "I like most parts of my personality."

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
-------------------	-------------------	-------------------	----------------------------------	----------------------	----------------------	----------------------

2. "When I look at the story of my life, I am pleased with how things have turned out so far."

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
-------------------	-------------------	-------------------	----------------------------------	----------------------	----------------------	----------------------

3. "Some people wander aimlessly through life, but I am not one of them."

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
-------------------	-------------------	-------------------	----------------------------------	----------------------	----------------------	----------------------

4. "The demands of everyday life often get me down."

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
-------------------	-------------------	-------------------	----------------------------------	----------------------	----------------------	----------------------

5. "In many ways I feel disappointed about my achievements in life."

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
-------------------	-------------------	-------------------	----------------------------------	----------------------	----------------------	----------------------

6. "Maintaining close relationships has been difficult and frustrating for me."

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
-------------------	-------------------	-------------------	----------------------------------	----------------------	----------------------	----------------------

13. "People would describe me as a giving person, willing to share my time with others."

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
----------------	----------------	----------------	----------------------------	-------------------	-------------------	-------------------

14. "I gave up trying to make big improvements or changes in my life a long time ago"

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
----------------	----------------	----------------	----------------------------	-------------------	-------------------	-------------------

15. "I tend to be influenced by people with strong opinions"

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
----------------	----------------	----------------	----------------------------	-------------------	-------------------	-------------------

16. "I have not experienced many warm and trusting relationships with others."

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
----------------	----------------	----------------	----------------------------	-------------------	-------------------	-------------------

17. "I have confidence in my own opinions, even if they are different from the way most other people think."

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
----------------	----------------	----------------	----------------------------	-------------------	-------------------	-------------------

18. "I judge myself by what I think is important, not by the values of what others think is important."

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
----------------	----------------	----------------	----------------------------	-------------------	-------------------	-------------------

7. "I live life one day at a time and don't really think about the future."

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
-------------------	-------------------	-------------------	----------------------------------	----------------------	----------------------	----------------------

8. "In general, I feel I am in charge of the situation in which I live."

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
-------------------	-------------------	-------------------	----------------------------------	----------------------	----------------------	----------------------

9. "I am good at managing the responsibilities of daily life."

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
-------------------	-------------------	-------------------	----------------------------------	----------------------	----------------------	----------------------

10. "I sometimes feel as if I've done all there is to do in life."

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
-------------------	-------------------	-------------------	----------------------------------	----------------------	----------------------	----------------------

11. "For me, life has been a continuous process of learning, changing, and growth."

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
-------------------	-------------------	-------------------	----------------------------------	----------------------	----------------------	----------------------

12. "I think it is important to have new experiences that challenge how I think about myself and the world."

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
-------------------	-------------------	-------------------	----------------------------------	----------------------	----------------------	----------------------