

# Association of Spiritual Health and Psycho wellness in First MBBS Students

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**Abstract**—Spiritual health is not given its due importance since long time. But nowadays modern medicine is seen in relation to spiritual health. and studies were conducted to find out its effect in various diseases. So this study was conducted on medical students of SMS Medical College, Jaipur (Rajasthan) India. aimed to assess the spiritual health and its association with psycho wellness. A cross-sectional study was conducted on 1<sup>st</sup> MBBS students present on the day of survey were given spiritual health assessment scale (SHAS) to assess the their spiritual health. Then these students were screened through Modified Mini Scale (MMS) to found out zone of psycho wellness i.e. red and orange zone of psycho-wellness. Association was inferred by Chi-square test and ANOVA with Post-hoc Tukey test. Out of 230 students attend on the day of survey, majority of students i.e.164(71.3%) were having good spiritual health. Likewise only 132 students (57.39%) were in green zone (no disease zone), while 36(15.65%) students were in orange (borderline) and 62 students (26.96%) were in red zone (Psychiatric disease zone) of psycho-wellness. On analysis it was found that Mean scores of spiritual SHAS of green zone was significantly high than mean SHAS scores of other zones. Majority of students were having poor spiritual health and this spiritual health was strongly associated with psycho-wellness of students. Poorer the spiritual health of students leads to poorer the psycho-wellness of students.

**Keywords**— *Spiritual health, Psycho-wellness, Spiritual Health Assessment Scale (SHAS), Modified Mini Screen (MMS), Medical students*

## I. INTRODUCTION

World Health Organization is looking beyond physical, mental and social dimensions of the health i.e. the spiritual health and its impact on the overall health and happiness of an individual.

Spiritual health is an important dimension of health on which health can be enjoyed and is an important base of other dimensions of health. Spiritual orientation can help people to cope with the consequences of a life stress situation, which can lead to many physical and mental diseases. However the knowledge on the role of spirituality on health is limited because of the limited researches in this field.

Spiritual health means various things to different people. To some, it means the help found in new age philosophy, to some the order of organized religion, in some the freedom of spiritual experiences and to others the integration of the person for optimum wellness. For some Spiritual health is the ability to practice moral or religious beliefs in your everyday life. Spirituality is unique to each individual.

Your “spirit” usually refers to the deepest part of you, Your spirit provides you with the revealing sense of who you are, why you are here and what your purpose for living is. It is that innermost part of you that allows you to gain strength and hope.

Psychologists are discovering more about the distinctive contributions of religiousness and spirituality to health and well-being link between criminality and religiosity. However, only a limited number of studies have examined the relationship between spirituality and criminality.

Spiritual health is not given its due importance since long time. But nowadays modern medicine is seen in relation to spiritual health. There is paucity of studies to find out its effect in various diseases.

Medical students often experience significant distress during their training. This stress and anxiety along with substance abuse develop early in medical training and may increase with time.<sup>1-8</sup> So this study was conducted on medical students of SMS Medical College, Jaipur (Rajasthan) India. aimed to assess the spiritual health and its association with psycho wellness.

If positive correlation found then by improving Spiritual Health Psycho wellness Students can be improved. If it proves correlation than relationship of Spiritual Health with other diseases can be studied

## II. METHODOLOGY

A cross-sectional analytic study was conducted on I MBBS students of S.M.S. Medical College Hospital, Jaipur (Rajasthan) India. Total 230 students were present on the day of survey were included in this study. After taking written informed consent from the students general information about the student was gathered. Modified Mini Scale (MMS) and Spiritual Health Assessment Scale (SHAS) were study tools were used to assess Psychoanalysis and spiritual health respectively.

MMS: Section 'A' of MMS for Depression, section 'B' for Anxiety and section 'C' for Psychosis was taken. MMS was interpret as follows:

- Green Zone (No Disease): 1-5 No. Of 'YES': No further action required
- Orange (Borderline Disease): 6-8 No. Of 'YES': Consider for referring
- Red Zone (Yes Disease): 9 and above No. Of 'YES': refer for confirm diagnosis and treatment

SHAS assessed as per 7 items in each of following 3 Domains

1. Self-Development
2. Self-Actualization:
3. Self-Realization:

Each of item is scored from '1' to '5' on Likert scale from 'never' to 'always'

- Likert Scale: 1. Never 2. Rarely 3. Seldom 4. Often 5. Always

SHAS is interpret as follows:

| Level of Spiritual Health | Scores between |
|---------------------------|----------------|
| Poor Spiritual Health     | 21-49          |
| Fair Spiritual Health     | 50-77          |
| Good Spiritual Health     | 78-105         |

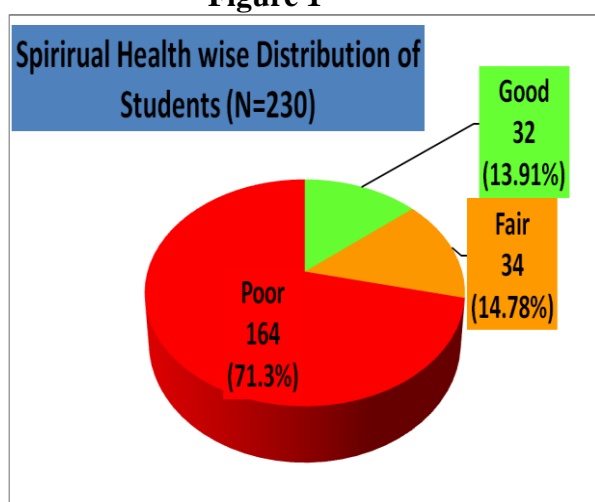
Association between spiritual health and mental health was infer with chi-square test with statistical software Primer version 6.

### III. RESULTS

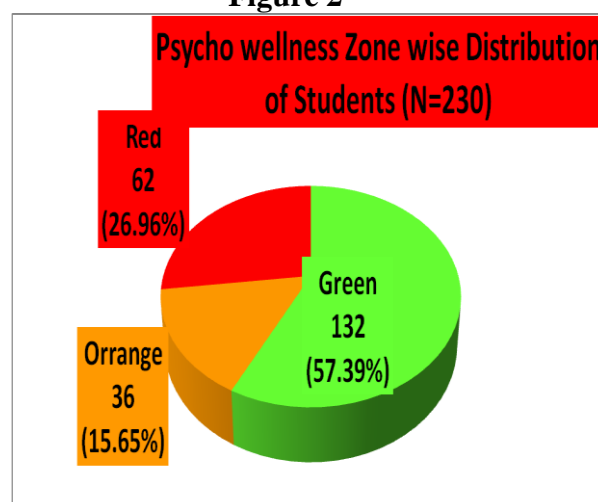
Out of 230 students attend on the day of survey, majority of students i.e.164 (71.3%) were having poor spiritual health. (Figure 1)

And out of total 230 students, only 132 students (57.39%) were in green zone (no disease zone) of psycho-wellness otherwise all other were either in red or orange zone of psycho-wellness zone. (Figure 2)

**Figure 1**



**Figure 2**



Spiritual health was strongly associated with psycho-wellness of students. Poorer the spiritual health of students poorer the psycho-wellness of students (Figure 3).

**Figure 3**



Mean scores of SHAS of green zone was significantly higher than mean SHAS scores of other zones. (Table 1)

**Table 1**  
**Association of MMS and SHAS scores**

| Psycho-wellness Zone | Total | SHAS Score |  | Mean |
|----------------------|-------|------------|--|------|
|                      |       | SD         |  |      |
| Green                | 132   | 59.08      |  | 18.4 |
| Orange               | 36    | 33.58      |  | 2    |
| Red                  | 62    | 27.44      |  | 3.29 |

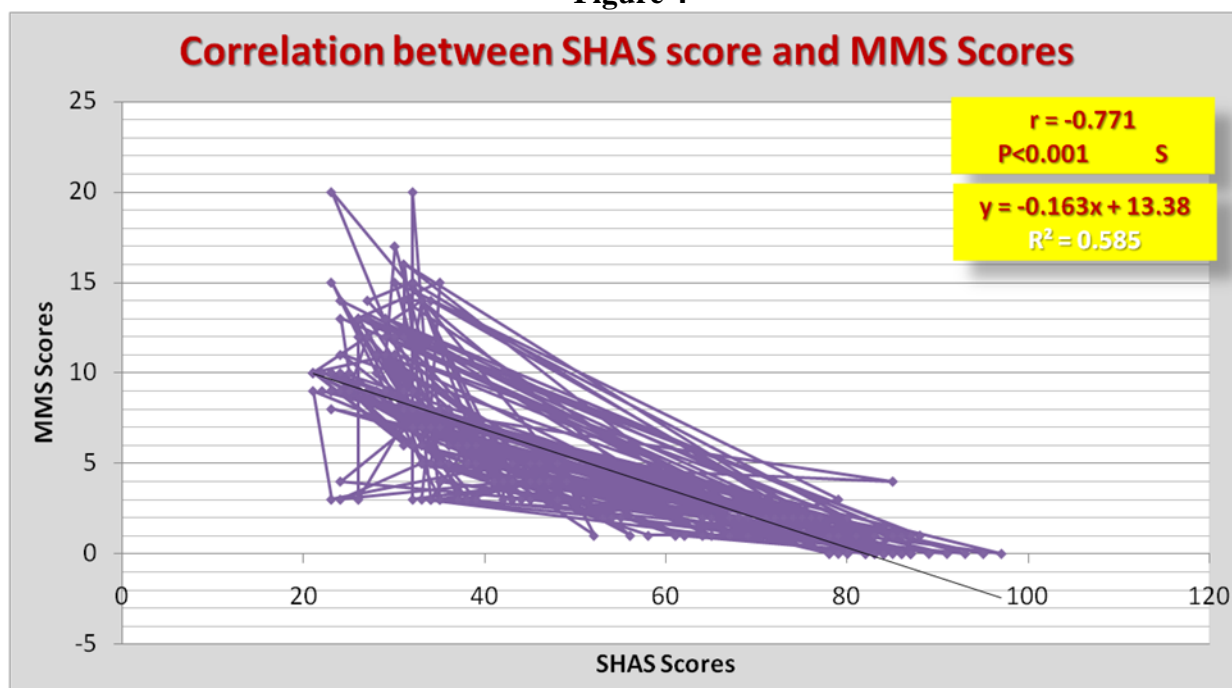
ANOVA=124.23

P&lt;0.001

LS=S

Correlation and regression of SHAS and MMS scores depict significant negative correlation ( $r=-0.771$ ) between these two scores. As increasing MMS shows poor mental health and increasing SHAS shows good spiritual health, so better the spiritual health better was mental health. (Figure 4)

**Figure 4**



#### IV. DISCUSSION

This present study observed that majority of students i.e. 164 (71.3%) were having poor spiritual health and only 132 students (57.39%) were in green zone (no disease zone) of psycho-wellness. Mean scores of SHAS of green zone was significantly higher than mean SHAS scores of other zones. Spiritual health was strongly associated with psycho-wellness of students. Poorer the spiritual health of students poorer the psycho-wellness of students.

Other studies have also identified significant links between spirituality and health. The reasons for these associations, however, are unclear. Hill et al.<sup>9</sup> highlight also reported this link between spirituality and health. Millar et al.<sup>10</sup> also found that investigation of spiritual/religious factors in health is clearly warranted and clinically relevant. This special section explores the persistent predictive relationship between religious variables and health. The study of spirituality and health is a true frontier for

psychology and one with high public interest. It was also reported<sup>11</sup> that relationship between specific religious coping with medically ill patients were better in patients with good mental health.

Y.Zole Wrong et al<sup>12</sup> done a systemic review to find out relation between spirituality and mental health and reported that 90% of studies showed positive relation between these two i.e. if spiritual health is better the mental health was also better.

So all above studies were well in resonance with the present study.

## V. CONCLUSION

It can be concluded from this study that about two third of students were having poor spiritual health and about half of surveyed students were in either red (mental disease zone) or orange zone (suspicion of mental disease zone) of psycho wellness. Spiritual health was strongly associated with psycho-wellness of students. Poorer the spiritual health of students poorer the psycho-wellness of students.

## CONFLICT

None declared till date.

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