



EXPLORING THE SPIRITUAL WELL-BEING OF LADY HEALTH VISITORS AND NURSING STUDENTS: A CROSS-SECTIONAL STUDY.

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ABSTRACT

BACKGROUND: The spiritual well-being of nursing students should be high since they will be the future of the profession, replace the seasoned nurses, learn how to handle these situations, and develop their problem-solving and open-mindedness. *Objective:* The aim of the study was to determine the spiritual well-being of nursing students and lady health visitors. **METHODOLOGY:** This study used a cross-sectional descriptive research design and was conducted over a period of four months, from October 10, 2022, to January 15, 2022, in Khyber Pukhtankhwa nursing institutions that run both LHV and 4-year BSN programs. The study sample size was 416 using a purposive sampling technique. A valid and reliable *Gomez and Fisher spiritual well-being* questionnaire was used for data collection. Descriptive statistics and independent t-tests were used as inferential statistics in SPSS 23.0. **RESULTS:** The total number of study participants was 416, with a higher number of male students (54.8%) than female students (45.2%). The mean age of was 21.6 ± 5.9 . Students in the BSN program were higher in number (75.5%) compared to LHV students (24.5%). The overall spiritual well-being of the students was moderate (3.8 ± 0.51), while the lady health visitors 3.85 ± 0.47 was higher than the BSN students 3.79 ± 0.52 , and the mean scores of female participants were high in the personal, communal, categories compared to male participants. Furthermore, there was no difference in the mean score of BSN and LHV students except in the environmental category. **CONCLUSION:** The study concludes that the overall spiritual well-being of the students was moderate. The study concluded that there was no difference in the mean score of personal, communal, and transcendent spirituality, while there was only a difference in the mean score of environmental spirituality. Furthermore, spiritual well-being could be part of nursing education.

KEYWORDS: Spirituality, Nursing Students, Well-Being, Religious.

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INTRODUCTION

Security in daily life, harmony, transformation, and a sense of belonging are

characteristics of spiritual prosperity or well-being, which is an incredible resource

that influences physical, mental, and social elements. Furthermore it is a logical association with God, its surrounding environment and their society¹. A psychological coping strategy that lessens suffering and encourages constructive reflection on upsetting or traumatic events is regarded to be spiritual well-being^{2,3}. The term "spiritual care" refers to the treatment provided by nurses to patients to address their spiritual needs and/or issues.⁴ Rarely is spiritual care provided, despite the fact that it is a crucial component of holistic and interdisciplinary care.⁵ A significant component of holistic nursing care for a very long time has been spiritual care. But many traditional medical education programmes still do not cover spiritual care.⁶

Moreover the human being physical, psychological and spiritual well-being is stressed by the World Health Organization (WHO) as the main elements in human development⁷. University students' mental health may also be impacted by their spiritual well-being (SPW)⁸. Therefore, university students at this age take more control over their lifestyle and responsibility for their health compared to teenagers. Changes in lifestyle can have a positive impact on people's wellness and prosperity⁹. Furthermore due to interaction and exposure of nursing professional to patient loss and grief leads to stress. Therefore spirituality and the elements that affect spiritual care in the nursing profession improve the chance of raising the standard of care in medical facilities. For spiritual care, nurses should have clinical skills and personality traits¹⁰.

The (SPW) of nursing students should be high since they will be the future of the profession, replace the seasoned nurses, learn how to handle these situations, and develop their problem-solving and open-mindedness. Adolescence to youth is a transitional period for young people that can be difficult and delicate. In students, especially in young students (SPW) improve the physical and psychological well-being therefore it is very significant for nursing students¹¹.

Numerous studies have looked into college students' spiritual health. A study conducted by Mehri et al. found a significant association between health-promoting behaviors and (SPW)¹². A study conducted by Fabbris et al. established an association between anxiety reduction and (SPW) in nursing students¹³. The purpose of the study

was to determine the spiritual well-being of female nursing students and health visitors.

METHODOLOGY

This study used a cross-sectional descriptive research design and was conducted over a period of two months, from October 10, 2022, to January 15, 2022, in Khyber Pukhtankhwa nursing institutions that run both LHV and 4-year BSN programs. The study sample size was 416 completed students with a 95% confidence interval and a 5% margin of error. The population included all university students and health visitors who are enrolled and all registered institutes in Khyber Pukhtankhwa. Purposive sampling was used to collect the data. At the beginning of the survey, there was a detailed statement of consent that each member who participated in this study would be a volunteer and their information would be kept confidential. Inclusion criteria for the study were students who were ready to participate in the study and who were enrolled in a 4-year BSN or a 2-year LHV program. However, the study did not include nursing students who were unwilling to participate.

Study Instrument

A Gomez and Fisher's spiritual well-being (SPW) questionnaire was used for data collection. The checklist contains four dimensions and 20 items on a five-point Likert scale from 1 (very low) to 5 (very high). The cronbach alpha of the instrument was 0.89¹⁴.

Data collection, analysis, and ethical consideration

The data was collected through a valid and reliable questionnaire, the *Gomez and Fisher spiritual well-being questionnaire*. Permission was granted by each institute for data collection. The purpose and goal of the study were described to each student, and it was made sure that their participation was voluntary, they could skip the study at any time, and their data would be used only for analysis. After signing the informed consent form, data was collected from these participants.

Descriptive statistics and independent t-test as inferential statistics was applied through SPSS version 23. The study was approved by the ethical review board.

RESULTS

The total number of study participants was 416, with a higher number of male students (54.8%) than female students (45.2%). The

mean age of was 21.6 ± 5.9 . Students in the BSN program were higher in number (75.5%) compared to LHV students (24.5%) (See table 1).

Table 1: Demographic data of the participants

Characteristics		Frequency (416)	Percentage
Gender	Male	228	54.8 %
	Female	188	45.2 %
Age	Mean age	21.6 ± 5.9	
Program	BSN	314	75.5%
	LHV	102	24.5%
Living in	Village	380	91.3 %
	City	36	8.7 %
College	Private	399	95.9 %
	Public	17	4.1 %

The spiritual well-being of 4 year BSN and LHV students

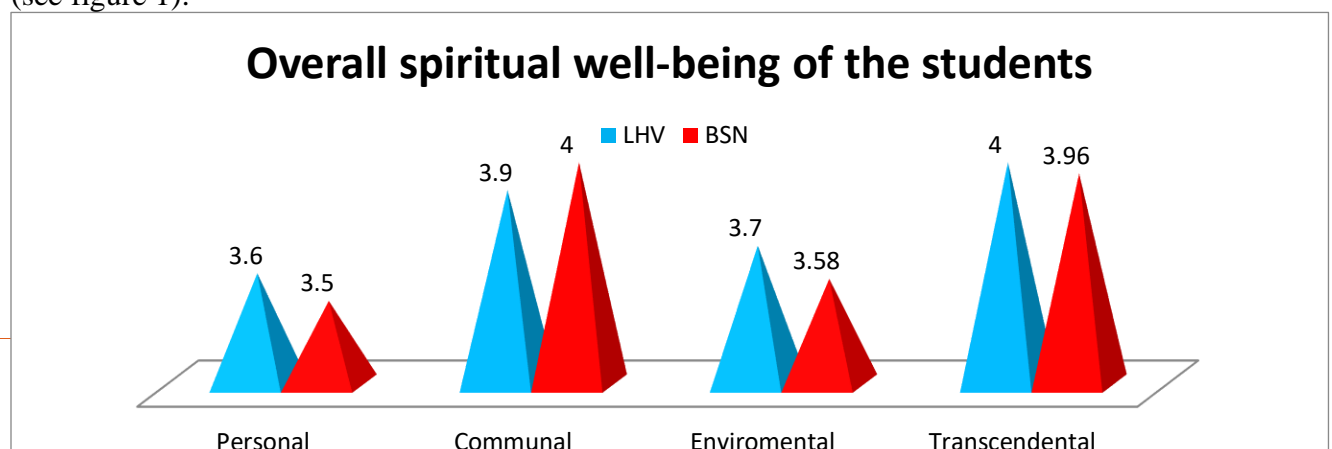
Table 2 illustrates the mean score of 4 year BSN students and 2 year Lady Health Visitor’s students in each item on the basis of gender and program (see table 2).

Table 2: Spiritual well-being on the basis of program and gender

Spiritual well-being of LHV and BSN				Spiritual well-being of Male and Female			
Spirituality	Program	N	Mean ± SD	Spirituality	Gender	N	Mean ± SD
Personal	BSN	314	3.59 ± 0.67	Personal	MALE	228	3.5 ± 0.69
	LHV	102	3.68 ± 0.63		FEMALE	188	3.6 ± 0.62
Communal	BSN	314	4.04 ± 0.70	Communal	MALE	228	4.0 ± 0.77
	LHV	102	3.98 ± 0.56		FEMALE	188	4.0 ± 0.51
Environmental	BSN	313	3.59 ± 0.72	Environmental	MALE	228	3.9 ± 0.71
	LHV	102	3.73 ± 0.56		FEMALE	188	3.9 ± 0.58
Transcendental	BSN	314	3.97 ± 0.64	Transcendental	MALE	228	3.6 ± 0.63
	LHV	102	4.04 ± 0.68		FEMALE	187	3.5 ± 0.73

Overall score of Spiritual well-being

Figure 1 shows that the overall spiritual well-being of the participants was moderate, while the mean score of LHV was higher than that of BSN in the personal, environmental, and transcendental categories, while only the BSN mean score was higher in the communal category (see figure 1).



Difference of Spiritual well-being among BSN and LHV

Table 3 shows that there is no difference in the mean of LHV and BSN students in personal, communal, and transcendental. Moreover, there is a difference in the mean score of LHV and BSN in environmental and spiritual well-being.

Table 3: Association of Spiritual well-being

	Program	N	Mean \pm SD	Std. Error Mean	F	Sig
Personal	BSN	314	3.59 \pm 0.67	.03805	.000	.242
	LHV	102	3.68 \pm 0.63	.06313		
Communal	BSN	314	4.04 \pm 0.70	.03976	.530	.404
	LHV	102	3.98 \pm 0.56	.05632		
Environmental	BSN	313	3.59 \pm 0.72	.04079	10.17	.002
	LHV	102	3.73 \pm 0.56	.05625		
Transcendental	BSN	314	3.97 \pm 0.64	.03668	0.48	.315
	LHV	102	4.04 \pm 0.68	.06780		

DISCUSSION

With a mean score of 3.8 ± 0.51 in the current study, students' total (SPW) may be described as moderate. The results are in line with a study that found that whereas medical students' mean spiritual well-being was 81.61 ± 15.21 , non-medical students' mean (SPW) was 89.83 ± 16.79 ¹¹. Iranian students' (SPW) was shown to be average in another study by Feizi et al.¹⁵. They knew that students at this period of their lives have to deal with these new circumstances, so spirituality can be a good way to deal with it and avoid feeling insecure. According to holistic nursing approach, the spirituality is the central dimension among all the dimension of people's life that are important for the health. Therefore the level of (SPW) 55.1% of students reported a medium level, and 44.9% reported a high level of (SPW)¹⁶, which are similar to the findings of our study. In the current study, the overall mean spirituality score for Lady Health visitors was higher by 3.85 ± 0.47 versus 3.79 ± 0.52 for students in a 4-year nursing degree program. This is due to the complex academic activities and workload of nursing students. The findings are supported by a study where the mean (SPW) of non-medical science students was 89.83 ± 16.79 higher than the mean (SPW) of medical students of 81.61 ± 15.21 ¹¹. The findings are also similar to those of Yang et al. (2019)¹⁷. While the findings differ from another study (Al-Qahtani et al., 2019)⁸. In the current study, the mean scores of female participants were high in the personal, communal, categories, while they were the same in the environmental category and lower in the transcendental category. The results are similar to a study showing that the mental well-being of women was higher than that of students¹⁸. While another study also supports the findings of our study¹¹. Additionally, another study shows a different finding from our study, revealing that the mean (SPW) scores of men and women are the same without a difference. They believed that the (SPW) of nurses who truly focus on patients in clinical wards is

one of the viable mental factors and unique considerations that could be part of nursing education¹⁹. In the current study, (SPW) was shown to be weakly related to age and gender. While the study shows a slight similarity to ours, (Rahimi et al.2013) and (Tavan et al.2020) illustrate that there is a relationship between age^{1, 20}. While the findings of (Maazallahi et al.2021)' study was inconsistent with our study¹¹. A study by (Ziapour et al.2021) also reveals that spiritual well-being was significant at different ages²¹.

CONCLUSION

The study was conducted to determine the spiritual well-being of nursing and lady health visitor students. The study concluded that there was no difference in mean score of personal, communal, and transcendent spirituality, while there was only a difference in the mean score of environmental spirituality. In this study, student's well-being was moderate and did not increase as much as it could have by studying at nursing school. Authorities and planners in this field may consider including spiritual care subjects in the curriculum.

ETHICS APPROVAL: The ERC gave ethical review approval.

CONSENT TO PARTICIPATE: written and verbal consent was taken from subjects and next of kin.

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CONFLICT OF INTEREST: No competing interest declared.

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