

**UNRAVELLING THE TRANSFORMATIVE POWER OF SPIRITUALITY AND RESILIENCE IN ENHANCING THE WELL-BEING OF YOUNG ADULTS: A LITERATURE REVIEW****Ms. Shviti Sood<sup>1</sup> and Dr. Anviti Gupta<sup>2</sup>**

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**ABSTRACT**

*Wellbeing is one of the major concerns in today's era and plays a significant role in every one's life. So, it's important to promote the well-being specially that of young adults, because of the mental, physical and social changes and challenges they face. Resilience and spirituality help them in maintaining strength and calmness to deal with the new challenges and changes evolving in their lives. It also promotes the feeling of happiness in them. Resilience and spirituality have also gained a lot of importance amongst people and researchers. The main purpose of the research is to unravel the effect of spirituality and resilience on improving the well-being of young adults and also to explore the connection between spirituality and resilience. For this research we have used qualitative approach to study the literature and do narrative review of already published research papers. Result of the study shows that resilience and spirituality emerged as important factors that have an impact on improving physical health, psychological well-being, social connectedness and happiness. A critical review also suggested a correlation between resilience and spirituality. We have discussed how resilience and spirituality impact well-being and also reviewed the relationship between resilience and spirituality. It was concluded that the spirituality and resilience not only enhance wellbeing but have also been defined as potential protective factors during challenging times. It was also concluded that spirituality and resilience have a positive association in enhancing the well-being of young adults and are also positively correlated to each other.*

*Keywords: Happiness, Resilience, Spirituality, Well-being, Young adults*

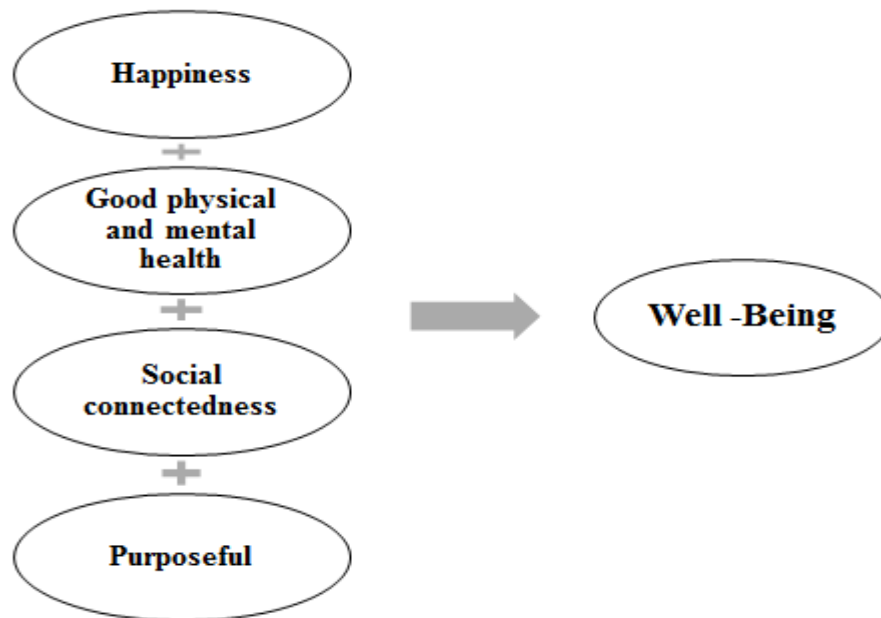
**INTRODUCTION**

The enhancement of well-being with several components establishes its importance in young adults. Young adults are in a critical developmental phase of their life. During this stage of life young adults face various challenges and changes physically as well as mentally. Young adulthood is a crucial stage that impacts entire pathway of life. Emotional processing at this stage may shape the health and wellbeing outcomes of entire life. As per the National Alliance on Mental Illness suicide rate is highest among young adults and children. Nowadays, anxiety and depression are also more common in young adults than past. They are at a high risk related to morbidity and mortality than older adults, children, and adolescents. Thus, it is important to promote the well-being of young adults. Spirituality and resilience are the components which may transform individuals with maintaining happiness, calmness, strength and also in enhancing the well-being of individuals specially in young adults.

**Well-being**

“Well-being” is a broad and very significant term. It is something that a person feels. When a person is in a state of happiness, he or she is content, and has low levels of distress with good physical as well as mental health. Living a good quality of life is considered to be in a state of well-being. There are mainly four components that are to be present for the feeling of well-being in a person such as feeling happy and healthy (physically and mentally), connected to the community, and purposeful (having a specific goal). Wellbeing in young adults is associated with various factors which may include satisfaction levels achieved in life, positive affect on mind which may directly be correlated to transforming effects of spirituality and resilience and enhancing self-esteem. Well-being is an integrated approach that can be achieved by emotional processing and emotional expression. It integrates physical health, mental health and social connectivity. Enhancing wellbeing of a young adult provides better mental strength, healthier behaviours and stronger characters not only for this stage of life but also for the future. Various studies show its association with, mental and physical health, job satisfaction, productivity, social

connectedness, self-perceived health, long life (longevity), and positive behaviour. “Well-being is a positive state experienced by individuals and societies (WHO, 2022).”



**Figure 1:** Components of Well-Being.

### **Spirituality**

In general, Spirituality is a concern for or sensitivity to things of the spirit or soul, especially as opposed to materialistic concerns. Spirituality and religion are two different concepts. It has an association not only with God but also with nature, other human beings, and surrounding in a meaningful way (Jones, K., et al. 2016). Spirituality is acknowledging belief or sense that there exists something greater than oneself, extending beyond sensory experiences. More specifically, “it is a concern for supreme power or cosmos and a sensitivity to a particular religious experience, which may or may not include the practice of a particular religion but may also have existence without religious practices”. It is a state of having no connection with materialistic things. According to Sadh guru, spirituality is not limited to any specific practice but rather a way of being in life. It involves nurturing and cultivating various aspects of oneself, such as the body, mind, emotions, and energies, to reach a state of maturity where something profound blossoms within. The spiritual journey involves healing and affirming the ego, fostering positive states, nurturing self-esteem, self-worth, love, and generosity, leading to a liberation from ego defences. Many research studies show its association with a person's physical and mental health. As per Clinical Practice Guidelines for Quality Palliative Care, spirituality is considered an important part of the palliative care of patients with cancer (National Consensus Project for Quality Palliative Care, 2018). The idea related to the positive role of spirituality in human life is well established.

### **Resilience**

Resilience is the ability to bounce back. It is an ability to adapt or challenge the adversities in life and to come back to the pre-existing state. Resilience can be defined as adapting positively to the adversities of life and also the capability to gain pre-adversity mental health. Several researchers from different fields studied Resilience. Resilience is related to physical, mental, and social flexibility. Resilience is also related to spiritual well-being and positive emotions (Smith, B. W., et al. 2012). Some researchers believe that we are in the “Age of Resilience” (Richardson, J. C., & Chew-Graham, C. A., 2016). Resilience is a multidimensional and a dynamic concept. Various factors that affect resilience are modifiable and may include a purpose or meaning in life, a sense of

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coherence, self-esteem, positive emotions, self-efficiency, positive attitude, cognitive acceptance and coping ability, social connectedness, spirituality or religious coping. (Kunzler AM et al 2020)

The main aim of this study is to unravel the effect of spirituality and resilience on enhancing the well-being of young adults and also to explore the correlation between spirituality and resilience.

**Table 1:** Literature review

S.No.	Study name	Author name	Factor affecting the well-being of young adults		Findings of the study
			S	R	
1.	Spirituality and the health of college students	Nelms, L.W. et al, 2007	✓		Participants with a strong spiritual approach are found to be more cautious while taking decisions related to health. Spirituality was found to be directly related to mental and physical health of college students
2.	Daily Spiritual Experiences and Psychological Well-being Among US Adults	Ellison, C.G., & Fan, D.X. (2008)	✓		The study observed that spirituality was positively related to psychological wellbeing of young college students leading to high happiness index.
3.	Emotional resilience in young adults who were reared by depressed parents: The moderating effects of offspring religiosity/spirituality	Roundin g, K., et al. 2011	✓	✓	Resilience and spirituality both have an effect on depression symptomatology. Gratitude, peace and harmony were found to be associated with resilience and spirituality in young college students
4.	Spirituality and Resilience among Post-Graduate University Students.	Gnanapr akash C. 2013	✓	✓	Study observes that spirituality is related to finding out purpose in life. It was also observed that Spirituality enhances ability to cope up with stress and adversity in post graduate students.
5.	A study of daily spiritual experiences and stress among youth	Kukreja, T., & Chebiyy am, S., 2013	✓		Spirituality helps in finding goals and living a healthier life. Kukreja and Chebiyyam (2013) conduct a study on the relationship between daily spiritual experiences and stress among youth. The study explores how daily spiritual experiences may affect stress levels in this population, providing insights into the potential role of spirituality in

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					promoting well-being and stress management among young individuals.
6.	Spirituality and low-risk consumption of alcohol in young adults.	Heredia, L. P. D., Sánchez, A. M., 2013	✓		Spirituality is associated with health in a positive way. Heredia and Sánchez (2013) investigate the relationship between spirituality and low-risk consumption of alcohol among young adults. The study explores how spirituality may influence alcohol consumption behaviors in this population, providing insights into the potential protective role of spirituality in promoting healthier drinking habits.
7.	Understanding resilience and happiness among college students	Lower, K. E. 2014		✓	Resilience and happiness are connected to each other. This study looked at relationship of resilience, happiness and adverse circumstances in young adults. They observed coping strategies in adverse circumstances.
8.	Resilience and spirituality as predictors of psychological well-being among university students	Kumar, U., & Singh, R. 2014	✓	✓	Resilience and Spirituality both have a positive impact on psychological well-being. Kumar and Singh (2014) investigate the predictive roles of resilience and spirituality in psychological well-being among university students. The study examines how resilience and spirituality levels may contribute to the overall psychological well-being of students, shedding light on their potential protective effects.
9.	Effect of spiritual intelligence on mental health and quality of life among college students	Pant, Naveen & Srivastava, Sk. (2014)	✓		This study examined the levels of spiritual intelligence, mental health and quality of life and examined the relationship existing in these parameters. The study showed that spiritual intelligence and mental health are positively related to each other, a significant positive correlation exists between spiritual intelligence, mental health and quality of life amongst young college students.

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10.	Does spirituality facilitate adjustment and resilience among individuals and families after SCI?	Jones, K., Simpson, G. K., Briggs, L., & Dorsett, P. (2016)	✓	✓	Jones, Simpson, Briggs, and Dorsett (2016) examine the role of spirituality in facilitating adjustment and resilience among individuals and families after spinal cord injury (SCI). The study explores how spirituality may contribute to the psychological well-being and adaptive processes of individuals and families dealing with SCI.
11.	Contributors and inhibitors of resilience among adolescents and young adults with cancer.	Rosenberg, A. R., et al., 2018	✓	✓	Resilience and spirituality affect the psychological well-being of cancer patients. Resilience is an important factor in cancer care. The study emphasized impact of resilience on stress, anxiety and depression during cancer treatment and how resilience could improve psychological distress and quality of life.
12.	Spirituality as a protective health asset for young people: An international comparative analysis from three countries	Brooks, F., et al. 2018	✓		Spiritualism acts as a protective health asset in young adults. Brooks, Michaelson, King, Inchley, and Pickett (2018) conduct an international comparative analysis across three countries to examine spirituality as a protective health asset among young people. The authors highlight the potential benefits of spirituality in promoting positive health outcomes, offering insights into its significance for the well-being of young individuals.
13.	Impact of resilience on the improvement of depressive symptoms after cognitive therapies for depression in a sample of young adults	Konradt, C. E., et al., 2018		✓	Resilience promotes psychological well-being. Konradt et al. (2018) investigate the impact of resilience on the improvement of depressive symptoms after cognitive therapies for depression in a sample of young adults. The study examines how resilience levels may influence the effectiveness of cognitive therapies and the reduction of depressive symptoms in this population.
14.	Religiously or spiritually-motivated forgiveness and subsequent health	Chen, Y., et al. 2019	✓		Spirituality-induced forgiveness is positively associated with psychological well-being. Chen, Harris, Worthington Jr., and

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	and well-being among young adults: An outcome-wide analysis.				VanderWeele (2019) employ an outcome-wide analysis to investigate the relationship between religiously or spiritually motivated forgiveness and the subsequent health and well-being of young adults. The study offers insights into the potential positive effects of forgiveness on various aspects of health and well-being among this population.
15.	Spirituality, religiousness, personality as predictors of stress and resilience among middle-aged Vietnamese-born American Catholics	Le, Y. K., Piedmont, R. L., & Wilkins, T. A. (2019)	✓	✓	Le, Piedmont, and Wilkins (2019) explore the predictive roles of spirituality, religiousness, and personality in stress and resilience among middle-aged Vietnamese-born American Catholics. The study investigates how these factors may influence stress levels and resilience in this specific population, offering insights into the complex interplay between spirituality, religiousness, personality, and mental well-being.
16.	Resilience in cancer patients	Seiler, A., & Jenewein, J. 2019,		✓	Resilience is an important factor in palliative care. Seiler and Jenewein (2019) focus on resilience in cancer patients. The authors explore the concept of resilience in the context of cancer, examining how individuals diagnosed with cancer can develop and maintain resilience throughout their journey. The study provides insights into the factors that contribute to resilience in cancer patients and its impact on their psychological well-being
17.	Boosting Resilience through Spiritual Well-being: COVID-19 Example	Baykal, E. (2020)	✓	✓	Baykal (2020) explores the role of spiritual well-being in enhancing resilience, with a focus on the context of the COVID-19 pandemic. The author emphasizes the importance of spiritual well-being as a potential protective factor during challenging times, providing insights and examples related to the COVID-19 crisis.
18.	Association of religious and	Grossoehme, D.	✓	✓	Resilience and spirituality affect the psychological well-being as well as

	spiritual factors with patient-reported outcomes of anxiety, depressive , fatigue, and pain interference among adolescents and young adults with cancer.	H., 2020			anxiety and depression in cancer patients. Grossoehme et al. (2020) examine the association between religious and spiritual factors and patient-reported outcomes among adolescents and young adults with cancer. The study investigates the impact of religious and spiritual factors on anxiety, depressive symptoms, fatigue, and pain interference, providing valuable insights into the potential influence of these factors on the well-being of young individuals facing cancer.
19.	Exploring the associations between resilience, dispositional hope, preventive behaviors, subjective well-being, and psychological health among adults during the early stage of COVID-19.	Yildirim, M., & Arslan, G., 2020		✓	Resilience is related to subjective well-being as well as longevity. In this study it was observed that hope and resilience played an important role in improving subjective wellbeing of a person in adverse situation or crisis and is positively associated with psychological health.
20	Stressors and resilience are associated with well-being in young adult college students.	Hartson, K. R., et al., 2021		✓	Resilience is an independent predictor of well-being. Hartson, Hall, and Choate (2021) explore the relationship between stressors, resilience, and well-being in young adult college students. The study investigates how stressors and resilience levels are associated with overall well-being, shedding light on the factors that contribute to the psychological health of college students.

## RESEARCH METHODOLOGY

### Aim

The Main aim of this review is to explore and unravel the relationship between spirituality, resilience, and well-being among young adults and examine how spirituality and resilience enhance the well-being of this population.

### OBJECTIVE:

1. To review existing literature on the concepts of Spirituality affecting the well-being of young adults.
2. To unravel the relationship between resilience and well-being among young adults, considering different aspects of wellbeing
3. To identify the correlation between Spirituality, resilience and wellbeing among young adults

**VARIABLES**

**Dependent variable:** Well- being

**Independent variable:** spirituality, resilience

**Research Design**

In this study qualitative approach to study already published literature is used to do narrative review. Research paper articles were taken from indexed journals with good impact score and of peer-reviewed indexing sites and databases. The keywords like Resilience, Well-being, Spirituality, Spirituality Scale, WHO 5, physical well-being, and psychological well-being alone or in combination with other Keywords were used to search the related articles. The abstract of the articles was examined and full articles were screened as per aim and objective. No geographical limitation was used. Each study was reviewed and examined thoroughly.

**PROCEDURE:****Inclusion criteria:**

**Age range:** Participants should fall within the young adult age range, typically classified as individuals between 19 and 35 years old.

**Measures:** Studies may include standardized measures of spirituality, resilience, and well-being to assess these constructs reliably.

**Language:** Studies which are conducted in English language

**Exclusion criteria:**

**Age:** Participants who are younger than 18 or older than 35 to maintain a focus on young adults.

**Language:** Studies conducted in a specific language or cultural context

**LIMITATION:**

**Generalizability:** The study may have focused on specific populations or samples, such as college students or individuals with specific health conditions, which limits the generalizability of the findings to other populations or contexts.

**Methodological limitations:** The study utilized a qualitative approach to review the existing literature. While qualitative research may provides valuable insights, it is subjective in nature and it may be influenced by the researchers' biases and interpretations. The inclusion and exclusion criteria for the literature review may also introduce potential biases.

1. **Lack of longitudinal data:** Many of the studies included in the review may have been cross-sectional, meaning they captured data at a specific point in time. Longitudinal studies that follow participants over time would provide more robust evidence for establishing causal relationships between spirituality, resilience, and well-being.
2. **Measurement issues:** The measurement of spirituality, resilience, and well-being can vary across studies, making it difficult to compare and synthesize the findings. Different scales, questionnaires, or definitions used in different studies may impact the consistency and validity of the results.
3. **Potential confounding variables:** The relationship between spirituality, resilience, and well-being is complex and can be influenced by various confounding variables. Factors such as socioeconomic status, cultural background, social support, and personal characteristics may interact with spirituality and resilience to affect well-being. It is important to consider and control for these variables to accurately assess the unique contributions of spirituality and resilience to well-being.



4. **Publication bias:** The study relied on published research papers, which may be subject to publication bias. Positive results are more likely to be published than studies with non-significant or negative findings. This bias can influence the overall conclusions drawn from the literature review.
5. **Lack of causality:** The reviewed studies may demonstrate associations between spirituality, resilience, and well-being, but they may not establish causality. It is challenging to determine the directionality of the relationships and whether spirituality and resilience directly cause improvements in well-being or if other factors are at play.
6. **Limited scope of literature review:** The literature review may not have captured all relevant studies on the topic. Due to time constraints or specific search criteria, some relevant studies may have been excluded, potentially limiting the comprehensiveness of the review.

## RESULT

A study was conducted for determining the effect of spirituality on the health risks of students studying in college. The instruments used were 'The College Student Appraisal of Risks Survey (The CARS) and the Spirituality Scale (SS)'. It was found that college students who were involved in spiritual practices or had a belief in spirituality were more cautious while taking decisions that may affect their health in a negative way (Nelms, L.W. et al, 2007). Research conducted on 273 young adults raised by their parents having depression was done. It was found that resilience and spirituality had a significant impact on depressive symptomatology (Rounding, K., et al. 2011). Spirituality also helps one in finding goals, being purposeful meaning, remaining connected to the surroundings, sharing the burden, expanding the support system, and living a healthier life (Kukreja, T., & Chebiyyam, S., 2013). There is a high risk of getting into abusive practices at a young age like drug addiction and alcohol addiction. Spirituality is always associated with health in a positive way. It is always related to health promotion in young adults by affecting several health-related factors; low consumption of alcohol is one of them (Heredia, L. P. D., Sánchez, A. M., 2013). A study was conducted on 299 college students using an online questionnaire. The study results show a positive correlation between happiness and Resilience. The study also found happiness and spirituality as Resilience's main predictors (Lower, K. E. 2014). A study shows both spirituality and resilience as a predictor of psychological well-being. In the participants with strong resilience and a well-developed spiritual approach, a higher level of psychological well-being was reported (Kumar, U., & Singh, R. 2014). Resilience is also an important factor to be considered during palliative care and a critical component of cancer care (Seiler, A., & Jenewein, J. 2019, Rosenberg, A. R., et al., 2014). Adolescence well-being (physical, mental and social) has a direct impact on young adult well-being. Spiritual well-being acts as a Protective health asset and helps them to achieve a sense of well-being in youth. A multilevel study done in England, Canada and Scotland indicate that spirituality was positively correlated to life satisfaction and wellbeing with reduction in health complaints and improvement in general health. (Brooks, F., et al. 2018). The patients with anxiety and depression with higher baseline resilience score indicates less severe symptoms. However, resilience is not a predictor of treatment adherence. Some studies also show the capability of resilience to prevent the reoccurrence of psychological disorders (Konradt, C. E., et al., 2018). Spirituality encouraged forgiveness which is also positively associated with psychological well-being and negatively associated with anxiety and depression (Chen, Y., et al. 2019). Resilience and spirituality also had a strong impact on the anxiety, depression, stress, and psychological well-being of young adults suffering from cancer (Rosenberg, A. R., 2018, Grossoehme, D. H., 2020). Young people that are more resilient have a higher ability to cope with psychological and mental health problems Subjective well-being has a direct relation with longevity. Improving subjective well-being results in longevity. Study shows that more importance should be given to resilience and hope for improvement of subjective well-being and psychological health during the phase when one faces life adversities. Resilience has a positive association with psychological and subjective well-being (Yıldırım, M., & Arslan, G., 2020).

Resilience is indicated as an independent predictor of well-being. Increased stressors like insomnia, anxiety, depression, and relationship problem decrease resilience and results in decreasing well-being (Hartson, K. R., et al., 2021). Some studies also show the relationship between spirituality and Resilience. The spiritual well-being of

people has a significant effect on their Resilience, the people who were strong spiritually were found to be more Resilient and less affected during the Pandemic situation (Baykal, E. 2020). Another study on nurses at their workplace also found that religious values and other components of spirituality had an impact on their Resilience (Rajabipoor Meybodi, A., & Mohammadi, M. 2021).

## DISCUSSION

The findings of the study can be discussed by dividing into three parts such as a) Spirituality affecting the well-being of young adults, b) relationship between resilience and well-being among young adults and c) the relation between spirituality, resilience and wellbeing among young adults The research indicated that spirituality has a positive effect on the psychological well-being of young adults. It helps individuals find purpose, achieve goals, and live a healthier life. It also acts as a protective health asset and is associated with physical health in a positive way.

### a) Spirituality affecting the well-being of young adults:

Several research studies support that spirituality has an impact on the psychological well-being of young adults (Rounding, K., et al. 2011, Kumar, U., & Singh, R. 2014, Chen, Y., et al. 2019, Grossoehme, D. H., 2020). Spiritual well-being also plays an important role in improving the psychological well-being of patients suffering from diseases like cancer. It also reduces anxiety and depression in such patients significantly (Rosenberg, A. R., 2018). Spirituality is associated with physical health in a positive way and also acts as a protective health asset. It also helps in finding the purpose of life, achieving goals, and living a healthier life (Kukreja, T., & Chebiyyam, S., 2013, Heredia, L. P. D., Sánchez, A. M., 2013, Brooks, F., et al. 2018).

### b) Relationship between resilience and well-being among young adults

Resilience was found to have a positive impact on the well-being of young adults. It was linked to indicators such as happiness and psychological well-being. Resilience is also considered an important component of cancer care, helping patients cope with anxiety and depression. The review study supports the idea of Resilience affecting well-being in young adults in a positive direction. Resilience and happiness (one of the indicators of a sense of well-being) are connected. Resilience promotes happiness as well as the psychological well-being of people (Lower, K. E. 2014, Kumar, U., & Singh, R. 2014, Konradt, C. E., et al., 2018). Resilience is an important part of cancer care. The inclusion of Resilience in the palliative care routine helps in relieving the symptom of anxiety and depression. It boosts the morale to bear the post-therapeutic pain in cancer patients (Rosenberg, A. R., 2018, Seiler, A., & Jenewein, J. 2019, Grossoehme, D. H., 2020). Resilience is an independent predictor of well-being and is strongly related to subjective well-being that promotes longevity (Hartson, K. R., et al., 2021, Yıldırım, M., & Arslan, G., 2020).

c) **The relation between spirituality, resilience and wellbeing among young adults:** The studies showed a strong connection between spirituality and resilience. Spirituality was found to promote resilience, and individuals with strong spiritual values were more resilient in coping with life adversities. The concept of spiritual resilience has emerged, highlighting the ability to sustain one's sense of self and purpose through spiritual resources during challenging times. It was found that people with strong spiritual values were more resilient and more flexible in coping with the adversity of life (Rajabipoor Meybodi, A., & Mohammadi, M. 2021, Baykal, E. 2020). Nowadays, a term known as Spiritual Resilience has also emerged. "Spiritual resilience is the ability to sustain one's sense of self and purpose through a set of beliefs, principles or values while encountering adversity, stress, and trauma by using internal and external spiritual resources" (Manning, L., et al., 2019).

## CONCLUSION

In conclusion, this study has unravelled the transformative power of spirituality and resilience in enhancing the well-being of young adults. Well-being is a well-established concept consisting of several components, such as physical health, mental health, subjective well-being, social connectedness, happiness, purpose, and more. It is crucial for young adults to experience a sense of well-being. Resilience and spirituality play important roles in

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promoting the well-being of young adults by directly or indirectly influencing one or more of the aforementioned components.

The results of the study highlighted a significant correlation between spirituality, resilience, and well-being. Importantly, the results indicated that spirituality and resilience have a positive impact on the psychological well-being of young adults, and there is a strong relationship between spirituality and resilience. Spirituality promotes resilience, and individuals with strong spiritual values are more resilient in coping with life's adversities. Overall, spirituality and resilience have played crucial roles in promoting the well-being of young adults, both psychologically and physically. They provide support, meaning, and the ability to cope with challenges, leading to a higher sense of well-being.

Overall, this study has highlighted the need for further research to address the research gap more critically by incorporating qualitative and quantitative research methods. This can provide more valuable insights into the subjective experiences and perceptions of individuals regarding the role of spirituality, resilience in young adults in promoting well-being. Furthermore, it provides scope to investigate other factors that play a crucial role in the context of well-being, especially among young adults during emerging adulthood.

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