Effect Of Spirituality On Decision Making And Mental Well Being

Dissertation submitted as partial fulfilment for the degree

ABSTRACT

Introduction

Title: Effect of Spirituality on Decision Making and Mental Well-being: A Comprehensive Review

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Abstract:

It is becoming more widely acknowledged that spirituality and decision-making processes interact and have an impact on mental health. This abstract investigates how spirituality affects mental health and decision-making. A moral compass and increased meaning in decisions are two ways that spirituality, which is frequently associated with values, beliefs, and purpose, can direct decision-making. People who have a solid spiritual foundation typically have higher levels of resilience, coping skills, and psychological health in general. Additionally, spirituality cultivates a sense of interconnectedness that may impact decisions made regarding prosocial and altruistic actions. On the other hand, tension and cognitive dissonance can result from decisions that contradict spiritual beliefs. Developing holistic approaches to personal development and psychological interventions requires an understanding of the subtleties of ispirituality's influence on mental health and decision-making.

Keywords: Spirituality; Decision Making; Mental Well-Being; Value; Belief; Purpose.

CHAPTER 1: INTRODUCTION

1.1.1 Definition

Spirituality is a deeply personal and multifaceted aspect of the human experience, encompassing the search for meaning, purpose, and connection to something greater than oneself. It encompasses a series of beliefs, practices, and experiences through which individuals explore their relationship with themselves, the universe, and the divine. Although spirituality is often associated with religion, it can also exist independently of a religious framework, manifesting in many forms and expressions unique to each individual. Ultimately, spirituality is a journey of self-discovery, inner exploration, and the search for a deeper understanding of the mysteries of existence.

There is no single definition nor There is no single, universally accepted definition of spirituality. A survey of the definitions of terms used in scientific research shows that there are many definitions with limited overlap. A study of McCarroll's magazines, each of which dealt with spiritual topics, produced 27 clear definitions for which "there was little consensus." This makes the systematic study of spirituality difficult; to convey results in a meaningful way.

According to Kees Waaijman, the traditional meaning of spirituality is a process of reformation "aimed at restoring man to his original form, the image of God. To do this This reform aimed to create a model representing the original form: in Judaism, the Torah, in Christianity, Christ, in Buddhism, Buddha, and in Islam, Mohammed. "Houtman and Aupers argue that modern spirituality is a blend of humanistic psychology, mystical and esoteric traditions, and Eastern religions.

In modern times, there is an emphasis on subjectivity perspective of experience and the "deepest values and meanings" that humans experience," combined with personal growth or transformation, often in contexts distinct from organised religious institutions. position. Spirituality can be broadly defined as an individual's search for ultimate or divine meaning and purpose in life. Alternatively, it can mean to search or search personally. evolution. , religious experiences, belief in a supernatural world or life after death, or knowledge of one's own "inner dimension."

1.1.2 Spirituality and spiritual practises

Spirituality refers to the broader concept of an individual's beliefs, values, experiences, and connection to something greater than themselves. It evokes the meaning, purpose and transcendence of life and is often considered a deeply personal and introspective aspect of human existence. Spirituality can manifest in many different ways, including through beliefs, attitudes, relationships and practices.

On the other hand, spiritual practices are specific actions or activities body that individuals participate in to cultivate their spirituality. These practices are often based on spiritual traditions, teachings or beliefs and aim

to deepen spiritual connection, awareness and understanding. Examples of spiritual practices include meditation, prayer, yoga, mindfulness, ritual, and acts of service or compassion.

Although spirituality is a system of beliefs or an orientation. The fundamental foundation that guides an individual's life and spiritual practice is the tangible means for the individual to express and nurture his or her spirit. Spiritual practices can vary greatly across cultures, religions, and individual beliefs, but they often have the same goal: cultivating meaning, purpose, and connection to the divine and the universe. or transcendence.

Some popular spiritual practices include :

• Meditation: Meditation involves calming the mind and focusing on the present moment. It is often used as a way to cultivate inner peace, mindfulness and spiritual awareness.

• Prayer: Prayer is a form of communication with a higher or divine power. It is used in many religious traditions as a way to seek guidance, express gratitude, and ask for help or blessings.

• Rituals and ceremonies: Rituals and ceremonies are symbolic actions performed to mark important events or transitions, such as birth, marriage, and death. These rituals often have spiritual significance and are used to connect individuals to their spiritual beliefs and communities.

• Yoga: Yoga is a spiritual practice that originated in ancient India and is practiced worldwide today. It combines physical postures, breathing exercises and meditation to improve mental, spiritual and physical health.

• Connecting with nature: Many people form a spiritual connection with nature, whether through activities such as hiking, gardening, or simply spending time outdoors. This connection is often seen as a way of connecting with the divine or natural world.

In short, spirituality is an overarching concept that includes the beliefs, values, and connections of person. spiritual people, while spiritual practices are specific activities or rituals that individuals engage in to deepen their spiritual connection and understanding.

1.1.3 Spirituality vs religion

Spirituality is a topic that is talked about a lot but is often misunderstood. Many people believe that spirituality and religion are one and the same, and that is why they bring their religious beliefs and biases into discussions about spirituality. Although all religions emphasise spiritualism as part of their faith, you can be "spiritual" without being religious or a member of an organised religion.

Although they overlap, there are quite clear differences between religion and spirituality. Read our definitions below to better understand and compare the difference between spirituality and religion.

Religion

It is a specific set of organised beliefs and practices organisation, often shared by a community or group. Religion often includes the recognition of gods, deities, traditions and sacred texts.

Spirituality

It is more of a personal practice and involves a sense of peace and purpose destination. It also involves the process of developing beliefs around the meaning of life and connection to others without any identified spiritual values.

Spirituality and religion are closely related but are not synonymous concepts. Although both involve beliefs, practices, and experiences related to the divine or the transcendent, they differ in focus, scope, and expression.

Spirituality is often referred to as considered a more personal, personalised, and internally focused aspect. of human experience. It involves finding meaning, purpose, and connection to something greater than oneself and can be expressed through a variety of beliefs, practices, and experiences. Spirituality is not limited to a specific religious tradition and can include many beliefs, including belief in a higher power, nature or the universe, as well as personal values and ethical principles. virtue. virtue.

In contrast, religion is often seen as a more organised, communal, and outward-looking expression of spirituality. It involves adherence to a specific set of beliefs, practices, and rituals within a formal religious tradition or community. Religion often provides a framework for understanding the sacred or transcendent, as well as guidelines for moral and ethical behaviour. While religion can be a source of spiritual fulfilment for many people, it also involves institutional structures, hierarchical leadership, and organised activities.

Although religion Spirituality and religion may overlap and intersect, but they are not mutually exclusive. Some people may find spiritual fulfilment within a religious tradition, while others may practice spirituality outside of an organised religion. Ultimately, the difference between spirituality and religion lies in the emphasis on individual experience and expression (spirituality) versus tradition and communal organisation (religion). Both play an important role in shaping people's beliefs, values and behaviours, and can provide pathways to meaning, purpose and connection in life.

1.1.4 Spiritual health

Mental Well-Being is an aspect of general health related to the beliefs, values, practices and experiences that give each individual meaning, purpose and connection to something greater than oneself. their body. Surname. It includes a sense of inner peace, harmony and balance, as well as a sense of connection to the world, to others and to the divine or transcendent.

Spiritual health is not necessarily must be related to a particular religion. belief or practice, even if they may influence it. Rather, it is about finding and cultivating meaning and purpose in life, while cultivating a deep sense of inner peace and contentment. Mental Well-Being is often associated with positive emotions such as gratitude, compassion and forgiveness, as well as feelings of awe, wonder and reverence for life.

Each person has their own. Mental health can be perceived in different ways, depending on each person's preferences. beliefs, values and life experiences. For some people, Mental Well-Being may be related to regularly participating in religious rituals and practices, such as praying, meditating, or attending religious services. For others, it may be found in nature, art, music, or other forms of creative expression. However, others may find Mental Well-Being through service activities, volunteer work, or meaningful connections with others.

Research shows that Mental Well-Being Spirituality can have a positive impact on overall good health, including mental, emotional, and physical health. . Studies have shown that people with higher levels of Mental Well-Being often have lower levels of stress, anxiety and depression, as well as better coping mechanisms and a clearer sense of purpose. destination. purpose in life.

Cultivating Mental Well-Being is a personal, ongoing process that includes exploring one's beliefs and values, engaging in nurturing activities spiritually and participate in spiritually nurturing activities. like finding meaning and connection in life. It's about finding a sense of inner peace and harmony and living in harmony with your values and purpose.

1.1.5 Purpose of practising spirituality

Life can be full of ups and downs, good times and bad times. Many people consider spirituality a great way to find comfort and peace in life. It can often be practiced alongside activities such as yoga, which focus primarily on stress reduction and emotional release.

Spirituality is a way to gain perspective

Spirituality Realise that your role in life has greater value than what you do every day. day. It can free you from dependence on material things and help you understand the ultimate purpose of your life. Spirituality can also be used as a way to cope with change or uncertainty.

People practice spirituality for many different reasons, which can be deeply personal identity and are influenced by their beliefs, values, experiences and cultural context. Here are some common reasons why people practice spirituality:

- Searching for meaning and purpose: Many people turn to spirituality as a way to find meaning and purpose in life. Spirituality can provide a framework for understanding deeper questions about existence, such as the meaning of life, the nature of reality, and the purpose of suffering.

- Connect with something greater: Spirituality offers individuals a way to connect with something greater than themselves, whether it be a higher power, the universe, nature, or a feeling of collective consciousness. This connection can provide a sense of comfort, direction, and belonging.

- Personal growth and transformation: Spirituality is often seen as a path to personal growth and transformation. Through spiritual practices such as meditation, prayer or introspection, individuals can seek to cultivate qualities such as compassion, gratitude and inner peace.

- Facing challenges and adversity: Spirituality can be a source of strength and resilience during difficult times. Spiritual beliefs and practices can provide comfort, hope, and perspective, helping individuals more easily overcome life's challenges.

- Health and Happiness: Research shows that spirituality can have a positive impact on mental, emotional and physical health. Spiritual practices such as meditation, prayer, and mindfulness are linked to reduced stress, anxiety, and depression, as well as improved overall health.

In general, people practice spirituality for many reasons, all reflecting the innate human desire for meaning, connection, growth and happiness.

1.2.1 Mental Health and Mental Well-Being

The terms " Mental Health" and " Mental Well-Being" are often used interchangeably, but they can have slightly different meanings depending on the context. In general, both terms refer to a person's state of psychological and emotional health, but they can emphasise different aspects of Mental Well-Being.

Mental Health generally refers to a person's general mental and emotional state. Status. This includes a range of factors including psychological health, emotional resilience and freedom from mental illness or disorder. Mental Well-Being is often considered a continuum, with individuals moving back and forth between states of good Mental Well-Being and periods of difficulty or distress.

On the other hand, Mental Well-Being emphasises a more positive and relaxed state. Comprehensive approach. Mental Well-Being approach. This includes not only the absence of mental illness but also the presence of positive emotions, resilience and a sense of fulfilment and purpose in life. Mental Well-Being is often considered a broader concept, encompassing Mental Well-Being, but going beyond to include aspects of personal development, self-actualisation and general life satisfaction. .

In summary, while Mental Health focuses on the absence of mental illness and maintaining emotional and psychological stability, Mental Well-Being focuses on the presence of positive emotions, resilience and a sense of fulfilment and purpose. Both concepts are important to understanding and promoting Mental Well-Being, and they are often used together to describe a person's overall state of psychological and emotional health.

1.2.2 Meaning

Mental Well-Being is a combination of how we feel, how we function, and the awareness that we are separate from our problems. Mental Well-Being includes our emotional, psychological, behavioural and social well-being. It may sometimes be used as a term to describe the absence of a mental disorder; However, a more modern view is that Mental Well-Being is something everyone has and should care about, just like our physical health.

The World Health Organisation has described health Mental Well-Being is: "a state of well-being in which an individual recognises his or her own abilities, can cope with the normal stresses of life, can work effectively and can contribute to community."

Good Mental Well-Being allows you to think, feel and react in ways that allow you to live your life the way you want. On the other hand, poor Mental Well-Being can cause the way you think, feel and behave becomes difficult and difficult to manage.

Mental Well-Being is how we respond to the ups and downs and difficult times in life Definition This simplicity about Mental Well-Being hides a deeper meaning and implication for our lives. It includes how a person thinks, handles emotion (emotional wellness), and acts.

This important part of who we are has multiple meanings. These traits—which are all actually skills we can practice and develop—are all part of mental wellbeing:

• Self-acceptance

• Sense of self as part of something greater

• Sense of self as independent rather than dependent on others for identity or happiness

- Knowing and using our unique character strengths

- Accurate perception of reality, knowing that we can't mind-read and that our thoughts aren't always true

- Desire for continued growth

- Thriving in the face of adversity (emotional resilience)

- Having and pursuing interests

- Knowing and remaining true to values

- Maintaining emotionally healthy relationships

- Optimism (hope—the mindset that things can improve)

- Happiness that comes from within rather than being dependent on external conditions

- Determination

- Action (in contrast to a passive mindset and lifestyle, waiting for things to get better)

People who develop and experience wellbeing also have what psychological researcher, Angela Duckworth, calls grit. Grit is comprised of passions and perseverance and means showing up for life. It's a never-give-up attitude. Grit doesn't mean never failing, for failure is part of success and life itself. Grit means getting up when you fall.

Together, all of these things determine Mental Well-Being. It's about moving forward with purpose and direction.

1.2.3 Importance

Mental Well-Being is important for our daily tasks and for us to live our lives to the fullest. Ireland has one of the highest rates of mental illness in Europe, with 18.5% of people reporting a psychological disorder or substance dependence in 2016, compared with 10 .7% globally. Additionally, the overall number of people suffering from Mental Well-Being problems has increased, with 1 in 6 people in the UK experiencing common Mental Well-Being problems such as anxiety or depression in any given week. Organisations can play an important role in preventing these Mental Well-Being problems by ensuring access to support and psychological safety.

Mental Well-Being determines how we manage stress in our lives, our relationships with others and contribute to our health choices.

Mental Well-Being is vitally important to overall well-being and quality of life. It includes the emotional, psychological and social aspects of happiness and is closely linked to how we think, feel and behave. Here are some key reasons why Mental Well-Being is important:

- Emotional resilience: Good Mental Well-Being helps individuals cope with stress, adversity and challenges in life. This allows them to recover from difficult situations and maintain a positive outlook on life.

• Improved relationships: Mental Well-Being is essential for establishing and maintaining healthy relationships with others. It allows individuals to communicate effectively, empathise with others, and form meaningful connections.

• Improved cognitive function: Mental Well-Being is linked to improved cognitive function, including better memory, decision-making and problem-solving skills. It can also improve creativity and productivity.

• Physical health: There is a strong connection between mental and physical health. Good Mental Well-Being can help prevent or manage physical health problems such as cardiovascular disease, diabetes and chronic pain.

• Quality of life: Mental Well-Being is a key factor determining overall quality of life. It contributes to a feeling of happiness, fulfilment and fulfilment in life.

In general, Mental Well-Being is essential to living a fulfilling and balanced life. It is a dynamic illness that requires attention and care, and investing in Mental Well-Being can have far-reaching benefits for individuals, families and communities.

1.2.4 Improvement Techniques

It is important to find ways to improve our mental and spiritual health to improve our overall health. By protecting our Mental Well-Being by finding ways to cope with stress and bounce back when times are tough, we can be better equipped to handle difficult times, minimising the effects negative for mental and physical health. There are many things we can do to protect and improve our Mental Well-Being. Improving Mental Well-Being involves taking a holistic approach to achieving well-being, addressing the emotional, psychological and social aspects of life. An important aspect is to seek professional help when needed, such as counselling or therapy, to address underlying issues and develop coping strategies. Physical health is also closely linked to Mental Well-Being. So, maintaining a balanced diet, exercising regularly and getting enough sleep can have a positive impact. Engaging in activities that bring joy and fulfilment, staying connected with loved ones, and practicing relaxation techniques like meditation or yoga can help reduce stress and improve overall mood. Setting realistic goals and celebrating achievements, no matter how small, can build self-esteem and bring meaning to their lives. Additionally, it is important to limit alcohol and drug use, which can worsen Mental Well-Being problems. By taking these steps and prioritising Mental Well-Being, individuals can work toward better Mental Well-Being and a more fulfilling life.

Try some of the examples below here:

• Boost healthy self-esteem by working toward your goals . and benefit. Set small, achievable goals so you can feel a sense of accomplishment;

- Build relationships and support networks at work, at home, and in your community. Hey buddy. Social support is important for Mental Well-Being. Positive relationships can provide emotional support and help you when you need it;

- Develop resilience or know how to cope with difficult situations. Use strategies that have worked for you in the past and try new ones. For example, if going for a walk when stressed helps you relax, try establishing a regular exercise routine for a more proactive approach to managing stress;

- Engage in activities that are important to you. important to you and bring you meaning and satisfaction. This could mean spending free time volunteering in the community or spending more time with family or friends;

- Be physically active by going for walks, taking classes dance or play sports

- Take care of your Mental Well-Being; emotional and social health. Make time for the people and things that are important to you. Remember who you are when everything else falls apart and do the things that nourish you. This can include connecting with others, listening to or playing music, engaging in a hobby, or spending time alone writing in a journal or reading a good book; and,

- Practicing mindfulness. We often let stress take over and forget to have fun. Spending quality time with family or friends, with pets, or in nature can give us the opportunity to relax and enjoy the present moment.

1.3.1 Definition

The definition of management decision-making is that you make the best alternatives you have that are known to be the solution to your problem and follow the steps in an extensive list with many solutions to choose from. It is worth noting that a good leader must have so-called business intelligence and experience in decision-making and is also responsible for deep thinking about problem analysis and planning to make decisions to confront such situations.

Decision-making can be regarded as a problem-solving activity yielding a solution deemed to be optimal, or at least satisfactory. It is therefore a process which can be more or less rational or irrational and can be based on explicit or tacit knowledge and beliefs. Tacit knowledge is often used to fill the gaps in complex decision-making processes. Usually, both of these types of knowledge, tacit and explicit, are used together in the decision-making process.

Decision-making skills enhance an organisation's development and think about its future to improve its environment by gathering information, making available decisions, identifying decision-making methods at the right moment and reaching an effective solution.

Besides, the right decision-making skill is not a fixed rule. It requires constantly changing and developing, in conjunction with enterprise mode, timing and problem size, because following the wrong decision may affect your company and increase errors.

According to P. F. Drucker – **"Whatever a manager does he does through making decisions."** All matters relating to planning, organising, direction, co-ordination and control are settled by the managers through decisions which are executed into practice by the operators of the enterprise. Objectives, goals, strategies, policies and organisational designs are all to be decided upon in order to regulate the performance of the business.

Decisions underpin the entire management process. Decisions are needed for both addressing issues and maximising the benefits of available opportunities. Correct decisions minimise the complexity, uncertainty, and variety of organisational environments.

1.3.2 Problem solving vs decision making

Problem solving and decision making are closely related processes that involve identifying issues, evaluating options, and choosing a course of action. While they are interconnected, they are distinct processes with different focuses and approaches.

Problem Solving is the process of identifying, analysing, and resolving a problem or issue. It involves identifying the root cause of a problem, generating potential solutions, and selecting the best course of action to address the issue. Problem solving often requires critical thinking, creativity, and analytical skills to effectively identify and implement solutions.

Decision Making is the process of choosing between alternative courses of action. It involves evaluating available options, considering potential outcomes and consequences, and selecting the best course of action based on available information and desired outcomes. Decision making can be rational, intuitive, or a combination of both, depending on the situation and the decision maker's preferences.

While problem solving and decision making are distinct processes, they often overlap in practice. Problem solving is often a key component of decision making, as decisions are often made in response to identified problems or issues. Similarly, effective decision making is essential for successful problem solving, as it involves selecting the best solution among alternatives.

In summary, problem solving is about addressing and resolving a specific issue or challenge, while decision making is about choosing the best course of action among alternatives. Both processes are essential skills in both personal and professional contexts, and mastering them can lead to more effective problem solving and decision making.

1.3.3 Importance of decision-making skills

Decision Making can have a positive impact on your organisation and your role as the leader of that company or group, providing many important benefits, including:

• Troubleshooting andDecision Making Skill helps you, when you encounter problems and problems, to effectively solve these problems or the people associated with them, despite all the problems you may encounter.This also requires knowing or applying these skills, making practical decisions to improve the future or environment of the organisation, knowing how to solve management problems and dealing with them when making business decisions.

• Has leadership qualitiesThe leader can give orders and instructions depending on his position, and his decisions can be strong and practical or weak and unsuccessful. However, if he fails, the commander's staff will not see him as a good leader.But let's say he is smart and can use his decision-making skills and how to measure management performance. This introduces your business to everyone and is achieved through dedication and good decision-making skills.

• Save time and effort and increase efficiencyGood planning can have both positive and negative effects on the project in terms of efficiency and decision making.Decision-making methods and techniques are preferred to improve early project performance.

1.3.4 Improve decision making skills

Improving the decision-making process involves several key steps to enhance the quality of decisions and outcomes. Firstly, it is important to clarify the decision to be made and the desired outcome, ensuring a clear understanding of the problem or opportunity at hand. Next, gather relevant information from credible sources to inform the decision-making process, considering various perspectives and potential consequences. Additionally, evaluate the available options based on criteria such as feasibility, impact, and alignment with goals and values. It can be helpful to seek input from others, especially those with diverse perspectives or expertise, to gain insights and consider alternative viewpoints. Once options have been evaluated, make a decision based on the information and analysis, taking into account risks and uncertainties. Finally, reflect on the decision-making process and outcomes, identifying lessons learned and areas for improvement to enhance future decision making.

Use these steps to improve your abilities to make a decision:

• Identify the situation

The first step in improving your decision-making process is identifying the problem and analysing the situation. Identifying the situation helps you clarify why a particular decision is required. Before making a decision, consider its short-term and long-term effects. For instance, while project management software might be a viable long-term option, it might not be suitable for achieving your short-term goals.

• Collect information

When making a decision, focus on gathering all the relevant information. This can include information from personal observation, research or studies. Good decision-makers base their decision on data and facts rather than intuitions. It helps in avoiding biases in the decision-making process.

• Explore every viable solution

Before reaching a conclusion, document every possible solution for the problem and maintain a record. Listing all the solutions helps ensure you make the right decision for a problem. During a meeting, list all the solutions in front of your team members so that they actively take part in the decision-making process.

• Perform a SWOT analysis

To identify the best solution, conduct a strength, weakness, opportunity and threat (SWOT) analysis. This analysis explains the strengths, weaknesses, opportunities and threats associated with each solution. The result can help you make the right decision.

CHAPTER 2: REVIEW OF LITERATURE

• Dehnavi, & Hashemi. (2023) conducted a Study Regarding the Australian and New Zealand Native People Spirituality and their Mental Well Being. The concept referred to as spirituality has received much attention recently in nursing (Greasley, Chui & Gartland, 2001), psychiatry (Rammohan, Rao & Subbakrishna, 2002), and occupational therapy. Nolan and Crawford (1997) suggested that some people who need more spiritual needs are those who suffer from mental illness or psychiatric disorders. Spirituality is associated with understanding the meaning and purpose of human life. The findings was we need to explore the main definition of spirituality among Australians and New Zealanders, and use Mental Well-Being as an application of the environment to indicate how professional psychologists can address the spiritual needs of different people who overcome mental problems.

• Mamta, & Singh, S. (2022) conducted a study on spirituality and psychological well-being. The research is undertaken to find the effect in explaining the relationship of spirituality and psychological well-being. To achieve this aim, sample of 200 from different schools of Haryana was selected. Linear regression analysis predicts psychological well being in a significant way.

• Beggs, Chris et al (2022). A Mediation Analysis of Spirituality. This study uses a cross-sectional survey design and occurred a public, regional, Midwestern institution. Quantitative analysis found a relationship between psychological wellbeing and academic performance in specific circumstances, and an indirect effect between spirituality and academic performance in the presence of psychological wellbeing.

- Aneja. (2022). "A study on Forgiveness, Mental Well-being, Spirituality & Happiness among College Students. Standardised scales were used to measure forgiveness, mental well-being, spirituality, and happiness among college students aged 18-25. The results found that mental well-being is significantly positively correlated to forgiveness & happiness & spirituality is significantly positively correlated with happiness & forgiveness. Students should give priority to their happiness, and mental well-being. They ought to take some time out of their hectic schedule, engage in self-introspection, and build a habit of consuming healthy food, getting good sleep, practicing meditation, sharing their troubles with their near and dear ones, etc. They should express their feelings to loved ones and seek help for their problems.

- Mashurin, Wangid, et al. (2022). Islamic Spirituality in Psychological Well-Being in Adolescents. he objective of this study was to determine Islamic spirituality in psychological well-being in adolescents. This study used a quantitative approach. The population in this study were all teenagers in Nologaten, Sleman, Yogyakarta totalling 135 people. The sampling technique used random sampling to obtain a total sample of 103 people. The data collection technique used a scale that has been tested for validity and reliability. The data analysis technique was used to answer the hypothesis is the Product Moment correlation of Karl Person. The results of this study indicate that: (1) there is a relationship between Islamic spirituality in psychological well-being in adolescents, as evidenced by the value of r count > r table (0.653> 0.195) and a significance value of 0.000 <0.05; and (2) The influence of Islamic spirituality on the psychological well-being of adolescents is 0.564%.

- S. Prasanna, & R. Palanivelu. (2022) conducted study on Spirituality in the workplace towards teachers psychological well being. This study set out to analyse the relationship among teachers 'workplace spirituality, sense of meaning in life, and psychological well-being. Taking 50 teachers as its subjects, the study employed three scales: one to measure the subjects 'sense of workplace spirituality, another to measure their sense of meaning in life, and a third to measure their sense of psychological well-being. These three scales were pre-tested and found to have good reliability and validity. The questionnaire data were analysed using hierarchical regression in order to understand the explanatory power of the predictors (workplace spirituality and meaning in life) to dependent variable of psychological well-being. The results showed 62.70% explanatory power. According to the research findings, this study suggests that teachers should understand the importance of having workplace spirituality, of being psychologically sound and of feeling they have a meaningful life. Future studies may further explore the factors that influence teachers 'sense of psychological well-being.

- Saiz, Galilea et al (2021). Spirituality and Employment in Recovery from Severe and Persistent Mental Illness and Psychological Well-Being. This study aimed to explore how the variables of spirituality and

employment affect the process of recovery in people with SPMI who attend an employment recovery service. The data showed that job skills are important elements to consider in recovery and psychological well-being. The search for peace and meaning is even more important for people who are in a recovery process. It is recommended to design interventions aimed at improving SPMI patients 'spirituality. The conclusion was Integrating spirituality into recovery programs for people with SMPI seems a necessary complement for facilitating the recovery process.

- Arslan & Yıldırım. (2021) conducted study on Meaning-Based Coping and Spirituality During the COVID-19 Pandemic: Mediating Effects on Subjective Well-Being. Findings show meaning-based coping and spirituality are essential sources that help to elucidate the association between stress and subjective stress. People exposed to greater stress may experience greater stress, which, in turn, reduces their subjective well-being. Findings from the current study show that meaning-based coping and spirituality are essential sources that help to elucidate the association between coronavirus stress and subjective well being.

- Özkan, Umut Birkan(2021). The aim of this study was to comparatively investigate the predictability of religiosity/spirituality and affective moral reasoning levels of Muslim and non-Muslim students in Muslim societies on their generative altruism. -test and effect size were used for comparing sample means while the Multiple Linear Regression Analysis method was utilised in the regression analysis. It was concluded with the regression model that religiosity/spirituality and affective moral reasoning levels explained generative altruism of Muslim students by 21% and non-Muslim students by 30%.

- Qi, Roslan et al (2021) aimed to evaluate the associations between psychological well-being as a dependent variable and perceived social support as an independent variable, and test the mediating roles of resiliency and spirituality in the link between perceived social support and psychological well-being. This is a cross-sectional study with a random sampling method. The results showed that greater levels of social support are associated with greater levels of psychological well-being. Resiliency and spirituality partially mediated the relationship between social support and psychological well-being. The findings of this study not only revealed an association between perceived social support and psychological well-being among Chinese international students in Malaysia but also expanded our knowledge of the mediating roles of resilience and spirituality in the relationship.

- Sadoughi, & Hesampour. (2020) conducted study on Prediction of Psychological Well-Being by Assessing their Spirituality, Gratitude to God, and Perceived Social Support. This is a descriptive correlational study

conducted on 211 people(109 male and 102 female)who were selected randomly. The result showed that increased spirituality, gratitude to god, and perceived social support especially from family members can improve psychological well-being. Hence strengthening and paying special attention to their spiritual needs and perceived social support as well as planning health care for them can help increase their psychological well-being.

- Rego, Gonçalves et. al(2020) conducted a cross sectional study. Results showed Spiritual wellbeing significantly correlated with greater levels of physical, emotional and functional wellbeing and a better quality of life. Greater spiritual wellbeing was associated with less decisional conflict, decreased uncertainty, a feeling of being more informed and supported and greater satisfaction with one's decision. Most people successfully implemented their decision and identified themselves as capable of early decision making. People who were able to implement their decision presented lower decisional conflict and higher levels of spiritual wellbeing and quality of life Within the 16 themes identified, spirituality was mostly described through family. People who had received spiritual care displayed better scores of spiritual wellbeing, quality of life and exhibited less decisional conflict. People considered spirituality during illness important and believed that the need to receive spiritual support and specialised care could enable decision making when taking into consideration ones" values and beliefs. Hence, the impact of spiritual wellbeing on decision-making is evident. Spirituality is a key component of overall wellbeing and it assumes multidimensional and unique functions. Individualised care that promotes engagement in decision making and considers spiritual needs is essential for promoting patient empowerment, autonomy.

- J. Páez-Gallego, Gallardo-López et al(2020) done Analysis of the Relationship Between Psychological Well-Being and Decision Making in Adolescent Students. The objective of this study was to analyse the potential relationship between adolescents 'psychological well-being and their decision-making styles. Differences in the relationship by age and gender were also analysed, which covers the current gap in this area of research according to gender. The study was conducted using Ryff 's (1995) dimensions of psychological well being and Janis and Mann's decision- making model.

- Iqbal, & Shahzeb Khan. (2020). Spirituality as a Predictor of Psychological Well-Being. This paper aims to investigate the impact of spirituality on the psychological well-being of the consumers involved in reusing as sustainable consumption behaviour (SCB) Further, it also investigated the moderating impact of religiosity on the relationship between spirituality and reusing. Research findings have implications for researchers, policymakers, marketers, ecologists, social activists, and practitioners. The Results have shown that sustainable consumption behaviour mediated the relationship between spirituality and psychological well-being.

- Villani, Sorgente et al(2019). The Role of Spirituality and Religiosity in Subjective Well-Being of Individuals With Different Religious Status. Religiosity, Spirituality, and Subjective Well-Being Spirituality have been found to be positive predictors of life satisfaction. Spirituality and religiosity have been found to be positive predictors of SWB. People who show high religious and spiritual involvement tend to give a more positive appraisal of their lives. The sense of being in connection with a higher power, with others, and with life represents an effective way to maintain a positive evaluation of one's life. This study aimed to investigate the role of spirituality and religiosity and to test whether differences exist according to individuals 'religious status. By looking at the different aspects of religion and spirituality in terms of their connection to the dimensions of SWB, the present analysis yielded interesting patterns of results. They concluded Both life satisfaction and affect, the two dimensions of the SWB, showed somewhat different relational patterns with measures used to assess religiosity and spirituality. Life satisfaction, a measure of one's cognitive well-being, was more consistently associated with spirituality dimensions. Affects, life satisfaction, appeared to be more predicted by spirituality dimensions (if we consider the number of significant relations) Psychologists working in both clinical and non-clinical settings must have open conversations with their clients to be aware of the role that spirituality and religiosity may play as a stressor or a resource and develop a mutually satisfactory relationship. Mental Well-Being professionals need to recognise this issue and integrate it in their work.

- Ramamurthy, Gheevarghese et al(2019). Lack of association between religiosity/spirituality and mental well being among medical students and interns. High subjective well-being causes better health and longevity. Religiosity has been shown to be positively associated with subjective well-being of medical students. The composition and content of religion is different in India, and hence the role of religiosity and spirituality on mental well-being of Indian medical students requires exploration. The present study was conducted to assess the relationship of religiosity and spirituality with mental well-being among medical students and interns. Overall, there was no association of mental well-being with religiosity and spirituality among medical students. However, there were significant differences in this association among students with different religious affiliations. Among Christian and Muslim medical students, there was a positive association of mental well-being with spirituality but not with religiosity. No such association was found among Hindu medical students.

- Wuri, Andriani et al (2019) aimed to evaluate does spirituality give an impact to well- being of entrepreneur?. Study examined the effect of subjective spirituality on entrepreneurs 'well-being. Results stated spirituality does matter only for those who run the business as self-employed in terms of generating income, although they tend to have lower levels of well being. No significant evidence that spirituality

affects the well being of business owners, on the other hand this group has the highest level of wellbeing. The main goal of this paper is to investigate the effect of spirituality on the economic well-being of self-employed. They conclude it is due to the higher risk they face in running a business. However, spirituality does not have significant effect toward business owners, authors say. There are several limitations in this study and might be an opportunity for future research improvement.

- Al-Salkhi, M. J. (2019), in their study found stability with Piaget theory of cognitive development (1936), that a mental world can be create by the children, that mental world is free from longs for materialist desire and this was indication of Spiritual influence. Here the study found high Spirituality is directly proportional with psychological stability of students irrespective of the differences in steams of the students. The results also show high consistency of high Spirituality leading to high psychological stability as well as better GPA of students. This observation furthers the arguments of many studies that deal with cognition through innovative techniques making studies non monotonous process, scope of development in curriculum.

- Pant, N., Srivastava, et.al (2019). The paper had conducted studies based on spirituality and Mental Well-Being with each other and their respective effect on gender and education background. The basis of the study is to highlight how much spiritual awareness helps to tackle stress in students as well as being pragmatic in all situations. Mental Well-Being assessment through spiritual inspiration has been a much researched area where many studies conducted to assess factors such happiness, stress handling etc constituting Mental Well-Being factors are found to be positively correlated to Spirituality.

- Katarzyna Skrzypińska, & Ilona Chudzik. (2017). Personality, spirituality and their relation to well-being in physicians of various specialties. The study found a relationship between Spirituality and Basic Emotions as a part of well-being. The results indicated a different pattern in the groups of neurologists and surgeons. They concluded Ethical Sensitivity, Harmony and Spiritual Openness are the three components of Spirituality which are explained by the largest number of personality traits. Differentiation of doctors ' specialty is key to their spirituality. Spirituality is not a predictor of satisfaction with life considering doctors' specialties.

- Sibnath Deb et al (2016). study investigated spiritual intelligence of students against socioeconomic status, religious associations, societal support and Mental Well-Being. To assess Mental Well-Being, they found that spiritual dimensions such as purpose and connection are positively influenced through better Mental Well-Being in students .This study found female students to be more spiritual than male students especially in practice. The study concludes that students with higher spiritual values have spiritual practices embedded

into them through family and their similar social associations. Economic conditions have a negative effect on spirituality with students.

- Sabiha & Ahmed Khan. (2016). Spiritual Well-Being among Diabetic Patients. Spiritual Well-being Scale (SWBS) was administered to a sample of 50 Muslim diabetic patients (male = 23, and female = 27) Results showed that there was no significant difference between male and female diabetic patients on both subclass of spiritual well being. The conclusion was A holistic approach to care recognises that spirituality and health are intertwined for most patients. To be able to perform an accurate assessment and provide competent and sensitive care, the health care practitioner must consider the patient's religious and spiritual beliefs, as well as cultural mores.

- Tin Hung HO, et al(2016). Underlying spirituality and Mental Well-Being: the role of burnout. This study investigated the effects of burnout on the relationship between spirituality and Mental Well-Being among healthcare workers in Hong Kong. The results suggested that the association between spirituality and Mental Well-Being is influenced by the level of burnout, thereby supporting the role of burnout as a potential mediator. Moreover, day-to-day spiritual practice was found to be potentially protective against burnout and Mental Well-Being problems. Future intervention could incorporate spirituality training to reduce burnout so as to improve the well-being of healthcare workers.

- Ahmadi, Darabzadeh et al(2015). The Effects of Spirituality and Religiosity on Well-Being of People With Cancer. The results Of the 16 studies reviewed, ten studies have found that spirituality and religiosity were positively associated with well-being, two studies found no association, and four studies showed both beneficial and detrimental effects of spirituality and religiosity on well-being of patients with cancer.

- Saleem & Ali khan(2015) conducted study on Impact of Spirituality on Well-Being among Old Age People. The present study was planned to find out the impact of Spirituality on Well-being among old age people. The Correlation was computed between Spirituality and Different dimensions of Well-being i.e. Physical, Mental, Social, Emotional and Spiritual and it was found to be .542, .592, .524, .527 and .451 respectively. Further, Correlation was applied between Overall Well-being and Different dimensions of Spirituality i.e. Sense of Purposeless and Maintenance of Discipline which was found to be .696 and .534. Well-being is concern for an individual by which he can live a better life on which the happy life of the society is based. In order to be living long an individual should be involve in religious practices throughout his/her life.

- Kaneez & Ansari (2014) aimed to evaluate spirituality as an aid to promote health and well-being. The findings concluded Stress of illness and disability often cause a disequilibrium of mind, body and spirit that requires coping resources. Spirituality helps the persons cope with stressful situation especially through relationship with God. Factors associated with religiosity including optimism, supportive friends, clear purpose and meaning in life and healthier life style correlate with mental and physical wellness.

- Khan, I., & Singh, N. (2013) in a study provides insight into the role of Mental Well-Being, gender, educational on SI, where the study finds mental conditioning of students from humanities and science are insignificant however females of humanities background are slightly more spiritual than male students from science students though this is marginal in significance.

- Tripathi. (2013). Spiritual Well Being of Heterosexual and Homosexual: A Comparative Study. Homosexuals (Gays) who are different in their sexual orientation may have different spiritual well – being as compared to hetero sexual. Spirituality cannot be explored using scientific methods because it involves deeply personal, subjective experiences. This research mainly focuses on the male and female aspect of the human body. This is not the same as the other that they have a different physical appearance but it does not give rise to altogether different. S.Wanda, finding a way with religion and spirituality: the intersection of religion, aging and sexual orientation from the perspective of lesbians older adults.

- Griffin, Lee et al (2008) conducted study on Spirituality and well being among elders: differences between elders with heart failure and those without heart failure. The purpose of this study was to explore differences between spirituality (including spiritual experiences and depressive symptoms), and quality of life among elders with and without heart failure. The inclusion criteria for this study were that all the patients were; (a) 65years or older, (b) able to speak and read English, In addition, the HF patients were also able to attend either the heart failure clinic, (for the HF group) or a family practice clinic for the non-HF group.

- Krause, & Booth (2004) provided insights that Spirituality constituting transcendent dimension of human behaviour, has assumed greater significance to tackle wholesome health. A growing body of literature has attempted to establish the relationship of various spiritual and religious indices to multiple aspects of health. Research evidences revealed that there is a protective factor of spiritual and religious practices to health and well-being. Spiritual/ religious experiences not only help in the treatment of behavioural disorders but also in enhancement of quality of life. Spirituality has been found instrumental to encourage health promoting behaviour and to improve clinical condition of the people undergoing medical treatment.

CHAPTER 3: METHODOLOGY

3.1 Aim

This aimed to study the relationship of Spirituality on Decision Making and Mental Well-Being among individuals.

3.2 Objective

1. To assess the relationship between individuals' level of spirituality and their Mental Well-Being.

2. To assess the relationship between individuals' level of spirituality and their decision-making processes.

3.3 Hypothesis

1. There would be a correlation between the level of spirituality in individuals and their overall Mental Well-Being, suggesting that individuals with higher levels of spirituality would exhibit better mental well-being.

2. There would be a correlation between level of decision-making, positively influenced mental well-being.

3.4 Variable

- Independent Variable
    ◦ Spirituality

- Dependent Variables
    ◦ Decision Making
    ◦ Mental Well-Being

3.5 Ethical Consideration

The following ethical guidelines were put into place for each research period.
1. Confidentiality of the responses and identity was assured.
2. Participants were briefed about the purpose of the study.
3. Informed Consent was obtained.
4. The dignity and well-being of the respondent was protected all the time.
5. The research data remained confidential throughout the study and the researcher obtained the students permission

3.6 Sample

The target population are college students between 18 to 26 years of age.

The study will use quantitative method to collect data. The sample will include 120 participants, from diverse backgrounds in terms of age, gender, religious beliefs and cultural heritage. Participants will be recruited through community centres, religious organisations, and online platforms. The survey will include standard measures of spirituality, decision-making style and Mental Well-Being.

Sampling Method

• Random Sampling

Inclusion Criteria

- College Students age between 18-25
- Stable Mental Well-Being status

Exclusion Criteria

- Lack of spirituality
- Students not proficient in english.

3.7 Research Design

This study will employ a cross-sectional design to collect data at a single point in time.

Tools

• The Spiritul Intelligence Self Report Inventory(SISRI-24):

Author: Wan Nurayunee Bt Wan Zulkifli, Noor Azniza Bt Ishak , Zarina Bt Mat Saad Item No.: 24

Reliability: The questionnaires were translated using the back translation with the help of experts and was approved by a Malay language specialist. The results of the study found that the reliability value of the SISRI-24 instrument which measures the level of spiritual intelligence is .921. The reliability of less than 0.60 is considered low and unacceptable, Alpha value between 0.60 and 0.80 is acceptable while the Alfa exceeding 0.80 is considered good. Therefore, the reliability of SISRI 24 is very good.

• Emotional-Based Decision Making Scale:
  Author: Jo Liegh Evans and Kimberly A. Barchard
  Item No.: 10
  Reliability: Wan Nurayunee Bt Wan Zulkifli, Noor Azniza Bt Ishak , Zarina Bt Mat Saad
  Item No.: Two types of reliability were examined: internal consistency and test-retest reliability. Internal consistency was moderate. Coefficient alpha was .77, resulting in a standard error of measurement of 2.47. The one-week test-retest reliability of the EBDMS was .70, resulting in a standard error of measurement of 3.09.
Both of these are considered moderate to good.
Validity
The EBDMS was evaluated based upon three types of validity: convergent, discriminant, and predictive. Convergent validity with Tett's Intuition vs. Reason Scale was strong ($r = 59$, $p < 001$). Discriminant validity with the International Personality Item Pool Activity Level Scale was strong ($r = -15$, $p = .076$). However,

predictive validity with the familial accord item was poor; the correlation was non-significant (r= -04, p = 64).

- Warwick-Edinburgh Mental Well-being Scale (WEMWBS):
  Author: Professor Sarah Stewart-Brown & Dr Kulsum Janmohamed
  Item No.: 14
  Reliability: Considers the stability of responses over a period of time. Test-retest reliability is determined by calculating the correlation between two sets of scores for the same group of people who repeat the test after a set period of time. For WEMWBS, the time period was one week.

Correlationα = 0.83 after one week (n = 124) α Intra-class correlation coefficient

The test-retest reliability score was high for WEMWBS after one week. This suggests that the transient fluctuations that a person may experience from one day to the next are not reflected in the scores, and these scores remain robust over a short period of time.

3.8 Procedure

The data was collected from a sample of 120 individuals, aged between 18-26 year.

By using tools namely:-

1. The Spiritual Intelligence Self Report Inventory(SISRI-24)

2. Emotional-Based Decision Making Scale

3. Warwick-Edinburgh Mental Well-being Scale (WEMWBS)

For my dissertation on the impact of spirituality on decision making and mental well-being, I collected 120 offline responses using paper surveys. I designed a comprehensive questionnaire with questions focusing on indicators of spirituality, decision-making, and mental well-being. To ensure a diverse sample, I distributed surveys in a variety of locations such as community centre's, religious organisations, and local events. Through this process, I was able to glean valuable insights into the relationship between spirituality, decision making and Mental Well-Being, providing a rich foundation for my research analysis and conclusion.

3.9 Statistical Analysis

Pearson Correlation was used for statistical analysis.

CHAPTER 4: ANALYSE OF RESULTS

	SIRSI-24	DMQ	WEMWBS
SIRSI-24	1		
DMQ	0.48070842	1	
WEMWBS	0.45404917	0.66411628	1

Relationship between spirituality and decision making

The correlation coefficient of 0.48 between spirituality and decision making indicates a moderate positive relationship between these two variables. This indicates that as the level of spirituality increases, the quality or efficiency of the decision-making process also tends to increase accordingly and vice versa. However, this relationship is not perfect, as there is room for variation in decision making that cannot be explained by spirituality alone. Positive signs suggest that as spirituality increases, decision making tends to improve. This is consistent with theories that spirituality can improve cognitive processes related to decision making, such as clarity of thought, clarification of values, and moral reasoning.

Spirituality, often associated with values, purpose, and meaning, can play an important role in shaping a person's decision-making process. People who prioritise spirituality may be more inclined to make decisions that are consistent with their values and beliefs, leading to more decisive and motivated actions. This connection may be due to several factors:

First, spirituality often brings a sense of inner peace and clarity. People who are more spiritually inclined may be more self-aware and more in tune with their values and beliefs, allowing them to make decisions that are consistent with their true self. This alignment can lead to more confident and effective decision making.

Second, spirituality is often associated with a sense of connection to others and the world. This broader perspective can lead to more comprehensive decision-making that takes into account not only personal interests but also impacts on others and the environment. This broader perspective can lead to more balanced and sustainable decisions in the long run.

Additionally, spirituality is often associated with resilience and coping mechanisms. People who are more spiritually inclined may be better able to deal with the stress and uncertainty inherent in the decision-making process. This resilience can lead to more thoughtful and less impulsive decision making.

In addition, spirituality is often associated with the meaning of life. People with a strong sense of purpose may be more motivated to make decisions that align with their goals and values, leading to more intentional and meaningful choices.

However, it is important to note that correlation does not imply causation. Although the correlation coefficient shows a relationship between spirituality and decision making, it does not indicate that spirituality leads to better decision making. Other factors, such as personality traits, education level, and life experiences, can also influence both spirituality and decision making.

One possible explanation of this result is that spirituality may enhance certain cognitive or emotional abilities that benefit decision making. For example, more spiritual individuals may possess a clearer mind, a clearer sense of purpose, or a greater ability to consider options and consequences, all of which can can contribute to better decision making. It is important to note that correlation does not imply causation. Although the correlation shows a relationship between spirituality and decision making, it does not prove that one causes the other. Other factors, such as personality traits, life experiences, and environmental influences, may also contribute to psychic abilities and decision making.

Spirituality can also play a role in reducing conflict or decision uncertainty by giving individuals a sense of direction or inner peace that helps them face their choices. Choose complexity with more confidence and conviction.

The moderate positive correlation suggests that interventions or practices aimed at enhancing spirituality may have a positive impact on decision-making ability. This may be especially relevant in contexts where decision making plays a key role, such as in the fields of leadership, healthcare or personal development.

It's also important to take into account the possibility that spirituality and decision-making have a reciprocal relationship. While spirituality may have a role in decision-making, it's also plausible that those with higher decision-making skills may feel more spiritually well-off.

Although this correlation offers insightful information, more investigation is required to fully comprehend the nature of the connection between spirituality and decision-making. Additional insights into the ways in which spirituality affects decision-making processes may be obtained through longitudinal studies, experimental methods, and qualitative research.

Overall, the discovery of a positive association between spirituality and decision-making emphasises how crucial it is to take spiritual practices and beliefs into account when figuring out how people make decisions and deal with life's challenges.

Relationship between spirituality and mental well being

Spirituality and mental health have a moderately positive relationship, as indicated by the correlation coefficient of 0.45 between these two variables in your study. It appears from this research that mental health generally rises in tandem with levels of spirituality. The findings of earlier studies that linked spirituality to positive outcomes for mental health are in line with this one. Values, beliefs, and a sense of purpose are frequently associated with spirituality, which may be very important in fostering mental health.

Spirituality, often associated with a sense of meaning, purpose, and connection to something greater than oneself, may play a crucial role in promoting mental well-being. This connection could be attributed to several factors:

First of all, spirituality frequently gives people a feeling of direction and significance in life. Individuals who perceive a connection to a higher purpose may be more fulfilled and satisfied, two things that are critical to mental health. Even when faced with difficulties, having a sense of purpose in life can help one maintain a positive attitude.

Second, coping strategies and resilience are frequently associated with spirituality. Spiritually inclined people may be better at overcoming stress and adversity and possess stronger coping mechanisms, both of which are critical for preserving mental health in the face of hardship.

This relationship may be explained by the fact that spirituality gives people a sense of meaning and purpose in life, both of which are essential components of mental health. Individuals may have higher levels of resilience, fulfilment, and satisfaction when they feel a part of something bigger than themselves. These factors all support the development of good mental health outcomes.

Furthermore, spirituality and coping strategies are frequently linked to stress reduction. People with higher spiritual inclinations may be better able to handle stressful situations and find purpose in life, which can help prevent mental health issues like depression and anxiety. Social support and a feeling of community are also linked to spirituality. Individuals who participate in spiritual or religious groups may have access to a network of people who can offer consolation, inspiration, and a sense of community all of which have a positive effect on mental health. Spirituality is frequently associated with practices that have been demonstrated to improve

mental health, such as prayer, meditation, and mindfulness. These practices can reduce stress, anxiety, and depression, and promote a sense of calm and well-being.

It's crucial to remember that correlation does not equate to causation. The correlation coefficient does not prove that spirituality improves mental health; rather, it points to a relationship between spirituality and mental health. Spirituality and mental health may also be influenced by other variables, including heredity, upbringing, and life events.

In summary, your research indicates a moderately positive relationship between spirituality and mental well-being, as indicated by the correlation coefficient of 0.45. This research suggests a relationship between spirituality and mental health, with spirituality possibly contributing to practices that support mental health as well as practices that offer meaning, coping strategies, and social support.
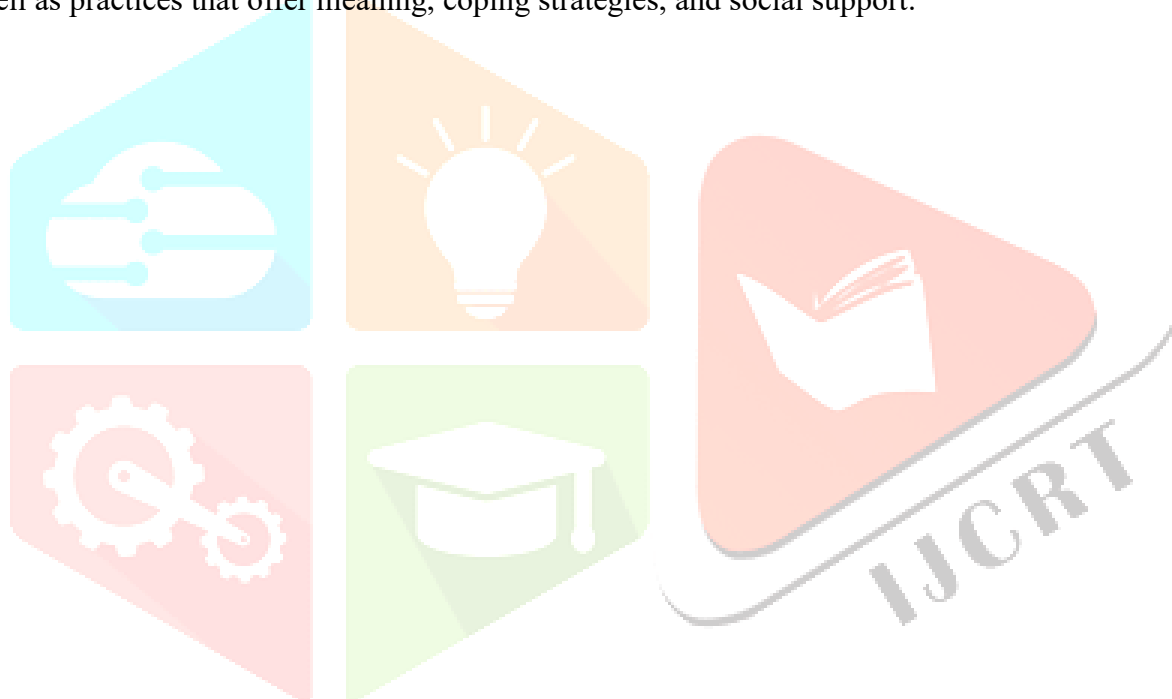
CHATER 5: DISCUSSION

The study's finding that spirituality and mental health are positively correlated raises the possibility that spirituality can be helpful in these areas of life. This result is consistent with previous research showing the beneficial effects of spirituality on a range of well-being factors.

Making decisions can be impacted by a sense of meaning, purpose, and values that are frequently connected to spirituality. People who place a high priority on their spirituality may be more likely to make choices that are consistent with their values and beliefs, which could result in more genuine and meaningful choices. A sense of fulfilment and satisfaction are crucial elements of mental health, and this alignment may support them.

Furthermore, spirituality is frequently associated with resilience and coping strategies, both of which are essential for preserving mental health in the face of adversity. More spiritually inclined people may be better able to cope with stressful situations and find purpose in them, which can lower stress and improve psychological health.

Furthermore, spirituality is frequently linked to community service and social support, both of which are proven to improve mental health. Individuals who participate in spiritual or religious communities frequently have access to a network of like-minded people who support and validate their values and beliefs. This sense of community and belonging can act as a protective factor against mental health issues.

It is crucial to remember that even though there is a strong positive correlation between spirituality, mental health, and decision-making, this does not necessarily mean that these factors cause one another. These relationships may also be influenced by other elements like personality traits, upbringing, and life experiences.

Limitations: It's critical to recognise the study's limitations. While there is a correlation between spirituality and mental health and decision-making, this does not necessarily imply causation, suggesting that other factors may also be influencing these results. The sample size, demographics, and methodology of the study may also have limited the study's conclusions, which could affect how broadly the findings can be applied.

Recommendations: Given these results, it could be advantageous for future studies to investigate the ways in which spirituality affects mental health and decision-making processes. Determining the direction of

causality between spirituality and these outcomes could be aided by longitudinal research. Furthermore, studies could be conducted to evaluate the efficacy of incorporating spiritual practices or beliefs into interventions aimed at enhancing mental health and decision-making. Such studies may shed important light on how spirituality contributes to human flourishing.

To sum up, your research indicates a positive correlation between spirituality, mental health, and decision-making. This suggests that spirituality could be a useful tool for fostering positive outcomes in these domains. In order to fully comprehend the mechanisms underlying these relationships and investigate the possible advantages of incorporating spirituality into interventions targeted at enhancing mental health and decision-making, more research is required.

CHAPTER 6: SUMMARY AND CONCLUSION

The results of the study show a strong positive relationship between mental health, spirituality, and decision-making. This suggests that the likelihood of experiencing better mental health and decision-making skills increases with spirituality. These findings are consistent with the body of research showing the positive impacts of spirituality on a range of facets of life.

Given its correlation with a feeling of direction, significance, and moral principles, spirituality may have a big impact on how decisions are made. People who place a high value on their spirituality might be more likely to make decisions that are in line with their basic values, which could result in more sincere and purposeful choices. A sense of fulfilment and contentment are essential elements of mental health, and this alignment can help cultivate them.

Furthermore, spirituality is frequently associated with coping strategies and resilience, both of which are necessary for preserving mental health under trying conditions. Strong spiritual tendencies may be associated with resilient coping mechanisms and an enhanced capacity to derive meaning from hardship, all of which serve to lower stress and advance psychological health.

Spirituality also has a positive effect on mental health because of its link to social support and community involvement. Participating in spiritual or religious groups can offer a network of like-minded people who are supportive, creating a sense of community and connection that can guard against mental health problems.

Despite the importance of these results, it's crucial to remember that correlation does not imply causation. These relationships may also be influenced by other elements, such as individual differences and life experiences.

The study concludes by highlighting the potential advantages of spirituality in improving mental health and decision-making. Interventions targeted at enhancing decision-making abilities and mental health results can be informed by an understanding of these relationships. To better understand the mechanisms underlying these associations and create effective strategies for incorporating spirituality into interventions, more research is necessary.

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SISRI-24

The Spiritual Intelligence Self-Report Inventory © 2008 D. King

Age? (in years) _____

Sex? (circle one)   M   F

The following statements are designed to measure various behaviours, thought processes, and mental characteristics. Read each statement carefully and choose which **one** of the five possible responses best reflects you by circling the corresponding number. If you are not sure, or if a statement does not seem to apply to you, choose the answer that seems the best. Please answer honestly and make responses based on how you actually are rather than how you would like to be. The five possible responses are:

0 – Not at all true of me | 1 – Not very true of me | 2 – Somewhat true of me | 3 – Very true of me | 4 – Completely true of me

For each item, circle the **one** response that most accurately describes **you**.

1.	I have often questioned or pondered the nature of reality.	0	1	2	3	4
2.	I recognize aspects of myself that are deeper than my physical body.	0	1	2	3	4
3.	I have spent time contemplating the purpose or reason for my existence.	0	1	2	3	4
4.	I am able to enter higher states of consciousness or awareness.	0	1	2	3	4
5.	I am able to deeply contemplate what happens after death.	0	1	2	3	4
6.	It is *difficult* for me to sense anything other than the physical and material.	0	1	2	3	4
7.	My ability to find meaning and purpose in life helps me adapt to stressful situations.	0	1	2	3	4
8.	I can control when I enter higher states of consciousness or awareness.	0	1	2	3	4
9.	I have developed my own theories about such things as life, death, reality, and existence.	0	1	2	3	4
10.	I am aware of a deeper connection between myself and other people.	0	1	2	3	4
11.	I am able to define a purpose or reason for my life.	0	1	2	3	4
12.	I am able to move freely between levels of consciousness or awareness.	0	1	2	3	4
13.	I frequently contemplate the meaning of events in my life.	0	1	2	3	4
14.	I define myself by my deeper, non-physical self.	0	1	2	3	4
15.	When I experience a failure, I am still able to find meaning in it.	0	1	2	3	4
16.	I often see issues and choices more clearly while in higher states of consciousness/awareness.	0	1	2	3	4
17.	I have often contemplated the relationship between human beings and the rest of the universe.	0	1	2	3	4
18.	I am highly aware of the nonmaterial aspects of life.	0	1	2	3	4
19.	I am able to make decisions according to my purpose in life.	0	1	2	3	4
20.	I recognize qualities in people which are more meaningful than their body, personality, or emotions.	0	1	2	3	4
21.	I have deeply contemplated whether or not there is some greater power or force (e.g., god, goddess, divine being, higher energy, etc.).	0	1	2	3	4
22.	Recognizing the nonmaterial aspects of life helps me feel centered.	0	1	2	3	4
23.	I am able to find meaning and purpose in my everyday experiences.	0	1	2	3	4
24.	I have developed my own techniques for entering higher states of consciousness or awareness.	0	1	2	3	4

APPENDIX A

APPENDIX B

Decision Making Questionnaire

Please show how often each of the following applies to you by circling the number that you think applies. 1=very infrequently or never, 2=infrequently, 3=quite infrequently, 4=quite frequently, 5=frequently, 6=very frequently or always.

		Very infrequently or never					Very frequently or always
1.	Do you enjoy making decisions?						
2.	Do you rely on 'gut feelings' when making decisions?	1	2	3	4	5	6
3.	Do you like to consult with others?	1	2	3	4	5	6
4.	Do you stick by your decisions come what may?	1	2	3	4	5	6
5.	When you find one option that will just about do, do you leave it at that?	1	2	3	4	5	6
6.	Do you remain calm when you have to make decisions very quickly?	1	2	3	4	5	6
7.	Do you feel in control of things?	1	2	3	4	5	6
8.	How often are your decision governed by your ideals regardless of practical difficulties?	1	2	3	4	5	6
9.	Do you make decisions without considering all of the implications?	1	2	3	4	5	6
10.	Do you change your mind about things?	1	2	3	4	5	6
11.	Do you take the safe option if there is one?	1	2	3	4	5	6
12.	Do you prefer to avoid making decisions if you can?	1	2	3	4	5	6
13.	Do you plan well ahead?	1	2	3	4	5	6
14.	When making decisions do you find yourself favouring first one option then another?	1	2	3	4	5	6
15.	Do you carry on looking for something better even if you have found a course of action that is just about OK?	1	2	3	4	5	6
16.	Do you find it difficult to think clearly when you have to decide something in a hurry?	1	2	3	4	5	6
17.	Do you make up your own mind about things regardless of what others think?	1	2	3	4	5	6
18.	Do you avoid taking advice over decisions?	1	2	3	4	5	6
19.	Do you work out all the pros and cons before making a decision?	1	2	3	4	5	6
20.	In your decision making how often are practicalities more important than principles?	1	2	3	4	5	6
21.	Is your decision making a deliberate logical process?	1	2	3	4	5	6

APPENDIX C

The Warwick-Edinburgh Mental Well-being Scale (WEMWBS)

Below are some statements about feelings and thoughts.

Please tick the box that best describes your experience of each over the last 2 weeks

STATEMENTS	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	1	2	3	4	5
I've been feeling useful	1	2	3	4	5
I've been feeling relaxed	1	2	3	4	5
I've been feeling interested in other people	1	2	3	4	5
I've had energy to spare	1	2	3	4	5
I've been dealing with problems well	1	2	3	4	5
I've been thinking clearly	1	2	3	4	5
I've been feeling good about myself	1	2	3	4	5
I've been feeling close to other people	1	2	3	4	5
I've been feeling confident	1	2	3	4	5
I've been able to make up my own mind about things	1	2	3	4	5
I've been feeling loved	1	2	3	4	5
I've been interested in new things	1	2	3	4	5
I've been feeling cheerful	1	2	3	4	5