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The spiritual well-being of graduate students

Ali Abbas Al-Yousifi

Department of Educational and Psychological Sciences, University of Kufa, Faculty of Education for Girls, Iraq

Wissam Radhi Al-Zalimi

Department of Educational and Psychological Sciences, University of Kufa, Faculty of Education for Girls, Iraq

Corresponding author email: Wissamradhi99@gmail.com

Abstract---Based on the results of the current research, the researcher concludes the following: 1-The postgraduate students have a spiritual well-being, and this indicates that they enjoy mental health and well-being and have a high ability to face the psychological pressures they face in the study. 2-The educational environments (university institutions) have a role in developing the high cultural, cognitive, educational, and academic aspects that work on instilling spiritual well-being as well as the university climate among graduate students, which plays a role in the educational process.

Keywords---spiritual well-being, graduate students, creativity.

Introduction**Research issue**

Well-being falls under the umbrella of positive psychology and is one of its main goals, which seeks to study human forces without neglecting human weaknesses and shortcomings. In light of the continuous change and competition that invades the whole world; man has become a decisive force in the balance of power. And technology is not the final say in the goodness of life, so progress and growth are measured by the extent of the individual's well-being, and the hyena (2016) indicates that well-being in general is one of the variables of positive psychology, and it is a relative state that varies from one individual to another, and in the same individual, varies from age stage to age. It also differs from one society to another, and from one culture to another, and its indicators may be related to health and disease factors, the level of material income, social status, professional success, saturated social relationships, and factors of fame and brilliance (Al Dabaa, 2016: 111–149), and life is characterised by There are many changes and transformations that put pressure on the person who resorts to adapting to them,

as conditions in society change, social relations become tense, and economic conditions become complicated. A person who resorts to responding to them adjusts their behavior, and the ability of individuals to face life's difficulties and pressures varies according to their ability to adapt and be in harmony with these variables. Therefore, this situation requires skill, creativity, and renewal in thought and behaviour (Kharnoub, 960: 2010).

Research importance

Positive psychology is one of the modern trends in the field of psychology, as it means studying the conditions and processes that help the growth and prosperity of individuals, groups, and institutions. As a result, positive psychology is one of the methods that not only rids the personality of its flaws and abnormal habits, but also transforms it into the most positive, effective, influential, and productive personality possible (Atallah et al. 2013: 12-4). Every human being in this world wishes to live a happy and healthy life, to enjoy good health, and to be loved, respected, and accepted by others. He also strives to become an effective and productive person in whatever he tries to achieve. Philosophers, thinkers in the humanities, religious scholars, and sociologists have tried for centuries. Many understand the ways that lead to a harmonious life and know the conditions that lead to it (Dolvani, 67: 2011).

Research aims

The current research aims to identify:

1. Getting to know the spiritual well-being of graduate students at the University of Kufa.
2. The statistically significant differences in the spiritual well-being of graduate students according to the variables of gender (student-student) and specialisation (scientific-human).

Limitation of the search

The current research is limited to postgraduate students (diploma, master, doctorate) for the academic year (2021–2022) in all faculties of the University of Kufa.

He was known by:

Duran (2020) as an unparalleled force in which the psychological, physical, mental, and social aspects of people are consistent, with the aim of communicating with others and achieving the purpose and meaning of life and a sense of belief in a higher power in a relationship with that force, as it is an important indicator of the quality of life perceived by individuals (Duran) 2020: p1-13.

A Theoretical Framework and Previous Studies

Practical part

The descriptive approach is based on careful monitoring and follow-up of a particular phenomenon or event in order to identify it and reveal the relationship between its elements and its interpretation in terms of content, access to results, and generalisations that help in understanding and developing reality (Alyan, 48: 2001).

Research community

It means all the vocabulary or units of the phenomenon that the researcher is studying, or all the individuals who carry the data of the phenomenon from which it is intended to obtain that data (Abdul Salam, 134: 2020). The current research community consists of graduate students (diploma, master's, and doctorate) in all faculties of the University of Kufa in which there are postgraduate studies for the academic year (2021–2022), and their number is (3,447 male and female students).

Search tools

For the purpose of measuring spiritual well-being, two measuring tools are required for these variables that have the psychometric characteristics of the measurement:

First, spiritual well-being

After reviewing previous studies and reviewing the psychological literature that dealt with spiritual well-being, the researcher did not find a scale at the Arab and international levels commensurate with the nature of the current research sample, so it was necessary to build a scale, as Allen & Yen indicated that building any scale should be it goes through a set of basic steps (Allen & Yen, 1979:93).

Statistical analysis of the items of the spiritual well-being scale

The process of statistical analysis of the scale items is of a high degree of importance because of the function it leads to, which contributes effectively to the production of effective measurement tools that measure human traits and traits with an accurate measurement, and that the purpose of conducting it is to ensure the quality and efficiency of each test item in its ability to measure what it was set to measure (Al Nabhan, 220: 2013). t-test to test the significance of the differences between the averages in the upper and lower groups, and the t-value was an indicator that achieved distinction between the items of the scale by comparing the calculated t-value with the tabular t-value of (1.96) and with a degree of freedom (214) when significance level (0.05) Correlation of the paragraph score with the total score of the scale. The researcher used the Pearson Correlation Coefficient to find the correlation between the degree of each paragraph of the scale with the total score of the scale and for the same sample that was used in the statistical analysis of (400) male and female students.

Psychometric properties of a scale

Validity Scale Indicators

It is the ability of the test to achieve the purpose for which it was prepared or to measure what it was actually intended to measure, and honesty is one of the important conditions that must be met in the information gathering tool (Abbas and Shehab, 140: 2018). The validity of the scale was verified through the following indicators.

Construct Validity

It means how well the test measures the formation of a hypothesis or psychological concept. This type of validity depends on a broader description and needs more information about the behaviour trait to be measured (Ahmed, 88, 2004).

The scale reliability indicators

Test-Retest Method Test-Retest Reliability: Stability factor

This method is based on re-applying the test to the same group after a certain period of time, meaning that the same group is exposed to the same test in two separate time periods (Al-Qawasma et al., 237:2012). In order to find the reliability coefficient of the measure of spiritual well-being, the Facronbach equation was applied to the statistical sample of (400) male and female students, where the stability coefficient extracted in this way reached 0.900.

Results

The first objective is to identify the spiritual well-being of graduate students: The spiritual well-being scale was applied to the sample members of (600) male and female students, and after data collection, analysis, and statistical processing, it became clear that the arithmetic mean was (181,437) with a standard deviation of (15,925) degrees, and by comparing the arithmetic mean with the hypothetical average of the scale of (123), it was possible to find out the differences between the sample members. The t-test was used for one sample, and this indicates that the research sample (postgraduate students) has spiritual well-being, and (Table 1) and (Figure 1) illustrate this.

Table 1

The mathematical mean, standard deviation, and T-value of the spiritual well-being measure for the people in the research sample

Variable	Sample	The degree of freedom	Arithmetic mean	Standard deviation	Hypothesis mean	T-value		Indication
						Calculation	Tabular	
Spiritual well-being	600	596	473,181	15,925	123	39,937	1,96	D

The second goal: statistically significant differences in spiritual well-being according to the variables of gender (student-student) and specialization

(scientific-human): To achieve this goal, the researcher extracted the arithmetic averages and standard deviations of the spiritual well-being variable among the members of the research sample according to the variables (type and specialization), and the table (29) illustrates this.

Table 2

The arithmetic averages and standard deviations of the scores of the sample members on the scale of spiritual well-being according to the variables of gender and specialization were calculated

Type		Mean	Standard Deviation	Sample Number
Male student	scientific	178,906	16,518	150
	literary	184,166	15,776	150
	Totals	181,526	16,338	300
Female student	scientific	180,653	14,948	150
	literary	182,166	16,102	150
	Totals	181,410	15,528	300
Scientific Specialization	scientific	179,790	15,751	300
	literary	183,166	15,945	300
	All totals	181,473	15,925	600

Conclusions

Based on the results of the current research, the researcher concludes the following: 1-The postgraduate students have a spiritual well-being, and this indicates that they enjoy mental health and well-being and have a high ability to face the psychological pressures they face in the study. 2-The educational environments (university institutions) have a role in developing the high cultural, cognitive, educational, and academic aspects that work on instilling spiritual well-being as well as the university climate among graduate students, which plays a role in the educational process.

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