

Relationship of psychological well-being and quality of life with spiritual health in mothers with mentally disabled children

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Abstract

Background and Objective: Mental impairment of a child can have a negative impact on the health of the mother as his primary caregiver. Spiritual health is one of the dimensions of health that has recently been considered by researchers. The purpose of this study was to investigate the relationship of psychological well-being and quality of life with spiritual health in mothers with mentally disabled children in Rasht city.

Method: The method of this study was descriptive and correlational. To conduct this research, 150 mothers of mentally retarded children who were studying at a school in Rasht in the academic year of 2017-1018 were selected by available sampling method. After being briefed, they were included in the research and completed Ryff Psychological Well-being Scale (PWBS), Quality of Life Questionnaire (SF-36), and Spiritual Health Scale (SWB). The data were analyzed using regression analysis. In this research, all the Ethical issues were observed and authors declared no conflicts of interest.

Results: The results of this study indicated that there is a positive and significant relationship between psychological well-being and spiritual well-being ($r=.76$, $P<.01$). This is also true between dimensions of quality of life and spiritual wellbeing including physical health with health Spirituality ($r=.65$, $P<.01$), mental health with spiritual health ($r=-.83$, $P<.01$), social relationships with spiritual health ($r=.57$, $P<.01$) and environmental health with spiritual health ($r=.77$, $P<.01$). Based on the results of regression analysis, the spiritual health of mothers of mentally disabled children based on psychological well-being and dimensions of quality of life was predicted.

Conclusion: Spiritual well-being is related to psychological well-being and quality of life. Therefore, rise in the level of spiritual health through education and interventions can enhance the quality of life and psychological well-being of mothers and caregivers of mentally disabled children.

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Summary

Background and Objective: Parents, as the center of the family, have different functions and responsibilities in relation to children (1). However, mothers are more responsible for their child due to the traditional role of "caring", which leads to more psychological problems.

In recent years, a group of researchers have identified mental health as a positive psychological function and construed it as "psychological well-being" (2), it can be said that maintaining this psychological well-being in a challenging and dynamic environment improves the quality of life. In many cases, caring for a mentally retarded child improves his quality of life, but may reduce the quality of life of other family members, and

in particular the caregiver (3). On the other hand, the presence of a mentally retarded child in each family affects the structure of that family and overwhelms the mental health of the family, especially the parents. The impact of this causes irreparable losses on the state of mental health of the family (4). Health, as defined by the World Health Organization, has physical, psychological, social and spiritual dimensions. The spiritual dimension of health is one of the aspects of health that some scholars believe is a very important consideration to this dimension. In recent years, there has been remarkable evidence of a connection between religiosity, spirituality, and mental health (5). Some studies indicate that without other spiritual health, other biological, psychological and social dimensions cannot function properly or reach their maximum capacity, and thus, the highest level of quality of life cannot be achieved (6). Research has also come to a large extent on how religious and spirituality affect various aspects of physical and mental health. Some researchers have shown that spirituality has a lot to do with the overall health of the individual, so that religion and spirituality are considered important resources for adaptation to tension-related life events (7). Other studies have also been done on spiritual health. For example, research results showed that religious beliefs increase acceptance power, environmental domination, purposefulness and relationship with others (2). In general, given the priority in families to educate responsibilities, this increases the quality of life of children, and also because some behaviors such as belief and appeal to God (Which is an example of spiritual well-being) have been highlighted in several studies in our country and other countries as the most effective coping method for mothers with a problem (8). Therefore, considering the importance of the issue and the lack of related component studies and the population studied, as well as the value and importance of these components (psychological well-being, quality of life, and spiritual well-being) in families and Islamic societies. The present study was conducted to examine the relationship of mental well-being and quality of life with spiritual well-being among mothers with mental retardation in Rasht city.

Method: The method of this study was both descriptive and correlational. To conduct this research, 150 mothers of mentally disabled children who were studying at a school in Rasht in the academic year of 2017-1018 were selected by available sampling method. After being briefed, they were included in the research and completed Ryff Psychological Well-being Scale (PWBS), Quality of Life Questionnaire (SF-36), and Spiritual Health Scale (SWB). Data were analyzed using regression analysis.

Results: The results of this study indicated that there is a positive and significant relationship between psychological well-being and spiritual well-being ($r=.76$, $P<.01$). In addition, it was found that there are significant positive relationships between dimensions of quality of life and spiritual wellbeing including

physical health with health Spirituality ($r=.65$, $P<.01$), mental health with spiritual health ($r=-.83$, $P<.01$), social relationships with spiritual health ($r=.57$, $P<.01$) and environmental health with spiritual health ($r=.77$, $P<.01$). Based on the results of regression analysis, the spiritual health of mothers of mentally disabled children based on psychological well-being and dimensions of quality of life can be predicted.

Conclusion: The results of the research showed that there is a positive and significant relationship between psychological well-being and dimensions of quality of life with spiritual health, and the spiritual health of mothers with mentally retarded children is predictable through psychological well-being and quality of life components. It can be argued that spiritual health is related to the true faith, religious beliefs and motivation of individuals, and it is normal that this component is related to the perfection of mankind, and in particular their psychological well-being. It also seems that spirituality is related to the sense of meaning and purpose of being, growth and perfection, as well as the power and dominance of man; in fact, religion and spirituality are the meanings of human life, diverging an individual from absurdity. It is in such a space that one escapes from selfishness and whims and promotes psychological well-being. This makes it possible for individuals to grow up and lead people to perfection, hence dominating their surroundings, especially challenging environments, such as life with problematic people.

Ethical Considerations

Compliance with ethical guidelines

The Ethics Committee in Biomedical Research of Shahid Beheshti University of Medical Sciences has confirmed this research.

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Conflict of interest

The authors declared no conflict of interest.

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