

Reexamining the Influential Components of Spiritual Health in Human Health

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Abstract

Background and Objective: Spiritual health is a branch of health that can be considered as inclusive of all dimensions of health, so that by achieving spiritual perfection, other dimensions of health will be achieved. Spiritual health is a state of having and enjoying a sense of acceptance, connection to a superior power, and taking the path in line with the will of that power and integrity in the whole being, based on the path determined by the higher power (God). Therefore, in this research, we decided to reexamine and study the different effects of spiritual health on human health to provide the ground for further future studies.

Methods: This research is a descriptive library-based method. For collecting data the keywords of spiritual health, spirituality, spiritual health-human health, and spirituality-human health and their English equivalents were searched in the time range of 2010-2020 on the databases of Google Scholar, Noormagz, SID, Scopus, Pabomed and Megairan. In this period, more than 150 sources were reviewed. Data related to research questions, which mainly included correlational studies and those examining the effectiveness of various aspects of spiritual health on human health, were examined. The authors reported to conflict of interests.

Results: After reviewing the selected documents, it was found that most of the studies have been focused on the effect of spiritual health on general health, mental health, the course of the diseases, quality of life, and improvement of social functions and the relationship between them.

Conclusion: Analysis of the content of selected articles showed that spiritual can be stated that that the promotion of spiritual health in people spiritual health is effective in general health, improving the course of diseases, mental health, can be effective. There is a need to develop appropriate measures for assessing spiritual health based on different cultures and age groups and turn spiritual health into one of the widely used scientific fields.

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Summary

Background and Objective

Spiritual health is defined as "a sense of connection, harmony between oneself, others, nature, and a transcendent being that is achieved

through a dynamic and cohesive growth process that leads to an understanding of the ultimate goal and meaning of life" (1). Some studies have listed the characteristics of spiritual health in these dimensions: stability in life, reconciliation, feeling close to God, and proper communication with

society and the environment around the individual (2).

In this article, by examining and recognizing the effective components of spiritual health in human health, we sought to provide an effective ground for future research. This provides an introduction to the qualitative and quantitative promotion of research related to spiritual health in various areas of life. Due to the necessity and importance of this issue, studies have been conducted in recent years in the field of spiritual health. The present study was conducted by reviewing studies in the field of spiritual health and its impact on human health through a systematic review. In this way, in addition to describing the state of spiritual health and related factors, the results of the studies conducted in this regard were compiled and compared.

Methods

The research method of this article is descriptive library-based. In order to find the documents, all English and Persian articles published from 2010 to 2020 on the databases of Google Scholar, Noormagz, SID, Scopus, Pabomed and Megairan containing the keywords of spirituality and spiritual health were studied. The criteria for selecting articles were: 1) Articles found in 2020, which are of qualitative and quantitative type related to the last 10 years (since 2010). 2) Persian and English articles published in domestic and foreign scientific journals related to spiritual health and its relationship with human health, the full text of which was available. The exclusion criteria included: Articles that had an unspecified sample size, articles in which the implementation method was not well defined, articles on a community with a particular religion and circumstances, in which only the relationship to that religion and circumstances had been examined. After removing the articles that did not meet the inclusion criteria, the full text of the articles that met the inclusion criteria was reviewed, and their results were extracted according to the factor examined.

In general, in this study, out of 150 articles, 70 were reviewed and the results were extracted.

Results

Regarding the many effects of spiritual health on human health in various studies, it can be stated that spiritual health is related to different aspects of human life. Therefore, in terms of improving social performance, it can be stated that spiritual health affects social performance. For example, research has shown that this variable is associated

with increased social self-efficacy, increased job satisfaction, and decreased social delinquency. Quality of life as another dimension of human life is related to spiritual health. Therefore, research has referred to improved quality of marital life, predicting couples' communication pattern, increasing happiness, increasing hope, and increasing individual self-efficacy. Since mental health is an important indicator of human life, examining the relationship between mental health and spiritual health is also important. In this regard, research has focused on improving mental health, reducing depression, reducing anxiety, and reducing suicidal thoughts. Spiritual health is also associated with improving the course of disease. Research has shown that spiritual health is associated with increased adaptation to illness as well as improved ability in coping with illness. In addition, spiritual health improves physical performance and general health.

Conclusion

Based on the research findings, it can be stated that the promotion of spiritual health in individuals can be definitely effective in general health, improving the course of diseases and mental health; But the important point is that in the case of such studies, contradictions are found in some cases, or the results of these studies do not apply to some people. It should be noted that religion and spirituality should not be considered as the means of promoting health; As Allport writes, "It is true that the value system of religion is the best system which gives unity and integrity to the character, but it is not the case that any kind of religious belief can afford such a thing; Because many people claim to believe in God and follow the religion, but not all of these people are healthy and lack the unity and integrity of the personality that is part of a healthy and perfect personality (Allport, 1967) . Therefore, it seems that the cases that refer to the relationship between spiritual health and man's relationship with God with other variables of physical and mental health refer to the inner tendency and is different from superficial and instrumental spirituality.

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Conflict of interest

The authors did not report any conflict of interest in this study.

Authors' contribution

Compiling and classifying the materials: first and second authors; discussion and conclusion: third author; and collecting the related previous studies: fourth author.

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