

Relationship between Self-Reported Peace of Mind and Self-Reported Spirituality during the Covid-19 Pandemic Crisis

Dr. Sudhansu Kumar Pandey

Assistant Professor, Department of B.Ed.,

Maharana Pratap Government Postgraduate College, Hardoi, Uttar Pradesh, India.

skpandey.rdc@gmail.com

ORCID id-<https://orcid.org/0000-0002-3464-9962>

Abstract: *Peace of mind is a feeling of calm or not being worried. Bhatnagar (2019) wrote that "Peace of mind is free of costs, but only for positive people; whereas it's most expensive things for the negative people." The conditions aroused due to the covid-19 pandemic affecting mental peace. Therefore the researcher decided to know the Relationship between Self-reported peace of mind and self-reported spirituality during the covid-19 pandemic crisis. Rigorous review of related literature revealed that there is no study with reference to the association between peace of mind and spirituality during covid-19 pandemic crisis. The presented study was related to explain the present condition i.e. "What is" therefore the survey method under descriptive research method was used for the presented research study. A survey form, constructed by the researcher on Google form, was used to collect data. The survey form consisted of the items related to the demographic data and a statement related to self-reported peace of mind and self-reported spirituality. There were two options of the items regarding the self-reported peace of mind and self-reported spirituality Agree and Disagree. The language medium of the survey form was Hindi. The data was collected between 25th of April 2020 to 20th of June 2020. The Google survey form link was distributed to various WhatsApp groups and individuals with a request to complete the survey and distribute it to others. In this way a total of 120 respondents from Lucknow district (India) fully completed the survey form. After collection, the data was organized and statistically treated with the help of frequencies, percentage, χ^2 (chi-square) test to study the self-reported peace of mind with respect to age, the level of education, employment status, residential status and ϕ (phi) coefficient measure of the association between two dichotomous variables i.e. self-reported peace of mind and self-reported spirituality. The study showed that Self-reported peace of mind of the individuals during crisis of the covid-19 pandemic was not differing with respect to age, the level of education, employment status, and residential status and, it was strongly associated with the self-reported spirituality.*

Keywords: Self-reported Peace of mind, Self-reported Spirituality, Covid-19, Pandemic

I. INTRODUCTION

According to **WHO (EURO) website**, the coronavirus pandemic is inducing a considerable degree of fear, worry, and concern in the population at large. **Dubey, Biswas, Ghosh, Chatterjee, Dubey, Chatterjee, Lahiri and Lavie (2020)** stated in their article that THE COVID-19 caused universal psychosocial impact and simultaneously made human realize the greatest assets of mankind i.e. health, love, ingenuity, solidarity, knowledge and peace.

Significance of the Study

According to the Cambridge dictionary, the meaning of peace of mind is a feeling of calm or not being worried. **Appy Sharma (2019)** wrote on quora that "In today's world getting peace of mind is as same as getting a drop of water in Sahara desert in hot summers. Peace of mind is the asset in this world." **Nikhil Sukumar (2019)** wrote on quora that "Peace of mind is free it isn't costly However, one must practice peace of mind each day to master it." **Rajiv Kumar Bhatnagar (2019)** wrote on quora that "Peace of mind is free of costs, but only for positive people; whereas it's most

expensive things for the people with negative orientation.” The conditions aroused due to the covid-19 pandemic affecting mental peace. Therefore the researcher decided to know the relationship between Self-reported peace of mind and self-reported spirituality during the covid-19 pandemic crisis. Since the respondents themselves reported their condition of peace of mind and spirituality therefore here in this study the terms self-reported peace of mind and self-reported spirituality were used for interpretation purposes.

Review of Related Studies

The main problem of the presented study was to identify the impact of age, the level of education; employment status, and residential status on peace of mind and the association between self-reported peace of mind and self-reported spirituality therefore researcher reviewed the literature and research studies related to peace of mind, spirituality and the relationship between peace of mind and spirituality. **Villani, Daniela Sorgente, Angela Iannello, Paola & Antonietti, Alessandro (2019)** propounded that spirituality had a positive cause and affect subjective well-being of an individual irrespective of religious standing. **Pilleriin Sikka, Henari Pesonen & Antti Revonsuo (2018)** propounded that peace of mind complements measures of well-being. **Datu, J. (2017)** propounded Peace of mind indirectly affects academic achievement through the mediating influences of autonomous motivation. **Ariyabuddhiphongs & Pratchawittayagorn (2014)** operationally defined Peace of mind as the inner experience, harmony, loving, being kind by thoughts, words, and actions to all creatures. **Anjum, Ahmed & Kareem (2014)** found that peace of mind can predict work centrality and role performance significantly. According to **Yi-Chen Lee, Yi-Cheng Lin, Chin-Lan Huang & Barbara L. Fredrickson (2013)** Peace of mind may be defined as an internal state of peacefulness and harmony. According to **Xinghua Liu, Wei Xu, Yuzheng Wang, J.Mark G. Willams, Yan Geng, Qian Zhang, Xin Liu (2013)** the mindfulness training improves the inner peace of an individual. **Roehlkepartain E. C., King, P. E., Wagener, L., & Benson, P. L. (Ed.). (2006)**, rightly pointed out that spirituality integrates with the lives and experiences of people irrespective of societies. **Delgado, C. (2005)** reported that Spirituality can be attributed to faith, meaning and purpose in life, bond with others, and a transcendent self, proceeded towards well-being and internal peace. **Elkins, 2001** propounded that Spirituality nowadays is observed as a phenomenon, characterized by a humanistic viewpoint in interpersonal and institutional values as well as behaviours experienced religious belief. **Armstrong (1995)** described that Spirituality simply relates one with the supreme reality, which has an impact on the way; one operates in the world. **Victor Frankl (1985)** emphasized that spiritual nature for humanity and a sense of connectedness to something beyond becomes the greatest source of spirituality in life. Therefore the rigorous review of related literature and studies outlined that there is no study with reference to the association between peace of mind and spirituality during the covid-19 pandemic crisis. The present study will fill this chasm of knowledge.

1.1 Objectives of the Study

- To study the Self-reported peace of mind of individuals during the covid-19 pandemic crisis with respect to age.
- To study the Self-reported peace of mind of individuals during the covid-19 pandemic crisis with respect to the level of education.
- To study the Self-reported peace of mind of individuals during the covid-19 pandemic crisis with respect to employment status.
- To study the Self-reported peace of mind of individuals during the covid-19 pandemic crisis with respect to residential status.
- To study the correlation between Self-reported peace of mind and self-reported spirituality of individuals during the covid-19 pandemic crisis.
- Hypotheses of the Study
- There will be no significant difference in Self-reported peace of mind among individuals with respect to age. (H₀₁)
- There will be no significant difference in Self-reported peace of mind among individuals with respect to the level of education. (H₀₂)
- There will be no significant difference in Self-reported peace of mind among individuals with respect to employment status. (H₀₃)

- There will be no significant difference in Self-reported peace of mind among individuals with respect to residential status. (H₀₄)
- There will be no significant correlation between Self-reported peace of mind and self-reported spirituality of individuals during the Covid-19 pandemic crisis. (H₀₅)

1.2 Population and Sample

The presented study was related to explain the present condition i.e. "What is" therefore the survey method under descriptive research method was used for the presented research study. A survey form, constructed by the researcher on Google form, was used to collect data. The survey form consisted of the items related to the demographic data and a statement related to self-reported peace of mind and self-reported spirituality. There were two options of the items regarding the self-reported peace of mind and self-reported spirituality Agree and Disagree. The language medium of the survey form was Hindi. The data was collected between 25th of April 2020 to 20th of June 2020. The Google survey form link was distributed to various WhatsApp groups and individuals with a request to complete the survey and distribute it to others. In this way a total of 120 respondents from Lucknow District, India fully completed the survey form.

1.3 Statistical Techniques Used in the Present Study

After collection, the data was organized and statistically treated with the help of frequencies, percentage, χ^2 (chi-square) test to study the self-reported peace of mind with respect to age, the level of education, employment status, residential status, and ϕ (phi) coefficient measure of the association between two dichotomous variables i.e. self-reported peace of mind and self-reported spirituality.

1.4 Data Analysis and Interpretation

In the Google survey form, there was a statement that "I have peace of mind during this crisis situation of the covid-19 pandemic." (The original item was in the Hindi language). The respondents were asked to choose one option either Agree or Disagree according to their current status of peace of mind.

The first objective was "to study the Self-reported peace of mind of individuals during the covid-19 pandemic crisis with respect to age". On the basis of the frequencies of the options chosen by the respondents the self-reported peace of mind, with respect to age, was evaluated. The frequencies, percentage, and calculated value of χ^2 (chi-square) for self-reported peace of mind, are presented in table-1

Table 1: Self-reported peace of mind of individuals with respect to age

S.no	Age range (in years)	Agree		Disagree		Total		χ^2 value
		f	%	f	%	f	%	
1	15-25	14	73.68	5	26.32	19	15.83	4.8683*
2	26-35	19	59.37	13	40.63	32	26.67	
3	36-45	18	54.54	15	45.46	33	27.5	
4	46-55	11	47.82	12	52.18	23	19.17	
5	Above 55	10	76.92	3	23.08	13	10.83	
Total		72	60	48	40	120	100	

* Not significant at .05 level of significance

In the survey form, the researcher asked about the age (in years) of the respondents. As shown in table-1 and graphically represented by chart-1 and chart-2, five groups were framed according to age of the respondents. Total 19 (15.83%) respondents reported their ages between 15 years to 25 years out of 120 respondents. Out of 19 respondents of age group between 15 years to 25 years total 14 (73.68%) respondents agreed with the statement that "I have peace of mind during this crisis of the covid-19 pandemic." while 5 (26.32%) respondents did not agree with the statement. Total 32 (26.67%) out of 120 respondents reported their ages between 26 years to 35 years. Out of 32 respondents of age group between 26 years to 35 years total 19 (57.58%) respondents agreed with the statement while 13 (40.63%) respondents did not agree with the statement. Total 33 (27.5%) out of 120 respondents reported their ages between 36 years to 45 years. Out of 33 respondents of age group between 36 years to 45 years total 18 (54.54%) respondents agreed with the statement while 15

(45.46%) respondents did not agree with the statement. Total 23 (19.17%) out of 120 respondents reported their ages between 46 years to 55 years.

Chart-1: Respondent's Percentage in Age Groups

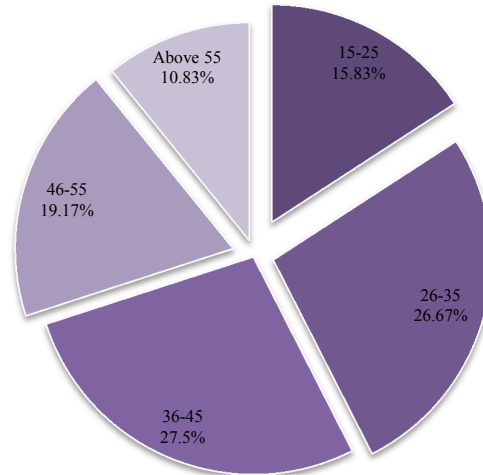
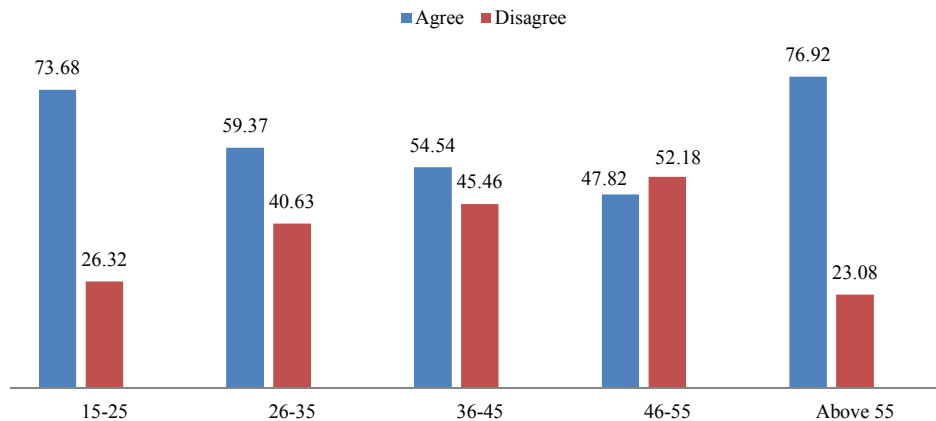


Chart-2 Percentage of Respondent According to Choice in Each Age Group



Out of 23 respondents of age group between 46 years to 55 years total 11 (47.82%) respondents agreed with the statement while 12 (52.18%) respondents did not agree with the statement. Total 13 (10.83%) out of 120 respondents reported their ages above 55 years. Out of 13 respondents of age group above 55 years total 10 (76.92%) respondents agreed with the statement while 3 (10.83%) respondents did not agree with the statement. The value of χ^2 was 4.8683, which was not significant at .05 level of significance. Therefore the concerned hypothesis H_0 1 "there will be no significant difference in Self-reported peace of mind among individuals with respect to age" was accepted.

The second objective of the study was "to study the Self-reported peace of mind of individuals during the covid-19 pandemic crisis with respect to the level of education." On the basis of the frequencies of the options chosen by the respondents, the self-reported peace of mind with respect to the level of education was evaluated. The frequencies, percentage, and calculated value of χ^2 (chi-square) for self-reported peace of mind, with respect to the level of education, are presented in table-2

Table 2: Self-reported peace of mind of individuals with respect to the level of education

s.no	Level of education	Agree		Disagree		Total		χ^2 value
		f	%	f	%	f	%	
1	Graduate	11	64.70	6	35.30	17	14.17	0.364*
2	Postgraduate	23	58.97	16	41.03	39	32.5	
3	Professional Degree	9	64.29	5	35.71	14	11.66	
4	Research Degree	29	58	21	42	50	41.67	
Total		72	60	48	40	120	100	

* Not significant at .05 level of significance

Chart-3: Respondent's Percentage according to level of education

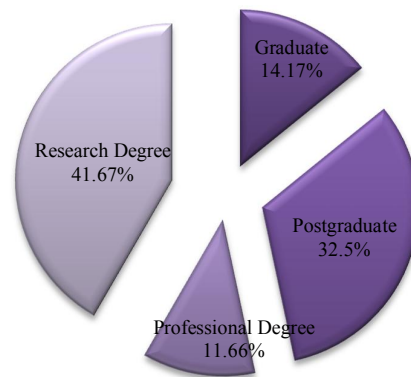
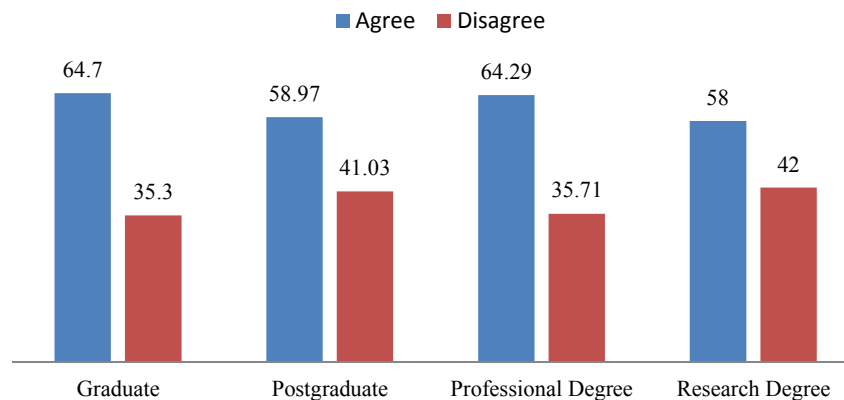


Chart-4: Percentage of Respondent According to Choice for each Level of Education



In the survey form, the researcher asked about the level of education of the respondents. As shown in table-2 and graphically represented by chart-3 and chart-4, four groups were framed according to the level of the education of the respondents. Total 17 (14.17%) out of total 120 respondents reported their level of education as a graduate. Out of 17 graduate respondents total 11 (64.70%) respondents agreed with the statement that “I have peace of mind during this crisis of the covid-19 pandemic.” while 6 (35.30%) respondents did not agree with the statement. Total 39 (32.5%) out of 120 respondents reported their level of education as postgraduate. Out of 39 postgraduate respondents total 23 (58.97%) respondents agreed with the statement while 16 (41.03%) respondents did not agree with the statement. Total 14 (11.66%) out of 120 respondents reported their level of education as a professional degree. Out of 14 professional degree holder respondents total 9 (64.29%) respondents agreed with the statement while 5 (35.71%) respondents did not agree with the statement. Total 50 (41.67%) out of 120 respondents reported their level of education as a research degree. Out of 50

research degree holder respondents total 29 (58%) respondents agreed with the statement while 21 (42%) respondents did not agree with the statement. The value of χ^2 was .364 that was insignificant at .05 level. Therefore the concerned hypothesis H_0 “there will be no significant difference in Self-reported peace of mind among individuals with respect to the level of education” was accepted.

The third objective of the study was “to study the Self-reported peace of mind of individuals during the covid-19 pandemic crisis with respect to employment status.” On the basis of the frequencies of the options chosen by the respondents, the self-reported peace of mind with respect to employment status was evaluated. The frequencies, percentage, and calculated value of χ^2 (chi-square) for self-reported peace of mind, with respect to employment status, are presented in table-3

Table-3: Self-reported peace of mind of individuals with respect to employment status

s.no	Employment status	Agree		Disagree		Total		χ^2 value
		f	%	f	%	f	%	
1	No employment	10	76.92	03	23.08	13	10.83	3.297*
2	Private employment	20	64.51	11	35.49	31	25.84	
3	Government employee	34	53.12	30	46.88	64	53.33	
4	Self-employment	8	66.67	4	33.33	12	10	
Total		72	60	48	40	120	100	

* Not significant at .05 level of significance

Chart-5: Respondent's Percentage according to Employment status

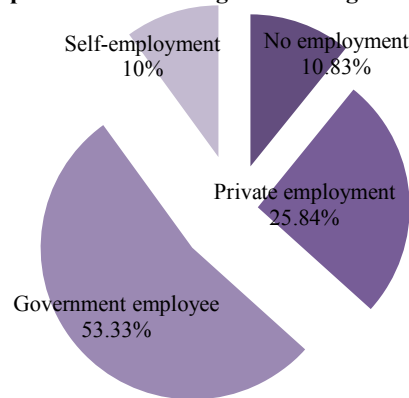
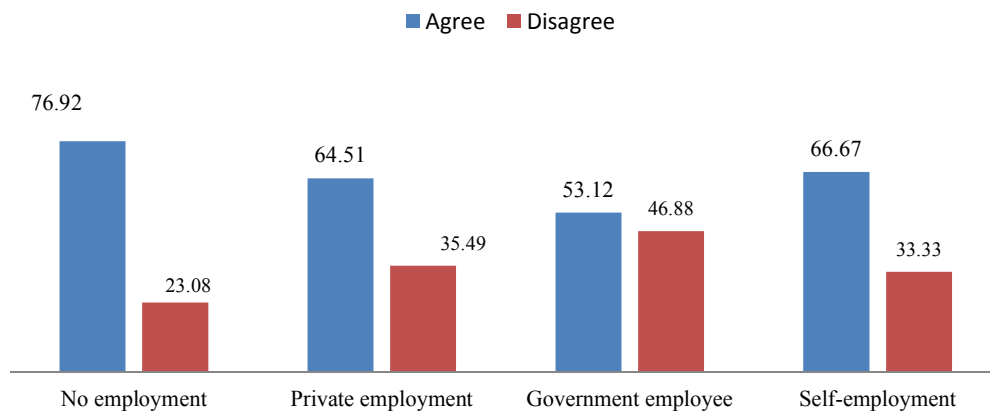


Chart-6: Percentage of Respondent According to Choice for Each Employment Status



In the survey form, the researcher asked about the employment status of the respondents. As shown in table-3 and graphically represented by chart-5 and chart-6, four groups were framed according to the employment status of the respondents. Total 13 (10.83%) out of 120 respondents reported their employment status as no employment. Out of 13 not employed respondents total 10 (76.92%) respondents agreed with the statement that “I have peace of mind during this crisis of the covid-19 pandemic.” while 03 (23.08%) respondents did not agree with the statement. Total 31 (25.83%) out of 120 respondents reported their employment status as private employment. Out of 31 privately employed respondents total 20 (64.51%) respondents agreed with the statement while 11 (35.49%) respondents did not agree with the statement. Total 64 (53.33%) out of 120 respondents reported their employment status as government sector employment. Out of 64 government sector employed respondents total 34 (53.12%) respondents agreed with the statement while 30 (46.88%) respondents did not agree with the statement. Total 12 (10%) out of 120 respondents reported their employment status as self-employment. Out of 12 self-employed respondents total 8 (66.67%) respondents agreed with the statement while 4 (33.33%) respondents marked disagreement with the statement. The value of χ^2 was 3.297, that was insignificant at .05 level. Therefore the concerned hypothesis H_03 “there will be no significant difference in Self-reported peace of mind among individuals with respect to employment status” was accepted.

The fourth objective of the study was “to study the Self-reported peace of mind of individuals during the covid-19 pandemic crisis with respect to residential status.” On the basis of the frequencies of the options chosen by the respondent, the self-reported peace of mind with respect to residential status was evaluated. The frequencies, percentage, and calculated value of χ^2 (chi-square) for self-reported peace of mind, with respect to residential status, are presented in table-4

Table 4: Self-reported peace of mind of individuals with respect to residence

s.no	Employment status	Agree		Disagree		Total		χ^2 value
		f	%	f	%	f	%	
1	Rural	22	56.41	17	43.59	39	32.5	0.310*
2	Urban	50	61.73	31	38.27	81	67.5	
Total		72	60	48	40	120	100	

* Not significant at .05 level

Chart-7: Respondent's Percentage According to Residential Status

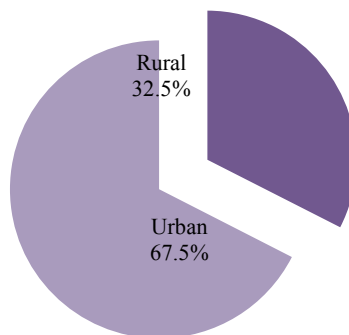
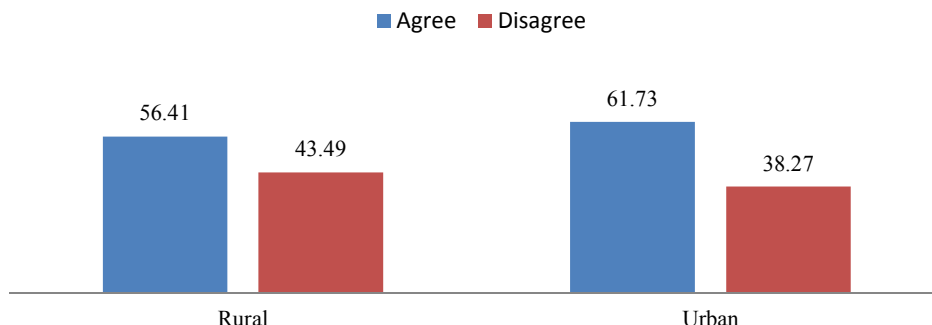


Chart-8: Percentage of Respondent According to Choice for Each Residential Status



In the survey form, the researcher asked about the residential status of the respondents. As shown in table-4 and graphically represented by the chart-7 and chart-8, two groups were framed according to the residential status of the respondents. Total 39 (32.5%) out of 120 respondents reported their residential status as rural. Out of 39 rural respondents total 22 (56.41%) respondents agreed with the statement that “I have peace of mind during this crisis of the covid-19 pandemic.” while 17 (43.59%) respondents did not agree with the statement. Total 81 (67.5%) out of 120 respondents reported their residential status as urban. Out of 81 urban respondents total 50 (61.73%) respondents agreed with the statement while 31 (38.27%) respondents marked their disagreement with the statement. The value of χ^2 was .310, which was insignificant at .05 level. Therefore the concerned hypothesis H₀₄ “there will be no significant difference in Self-reported peace of mind among individuals with respect to residential status” was accepted.

The fifth objective of the study was “to study the correlation between Self-reported peace of mind and self-reported spirituality of individuals during the covid-19 pandemic crisis” On the basis of the frequencies of the options chosen by the respondents, the ϕ (ϕ) coefficient measure of the association between two dichotomous variables, the self-reported peace of mind and self-reported spirituality, was calculated and it is presented in table-5

Table 5: ϕ (ϕ) coefficient between Self-reported peace of mind and self-reported spirituality of individuals

I have peace of mind during this crisis of the covid-19 pandemic.	The reason of my peace of mind is my spirituality			ϕ (ϕ) coefficient		
	Response	Agree	Disagree		Total	
	Agree	68 (A)	4 (B)		72 (60%)	0.5846* (Strong positive relationship)
	Disagree	20 (C)	28 (D)		48 (40%)	
Total	88 (73.33%)	32 (26.67%)	120			

*significant at .05 level of significance

Out of 120 respondents total 72 (60%) respondents agreed with the statement that “I have peace of mind during this crisis of the covid-19 pandemic” while 48 (40%) respondents disagreed with the statement. Out of 120 respondents total 88 (73.33%) respondents agreed with the statement “The reason of my peace of mind is my spirituality” while 32 (26.67%) respondents marked their disagreement with the statement. Total 68 respondents agreed with both statements. Total 4 respondents agreed with the first statement (self-reported peace of mind) while disagreed with the other statement (self-reported spirituality). Total 20 respondents disagreed with the first statement (self-reported peace of mind) while agreed with the other statement (self-reported spirituality). Total 28 respondents marked their disagreement with both statements. The value of ϕ (ϕ) coefficient measure of the association between two dichotomous variables, the self-reported peace of mind and self-reported spirituality, was 0.5846, which indicates strong positive relationship between self-reported peace of mind and self-reported spirituality. The value of ϕ (ϕ) coefficient measure of the association between two dichotomous variables was significant at .01 level of significance. Therefore the concerned hypothesis H₀₅ “there will be

no significant correlation between Self-reported peace of mind and self-reported spirituality of individuals during the covid-19 pandemic crisis” was rejected.

II. RECOMMENDATIONS

- One must try to be spiritual to avoid the mental unrest, generating in abundance due to the covid-19 pandemic crisis.
- One must indulge oneself in the activities that generate love, ingenuity, solidarity, knowledge, and peace.
- The material things like education, residence employments, etc. are not capable of generating peace of mind.
- As one grows aged one must take a break from the physical world and try to introspect about the balance between peace of mind and spirituality and material wealth.
- Crisis and calamities are part of the worldly life one must adhere with the humanitarian values and faith in mental as well as spiritual self to sustain peace of mind.

III. CONCLUSION

On the basis of data analysis and results following conclusions can be drawn:

- Self-reported peace of mind of individual during crisis of the covid-19 pandemic was not differing with respect to age of individuals.
- Self-reported peace of mind of individual during crisis of the covid-19 pandemic was not differing with respect to the level of education.
- Self-reported peace of mind of individual during crisis of the covid-19 pandemic was not differing with respect to employment status.
- Self-reported peace of mind of individual during crisis of the covid-19 pandemic was not differing with respect to residential status.
- Self-reported peace of mind of individuals during crisis of the covid-19 pandemic was strongly associated with self-reported spirituality.

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