

Spiritual well-being in Relation to Mental Health Among Junior College Students

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Abstract

The Present study aims to investigate the relationship between spiritual well-being and mental health of Junior College students. In the present study an attempt to investigate gender differences on spiritual well-being and mental health. The present study was carried on 120 Students (60 Males and 60 Females) of Vasantao Naik Secondary and Higher Secondary Ashram School, Galan Bk, Tal - Pachora, Dist - Jalgaon. Mental health inventory developed by Jagdish and Srivastava and spiritual well-being scale developed by Ellison (1983) and Paloutzian and Ellison were used in the present study. Pearson product moment correlation was applied to investigate the relationship between spiritual well-being and mental health of junior college students. t-test was applied to see the differences between mean scores of male and female students on spiritual well being and mental health.

Key Words: Spiritual well being, Existential well being, Religious well being, Mental Health, Students.

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