

Spirituality, Wellbeing and Anxiety: Correlates of Corona Pandemic

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Abstract

With the increase in corona cases, there has been an incredible degree of frenzy and tension among the individuals. Isolated at home, without an average timetable, for the most part, jumbled up with the emotional wellness of individuals. The situation as a result of COVID-19 is upsetting for the people. The main aim of the study was to assess the impact of the fear in people due to corona pandemic on their wellbeing and spirituality along with the levels of anxiety. The study further examined the relationship amongst the three variables-anxiety, wellbeing and spirituality. To test the hypothesis, a sample of young adults was taken into account. A random sampling method was used and different scales were used. Statistical analysis was undertaken to measure the scores, where it was hypothesized that there is a significant correlation amongst the variables. The correlation between wellbeing, anxiety and spirituality was also studied. This research widens, the consciousness of the psychological wellbeing corresponding to the extraordinary pandemic, assists with getting the reasonableness of concentrating on emotional wellbeing, particularly in the zones of helpless social help and less family support. Further exploration can give an itemized assessment of which age group influenced the most, the emotional wellbeing administrations furnished alongside the quality and amount of the social help across the country so as to improve the conditions.

Keywords: *wellbeing, mental health, corona pandemic, spirituality, anxiety*

Introduction

The corona virus 2019 (COVID-19) pandemic might be unpleasant for individuals. Dread and uneasiness about another sickness and what could happen can be overpowering and cause compelling feelings in grown-ups and children. General wellbeing guidelines at the time of pandemic such as social distancing can cause individuals to feel segregated and desolate and can build pressure and tension.

How one reacts to worry during the COVID-19 pandemic can rely upon their experiences, social help from family or companions, financial circumstances, wellbeing and enthusiastic foundation, the network one lives in, and numerous different elements. The progressions that can happen in light of the COVID-19 pandemic and the manners in which we attempt to contain the spread of the infection can influence anybody.

Individuals with previous emotional wellness conditions or substance use issues might be especially defenceless in such a crisis. Emotional wellness conditions, (for example, misery, uneasiness, bipolar turmoil, or schizophrenia)

influence an individual's reasoning, feeling, temperament or conduct such that impacts their capacity to identify with others and capacity every day. These conditions might be situational (present moment) or durable (incessant). Individuals with prior emotional wellness conditions should proceed with their treatment and know about new or declining side effects.

Spirituality is a significant part of psychological wellness. St. Augustine implored "O God, thou made us in thy picture and our hearts will be eager until they discover their rest in Thee." The absence of spirituality can meddle with relational connections, which can add to the beginning of mental unsettling influence. Mental manifestations can have a strict substance. For instance, the loss of enthusiasm for strict exercises is a typical manifestation of sorrow. It is all around perceived that some strict states and encounters are misdiagnosed as manifestations of mental disease.

The World Health Organization has as of late put out direction on emotional wellbeing and psycho social contemplations during the COVID-19 pandemic, which explicitly targets medicinal services labourers, everybody, those in

disconnection and individuals with comorbidities.

This COVID-19 has compromised the very presence of each person and of enormous wraps of populaces across nations and mainland all through the world and it will undoubtedly leave a large number of relatives and companions and family members lamenting.

The COVID-19 encounters will undoubtedly leave a permanent scar on the mind of a large number of individuals which may fundamentally change their perspectives to disease and social insurance. The stressed may well start to decipher each sign and indication that their bodies might be showing as a genuine sickness and may in general ascribe this to some calamitous reason. Wellbeing nervousness in the typical populace and sickness uneasiness in the incredibly stressed ones will undoubtedly build significantly and medicinal services must be prepared and to deal with such wellbeing and disease tension related concerns.

There are numerous researches conducted before the pandemic stating the positive relationship between anxiety and wellbeing. Since the pandemic, a few pieces researches have been conducted to understand the wellbeing of the individuals. Riberio, M. et al (2020) conducted a research study depicting the importance of letters sent via hotline. It showed spirituality helped to improve the wellbeing of individuals. Yasaranasi, T. (2020) in his review paper concluded that by increasing spiritual practices can help in the improvement of an individual's mental wellbeing. Another research conducted by Whitehead, B. et al (2020) in qualitative research mentioned that coping strategy like spiritual practices help in improving the stress and wellbeing of individuals. Koenig, H. G. (2020) helped us understand the importance of spiritual activities to decrease the levels of stress and improves wellbeing.

As Mosheva, M. et al. (2020) stated in his research a clear evidence of how fear associated with the pandemic is a direct cause of high levels of anxiety in the individuals. Another research done by Bäuerle, A. et al. (2020) presented the increase in the number of Anxiety and Depression cases. The fear related to the pandemic affects the wellbeing of the individuals to a great extent.

Petzold, P.M. et al. (2020) studied about the risk and psychological distress due to pandemic. It was concluded that fear related to corona pandemic was directly related to high levels of stress in individuals. Nwachukwu, I. et al. (2020) also talked about increased distress and anxiety in older individuals due to the fear related to corona pandemic.

From the review of literature, a few pieces of evidence have been found stating how spirituality can positively affect the wellbeing of a person. But the many reviews show the relation between wellbeing and anxiety in the times of pandemic and fear related to the effects of the virus. Every individual has a different perspective for the fear related to the corona pandemic and is equally (more or less) psychologically and physically affected by the situation. This paper explores the correlation between the variables- spirituality and wellbeing, anxiety and wellbeing and spirituality and anxiety.

Methodology

An aggregate of 100 young adults (17-26 years) were part of the study who were inhabitants of New Delhi. The random sampling strategy was used with the minimum educational qualification as 10+2. The accompanying scales were utilized to quantify the factors for all the members of the research study:

- A specifically designed questionnaire was used in order to get an idea of the understanding of the sample population about corona and its effect on the health of people.
- *Wellbeing Index (1998)*: This is a wellbeing index made by the World Health Organization. It consists of 5 items, and is a self-rated questionnaire ranging from "all the time to No time". The totaling is done by adding up all the raw score of each question and the range of the total score is from 0 – 25.
- *Spiritual assessment scale*: This scale was given in 1992 by Howden. The scale has a total of four domains: Purpose and Meaning in Life, Innerness or Inner Resources, Unifying Interconnectedness and Transcendence. The SAS has high internal consistency ($\alpha=0.9164$).
- *Generalized Anxiety Scale*: The Generalized Anxiety Disorder Scale-7 (GAD-7) is a self-graded scale having 7 items given by Spitzer

and colleagues (2006) was used as an indicator for screening anxiety and also for the measurement of level of anxiety. GAS is one of the most commonly used screening tools for the predictor of anxiety.

Results and discussions

Correlation analysis was used to study the correlation. The correlation was studied in pairs, and it is as follows.

Table 5.1 shows the correlation analysis used to study the correlation between spirituality and wellbeing. The correlation coefficient for the variables spirituality and wellbeing is 0.874, hence making it significant at 0.05 level

Table 5.1: Correlations between spirituality and wellbeing

		Spirituality	Wellbeing
Spirituality	Pearson Correlation	1	0.874
	Sig. (2-tailed)		0.016
	N	100	100
Wellbeing	Pearson Correlation	0.874	1
	Sig. (2-tailed)	0.016	
	N	100	100

Table 5.2 shows the correlation analysis used to study the correlation between anxiety and wellbeing. The correlation coefficient for the variables anxiety and wellbeing is -0.320, hence making it significant at 0.01 level

Table 5.2: Correlations between anxiety and wellbeing

		WellBeing	Anxiety
Wellbeing	Pearson Correlation	1	-.320**
	Sig. (2-tailed)		0.001
	N	100	100
Anxiety	Pearson Correlation	-.320**	1
	Sig. (2-tailed)	0.001	
	N	100	100

Table 5.3 shows the correlation analysis used to study the correlation between Spirituality and Anxiety. The correlation coefficient for the variables Spirituality and Anxiety is 0.149, hence making it insignificant at 0.05 level

Table 5.3: Correlations between Spirituality and anxiety

		Spirituality	Anxiety
Spirituality	Pearson Correlation	1	0.149
	Sig. (2-tailed)		0.139
	N	100	100
Anxiety	Pearson Correlation	0.149	1
	Sig. (2-tailed)	0.139	
	N	100	100

The fundamental point of the examination was to locate any noteworthy relationship among the three factors (Anxiety, Spirituality, and Wellbeing) The current investigation focused on the relationship among the three, assuming any. The outcomes as per the study have been talked about as follows.

The scores in table 5.1 show the correlation analysis used to study the correlation between Spirituality and Wellbeing. The correlation coefficient for the variables Spirituality and Wellbeing is 0.874, making it significant at 0.05 level thus concluding the hypothesis is true. The variables spirituality and wellbeing are positively correlated.

As supported by the study done by Yasaransi, T. (2020) in his review paper concluded how increasing practices like spiritual practices can help in the improvement of an individual’s mental wellbeing. Riberio, M. et al (2020) also conducted a research study depicting the importance of letters sent via hotline. It showed spirituality helped to improve the wellbeing of individuals.

Koenig, H. G. (2020) also helped us understand the importance of spiritual activities to decrease the levels of stress and improves the wellbeing. Hence spirituality and wellbeing are positively correlated.

The scores in table 5.2 shows the correlation analysis used to study the correlation between Anxiety and Wellbeing. The correlation coefficient for the variables Anxiety and Wellbeing is -0.320, making it significant at 0.01 level, hence concluding that the hypothesis is true.

The correlation between the variables anxiety and wellbeing is negative. A few studies mentioned above support the hypothesis stating a negative correlation between the variables’

anxiety and wellbeing. Mosheva, M. et al. (2020) stated in his research a clear evidence of how fear associated with the pandemic is a direct cause of high levels of anxiety in the individuals. Another research done by Bäuerle, A. et al. (2020) presented the increase in the number of Anxiety and Depression cases. The fear related to the pandemic affects the wellbeing of the individuals to a great extent.

Petzold, P. M. et al. (2020) studied risk and psychological distress due to pandemic.

The scores in the table 5.3 shows the correlation analysis used to study the correlation between Spirituality and Anxiety. The correlation coefficient for the variables Spirituality and Anxiety is 0.149, making it insignificant at 0.05 level, thus concluding the hypothesis not true.

Thus, it can be concluded, no significant relation was found between the two variables anxiety and spirituality.

Way forward

The study assists with giving the fundamental data about the emergency circumstance alongside its administration by giving the right measure of help by means of care exercises and different treatments. It is imperative to make that condition of mindfulness, to tell people the

significance of emotional wellness and prosperity.

The COVID-19 pandemic is having extensive impacts into the psychological make up of people in the public eye. Specialists must consider the financial impacts of social segregation, yet the psychological effect on the network additionally, executing proper estimates, for example, development of the "sheltered spaces" model, to support those enduring residential maltreatment and the most powerless, forestalling further drawback.

We must know and be ready that such worldwide pandemics may repeat if not routinely yet certainly often thus the administrations of countries all around the globe must vow themselves to a continuing and driving forward duty for a considerable improvement of social insurance financial plans on different occasions and production of a reinforcement bolster base of hardware extending from individual assurance rigging to testing offices, immunizations, pharmaceutical activities and even exceptionally prepared open human services experts and irresistible ailment specialists over the globe. Formation of such devoted foundation and having a lot more elevated level of readiness will console and give want to the whole mankind.

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