

The Impact of Coping Strategies and Spirituality on Psychological Well-Being in Young Adults in Bhopal

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ABSTRACT

This study examined the relationships between coping strategies, spirituality, and psychological well-being among young adults in the city of Bhopal. Findings revealed significant positive correlations between problem-focused coping and psychological well-being ($r = 0.212, p < 0.05$), and between spirituality and psychological well-being ($r = 0.411, p < 0.001$). Spirituality partially mediated the relationship between problem-focused coping and psychological well-being, it accounted for 37% of the total effect (indirect effect = 0.1355, $p = 0.015$). Avoidant coping was found to be negatively correlated with psychological well-being ($r = -0.358, p < 0.001$), while emotion-focused coping showed no significant relationship. Hierarchical regression analysis was conducted which found out that adding spirituality as a predictor significantly improved the model's fit for predicting psychological well-being ($\Delta R^2 = 0.203, p < 0.001$). Gender differences were observed in the subscale autonomy of the Psychological well-being, with females scoring lower than males.

Keywords: Coping Strategies, Problem Focused Coping, Spirituality, Psychological Well-Being

The concept of psychological well-being extends beyond the mere absence of mental illness. It encompasses a positive state of mental health characterized by feelings of happiness, fulfillment, and overall life satisfaction. Drawing from the humanistic psychology tradition, researchers have explored the multifaceted nature of this construct. Ryff (1989) pioneered a seminal framework for understanding psychological well-being, synthesizing insights from various psychological theories. This multidimensional perspective highlights the importance of factors such as self-acceptance, personal growth, purpose in life, positive relationships, environmental mastery, and autonomy (Ryff & Keyes, 1995).

Psychological well-being represents a state of thriving, characterized by both subjective well-being (feeling good) and effective functioning (Huppert, 2009). This perspective aligns with the eudaimonic view of well-being, which emphasizes personal growth, engagement in meaningful activities, and fulfillment of one's potential (Ryff & Keyes, 1995; Ryff & Singer, 2006; Wood et al., 2009).

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Subsequent research has both supported and challenged Ryff's model. While some studies have affirmed the distinct nature of the six dimensions of psychological well-being (van Dierendonck et al., 2008), others have suggested a more unified underlying construct (Keyes et al., 2002). Regardless of the specific conceptualization, it is evident that psychological well-being is a complex phenomenon influenced by a variety of factors. The concept of psychological well-being aligns with the World Health Organization's comprehensive definition of health, which emphasizes overall physical, mental, and social well-being beyond the mere absence of illness (WHO, 1948).

Historically, spirituality has often been conflated with religiosity in psychological research, obscuring its unique qualities (Burris, 1999). However, the rise of Positive Psychology has catalyzed a shift in perspective, distinguishing spirituality as an independent construct (Seligman, 2002). It is now understood as a personal journey towards meaning, purpose, and connection, transcending religious affiliation (Burkhardt, 1989).

Joseph (1987) and the World Health Organization (WHO) offer complementary perspectives on spirituality and well-being. Spirituality is seen as a fundamental aspect of human consciousness that seeks connection and meaning, while well-being encompasses physical, psychological, social, and spiritual dimensions (Smith, 2006). This interconnectedness suggests that spirituality is integral to overall well-being. At its core, spirituality involves a search for deeper understanding and connection, whether it be with a higher power, nature, or one's inner self (Woods & Ironson, 1999). It is a dynamic process of exploration and discovery, often involving a quest for life's ultimate meaning and purpose (Hart, 1994).

Spirituality, a concept often explored in conjunction with psychological well-being, is a complex and multifaceted phenomenon. It encompasses a broad range of beliefs, values, and practices that transcend the material world, connecting individuals to a sense of purpose, meaning, and transcendence (Joseph et al., 2017).

Crucially, spirituality is distinct from religion. While often intertwined, religion typically involves structured beliefs, practices, and institutions, whereas spirituality is more personal and individualized (Tovar-Murray, 2011). Both, however, share a common ground in transcendence – a sense of going beyond the ordinary, whether through inner reflection or a connection to something greater than oneself (Heszen-Niejodek & Gruszyńska, 2004).

Coping refers to the cognitive, emotional, and behavioral responses individuals employ to manage stressful demands and challenges (Lazarus & Folkman, 1984). It is a dynamic process that involves the evaluation of a situation as stressful, followed by efforts to reduce or eliminate the stressor or its impact (Folkman & Lazarus, 1980).

Individuals employ various strategies to manage stress, often categorized as problem-focused, emotion-focused, or avoidance-oriented (Carver, Scheier, & Kumari, 1989; Folkman, 1984). Problem-focused coping involves direct actions to address the stressor, while emotion-focused coping targets emotional responses to the situation. Research suggests that a combination of both strategies can mitigate psychological distress (Fitzgibbon & Murphy, 2022; Torres, Paradelo, Martino, da Costa, & Irigoyen, 2022).

Avoidance coping, characterized by withdrawing from the problem or its associated emotions, can hinder effective stress management and potentially impede help-seeking

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behaviors (Spence, Owens-Solari, & Goodyer, 2016). In contrast, problem-focused coping has been linked to reduced self-stigma related to seeking support (Talebi, Matheson, & Anisman, 2016). The effective use of coping strategies can significantly influence individuals' ability to navigate challenges and maintain well-being.

REVIEW OF LITERATURE

Coping Styles & Psychological Well-Being

James (2019) study examined the relationship between coping strategies and psychological well-being among final-year university students navigating thesis work. A quantitative, ex post facto design was employed to analyze data from 135 students using self-reported measures. Findings revealed that both problem-focused and emotion-focused coping strategies were utilized, with a significant correlation between these strategies and psychological well-being. Coping strategies accounted for 12% of the variation in well-being. While this study established a relationship, it's crucial to note that the cross-sectional design precludes causal inferences, and other factors influencing well-being were not considered.

Syaudah (2019) explored the relationship between coping strategies and psychological well-being among final-year university students engaged in thesis work. A quantitative, ex post facto design was employed to analyze data from 135 students using self-reported measures of coping strategies and psychological well-being. Results indicated a significant correlation between these variables, with coping strategies predicting 12% of the variance in psychological well-being. However, the study's cross-sectional design precludes causal inferences, and other factors influencing well-being were not considered.

Veisi et. al., (2024) used descriptive-analytical and correlational research conducted to explore the relationship between different coping styles—problem-oriented, emotion-oriented, and avoidance-oriented—and psychological well-being among individuals who have experienced COVID-19. The study population included residents of Kermanshah city who had been infected with COVID-19 in 2021. The sample consisted of 220 adult participants selected using an available sampling method. Data were collected using the Ryff Psychological Well-Being Questionnaire (PWBQ) and the Coping Styles Questionnaire (CISS-SF), which measures problem-oriented, emotion-oriented, and avoidance-oriented coping styles. The study found a significant correlation between the three coping styles and psychological well-being ($R = 0.671$; $P = 0.01$). Specifically, problem-oriented ($\beta = 0.329$), emotion-oriented ($\beta = 0.329$), and avoidance-oriented ($\beta = 0.144$) coping styles were all significantly associated with psychological well-being at a P-value of 0.05. The results indicate that problem-oriented coping, which involves actively addressing and solving issues, has a positive impact on psychological well-being. In contrast, emotion-oriented and avoidance-oriented coping styles, which involve managing emotional responses or avoiding the problem, were negatively associated with psychological well-being. Coping styles accounted for 45% of the variance in psychological well-being.

Akhtar and Kroener-Herwig (2019) explored how coping styles (reflective, suppressive, and reactive) influence the psychological well-being of international students at German universities, who are likely experiencing high acculturation stress. It examined cultural differences in coping preferences among 235 Asian, 204 European, and 94 Latin American students. Participants completed an online survey, including the WHO Well-Being Index, Problem-focused Styles of Coping Inventory, Student Stress Inventory, and a socio-

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demographic questionnaire. The Problem-focused Styles of Coping Inventory (PF-SOC) is designed specifically to measure problem-focused coping, which involves strategies aimed at managing or altering the problem causing the distress. Results showed suppressive coping strongly predicted lower psychological well-being across all cultural groups, while reflective coping predicted higher well-being. Cultural background significantly influenced coping styles, but there were no significant differences in well-being levels among cultural groups.

Huamán and Berona (2021) explored the connection between psychological well-being, coping styles, and academic performance among students. This quantitative, correlational research involved a sample of 369 university students from Lima, Peru. Findings revealed a strong, positive correlation between psychological well-being and problem-focused coping style, as well as with academic performance. The study also found that women scored higher in both psychological well-being and academic performance, and that students majoring in science were more likely to use problem-solving coping strategies.

Zaman (2021) study explored how coping styles mediate the relationship between social support and psychological well-being among students. A sample of 105 university students (51 males and 55 females), aged 19 to 36 years (mean age = 24.85; SD = 0.478) from various socioeconomic backgrounds, was selected from the University of Karachi. After obtaining permission from the relevant department heads, participants completed the Demographic Information Form, Multidimensional Perceived Social Support Scale, Coping Styles Scale, and Psychological Well-Being Scale in group settings. Descriptive statistics, correlation analysis, and Hayes' PROCESS macro with bootstrap analysis were conducted. The analysis showed that problem-focused coping accounted for 18% of the variance in the psychological well-being of university students. Additionally, social support contributed to 35% and 46% of the variation in the relationship between problem-focused and emotion-focused coping, respectively, and psychological well-being. Problem-focused coping emerged as a significant mediator between social support and psychological well-being.

Spirituality & Coping

Krok (2008) investigated the role of spirituality in coping with stress, focusing on how different spiritual dimensions—Religious attitudes, Ethical sensitivity, and Harmony—affect coping styles. The research employed two main tools: the Self-description Questionnaire of Spirituality (SQS), which measures the aforementioned spiritual dimensions, and the Coping Inventory for Stressful Situations (CISS), which assesses coping styles such as Task-oriented, Emotion-oriented, and Avoidance-oriented. In the study, 208 participants (112 females and 96 males) from The Opole University and The Opole Polytechnic, aged 18 to 52 and predominantly Catholic (88%), completed both questionnaires. The research employed a cross-sectional survey design, utilizing t-tests, correlation analysis, and multiple linear regression to explore the relationships between spirituality dimensions and coping styles. The analysis revealed that women scored higher on all spirituality dimensions and coping styles, except for Task-oriented coping, where no significant gender difference was observed.

Correlational findings indicated that Ethical sensitivity was positively associated with Task-oriented, Avoidance-oriented, and Social Diversion coping. Harmony was positively correlated with Task-oriented coping but negatively with Avoidance-oriented coping. Overall spirituality was linked to Task-oriented and Social Diversion coping. Regression analysis showed that Ethical sensitivity positively contributed to Task-oriented and Social

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Diversion coping, while Harmony had mixed effects. Specifically, Ethical sensitivity explained 10% of the variance in Task-oriented coping, Ethical sensitivity explained 14% of the variance, with Harmony having a negative impact. No significant variance was explained for Avoidance-oriented, Distraction, or Social Diversion coping, although Ethical sensitivity was the sole significant predictor for Social Diversion coping.

Kuo et. al., (2014) examined the mediating role of coping strategies (Collective Coping, Engagement Coping, Avoidance Coping) in the spirituality-psychological distress relationship. The sample consisted of 301 undergraduate students from a diverse ethnic and religious background. In the study, three coping mechanisms were examined in relation to intrinsic spirituality. Collective Coping, which involves seeking support from others, was positively related to spirituality. Engagement Coping, an active approach focused on problem-solving, was also positively associated with spirituality and helped reduce psychological distress. In contrast, Avoidance Coping, marked by avoiding or denying stressors, was negatively related to spirituality and linked to higher levels of psychological distress. The study found that spirituality promotes the use of adaptive coping strategies (e.g., Collective and Engagement Coping) while reducing the reliance on maladaptive strategies (e.g., Avoidance Coping). These adaptive strategies, in turn, help to decrease psychological distress.

Spirituality & Well-Being

Kurtuluş et al., (2022) aimed to explore how spirituality influences psychological well-being in adults, and whether compassion and life satisfaction act as mediating factors in this relationship. Researchers employed a relational survey model to study 418 adults. Data was gathered using self-report scales, including the Spirituality Scale (Demirci & Ekşi, 2018), the Psychological Well-Being Scale (Diener et al., 2010; Turkish adaptation by Telef, 2013), the Compassion Scale (Pommier, 2011; Turkish adaptation by Akdeniz & Deniz, 2016), and the Life Satisfaction Scale (Diener et al., 1985; Turkish adaptation by Dağlı & Baysal, 2016) to measure spirituality, psychological well-being, compassion, and life satisfaction, respectively. A positive and significant correlation was found between all the variables: spirituality, psychological well-being, compassion, and life satisfaction. Adults with higher spirituality tend to have greater psychological well-being, compassion, and life satisfaction. Statistical analysis revealed that both compassion and life satisfaction partially mediate the relationship between spirituality and psychological well-being. This means that spirituality can indirectly improve psychological well-being by fostering compassion and life satisfaction. The study used convenience sampling, which may limit the generalizability of the findings to the entire adult population. The research focused on correlations and doesn't necessarily imply causality (i.e., it can't definitively prove that spirituality causes increased well-being).

Ibite and Kolekar (2024) examined the relationship between spirituality and psychological well-being in young adults aged 19 to 35. The study utilized the Spirituality Scale developed by Delaney (2003) and Ryff's Psychological Well-being Scale (18 items) from 2007 to measure the constructs. The sample consisted of 106 participants, and the data was collected via Google Forms and analyzed using JASP software. The results revealed a significant positive correlation between spirituality and psychological well-being, with a Pearson correlation coefficient of $r=0.503$ and a p-value of $p<.001$. This indicates that higher levels of spirituality are associated with higher levels of psychological well-being among the young adult participants.

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Bożek et. al., (2020) explored the relationships between spirituality, health-related behaviors, type of education, and psychological well-being among university students. Researchers employed a relational survey model and collected data from 595 students using self-report measures. Tools included the Psychological Well-Being Scale, a self-report questionnaire for spirituality, an Inventory of Health-Related Behavior, and demographic information. This study revealed several key findings. Higher spirituality was linked to better psychological well-being. Students with stronger spirituality reported engaging in more health-related behaviors, and Health-related behaviors also contributed to improved well-being. While spirituality indirectly influenced well-being through its relationship with health behaviors. The study didn't find a direct effect of the type of education (physical health vs. psychosocial health focus) on well-being. However, an indirect effect was observed: Students educated in the human mind and spirit field displayed a stronger association between spirituality, health behaviors, and well-being. This suggests their education may have influenced the way they connect these aspects. The study design (cross-sectional) cannot establish causality; it only shows correlations. The model doesn't account for all factors influencing well-being.

Cheng et. al., (2022) investigated the impact of stressors on the psychological well-being of nursing students in Hong Kong and explores the role of coping strategies in moderating this relationship. Conducted with 293 final-year nursing students from three higher education institutes, the research utilized various tools including the Stressors in Nursing Students Scale-Chinese Version (SINS-CN) to measure stress related to clinical learning, academic study, finances, confidence, and personal problems, the Brief COPE Inventory-Chinese Version (Brief COPE-C) to assess coping strategies such as problem-solving and support-seeking, and the Chinese Version of the General Health Questionnaire-12 (C-GHQ-12) to evaluate psychological distress. The analysis, using descriptive statistics, Pearson correlations, and hierarchical multiple regression, revealed that clinical learning, confidence issues, and personal problems significantly impact psychological well-being, with financial and academic stressors also playing a role but to a lesser extent. Effective coping strategies like problem-solving and support-seeking were found to enhance psychological well-being, while maladaptive approaches such as self-blame and substance use had negative effects. The study concluded that while stressors significantly affect nursing students' well-being, effective coping strategies can mitigate these effects. Therefore, interventions designed to improve coping mechanisms are crucial for supporting nursing students in managing stress, thus promoting their overall well-being and academic success.

METHODOLOGY

Objectives:

- To examine the relationship between Coping Strategies and Psychological Well-Being.
- To examine the impact of Spirituality on Psychological Well-Being.
- To examine the mediating Role of Spirituality.
- To evaluate Model Fit for Predicting Psychological Well-Being.
- To assess the Gender Differences in Spirituality, Coping Styles, Psychological Well-Being and their sub-scales.

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Hypothesis:

- **H1:** There is a significant positive correlation between problem-focused coping and psychological well-being.
- **H2:** There is a significant negative correlation between avoidant coping and psychological well-being.
- **H3:** Spirituality is positively correlated with psychological well-being.
- **H4:** Spirituality mediates the relationship between problem-focused coping and psychological well-being.
- **H5:** Adding spirituality as a predictor in hierarchical regression models improves the fit for predicting psychological well-being compared to models that include only Coping.
- **H6:** There are gender differences in Psychological Well-Being, Spirituality, and Coping Styles.

Description of the Sample: We recruited 100 undergraduate and postgraduate students from IPER College and Government Homeopathic College and Hospital in Bhopal. The sample was selected using convenience sampling, and data were collected via Google Forms. Participants were required to have proficiency in English and were aged between 18 and 30 years. This group of young adults provided insights into the study's focus.

Description of the Tools

- **The Brief COPE questionnaire:** It is a condensed version of the original COPE Inventory created by Carver, Scheier, and Weintraub in 1989. The Brief COPE is a self-report tool that assesses how people manage stressful life events. It measures both helpful and unhelpful coping strategies. Participants rate how often they use different coping methods on a scale from “not at all” to “a lot”. This tool consists of 28 questions divided into 14 categories, each representing a different coping strategy. Additionally, it provides scores for 14 specific coping strategies, such as seeking support, planning, or denial.
- **Delaney's Spirituality Scale (2003):** It offers a comprehensive look at spirituality, delving into beliefs, values, lifestyle choices, and spiritual practices. It explores how individuals connect with themselves, others, and the world around them. This tool consists of 23 questions answered on a six-point scale. Its reliability is strong, with an overall consistency score (Cronbach's alpha) of .94. The scale also effectively measures specific spiritual dimensions, as shown by its subscales' reliability scores ranging from .81 to .94.
- **Ryff's psychological well being scale (2007):** Psychologist Carol Ryff developed the Psychological Well-being (PWB) Scale to measure six key components of overall happiness and life satisfaction. This 18-item questionnaire assesses autonomy, how well you manage your environment, personal growth, quality relationships, life purpose, and self-acceptance. The scale has a 0.82 test-retest reliability coefficient.

Procedure

A total of 101 students from two different colleges were recruited using convenience sampling methods. Participants were informed about the nature of the study and assured of confidentiality before completing the questionnaires. Data collection was conducted through Google Forms, where participants responded to the Brief COPE Questionnaire, Delaney's

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Spirituality Scale (2003), and Ryff's Psychological Well-Being Scale (2007). The responses were securely stored and organized in a database. The data was then imported into Jamovi for analysis, where statistical procedures, including descriptive statistics, correlation and regression analyses, were performed to examine the relationships between coping styles, spirituality, and psychological well-being. The results were interpreted based on the statistical outputs to draw conclusions about the associations among these variables.

RESULTS & INTERPRETATION

Relationship between Coping Strategies and Psychological Well-Being.

Correlation Matrix

| | | Problem Focused Coping | Psychological Wellbeing |
|-------------------------|-------------|------------------------|-------------------------|
| Problem Focused Coping | Pearson's r | — | |
| | df | — | |
| | p-value | — | |
| | N | — | |
| Psychological Wellbeing | Pearson's r | 0.212 * | — |
| | df | 99 | — |
| | p-value | 0.033 | — |
| | N | 101 | — |

Note. * $p < .05$, ** $p < .01$, *** $p < .001$

Table 1: Correlation Between Problem-Focused Coping and Psychological Well Being

The table presents the correlation between Problem-Focused Coping and Psychological Well-being. The correlation coefficient is 0.212, indicating a weak positive correlation. This suggests that as individuals engage more in problem-focused coping strategies, their psychological well-being tends to increase slightly. The significant correlation ($p < .05$) means that there is evidence to suggest a real relationship between problem-focused coping and psychological well-being in the population from which the sample was drawn. This also implies that interventions aimed at improving psychological well-being may benefit from a more holistic approach that includes but is not limited to the problem-focused coping strategies.

Correlation Matrix

| | | Avoidant Coping | Psychological Wellbeing |
|-------------------------|-------------|-----------------|-------------------------|
| Avoidant Coping | Pearson's r | — | |
| | df | — | |
| | p-value | — | |
| | N | — | |
| Psychological Wellbeing | Pearson's r | -0.358 *** | — |
| | df | 99 | — |
| | p-value | < .001 | — |
| | N | 101 | — |

Note. * $p < .05$, ** $p < .01$, *** $p < .001$

Table 2: Correlation Between Avoidant Coping and Psychological Well Being

The table displays the correlation between Avoidant Coping and Psychological Well being. The correlation coefficient is -0.358 , indicating a moderate negative correlation. This suggests that as individuals engage more in avoidant coping strategies, their psychological

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well-being tends to decrease. The p-value is $< .001$, which is highly significant. The moderate negative correlation implies that interventions aimed at improving psychological well-being should focus on reducing avoidant coping behaviors. Avoidant coping strategies are detrimental to psychological well-being and it is important for developing more adaptive coping strategies.

| Correlation Matrix | | Avoidant Coping |
|-----------------------|-------------|-----------------|
| Avoidant Coping | Pearson's r | — |
| | df | — |
| | p-value | — |
| Self Acceptance | Pearson's r | -0.152 |
| | df | 99 |
| | p-value | 0.128 |
| Environmental Mastery | Pearson's r | -0.173 |
| | df | 99 |
| | p-value | 0.083 |
| Purpose in Life | Pearson's r | -0.259 ** |
| | df | 99 |
| | p-value | 0.009 |
| Autonomy | Pearson's r | -0.096 |
| | df | 99 |
| | p-value | 0.342 |
| Positive Relations | Pearson's r | -0.269 ** |
| | df | 99 |
| | p-value | 0.006 |
| Personal Growth | Pearson's r | -0.352 *** |
| | df | 99 |
| | p-value | $< .001$ |

Note. * $p < .05$, ** $p < .01$, *** $p < .001$

Table 3: Correlation Matrix Between Avoidant Coping and Subscales of Psychological Well Being

Avoidant coping is notably associated with reduced **purpose in life**, **positive relations**, and **personal growth**. These correlations are statistically significant and suggest that avoidant coping can have a substantial negative impact on these aspects of psychological well-being. The correlations with **self-acceptance**, **environmental mastery**, and **autonomy** are weaker and not significant.

| Correlation Matrix | | Emotion Focused Coping | Psychological Wellbeing |
|-------------------------|-------------|------------------------|-------------------------|
| Emotion Focused Coping | Pearson's r | — | — |
| | df | — | — |
| | p-value | — | — |
| Psychological Wellbeing | Pearson's r | -0.123 | — |
| | df | 99 | — |
| | p-value | 0.221 | — |

Note. * $p < .05$, ** $p < .01$, *** $p < .001$

Table 4: Correlation Between Emotion-Focused Coping and Psychological Well-Being

A weak negative correlation between emotion-focused coping and psychological well-being. However, as the p-value is greater than the typical significance threshold of 0.05, there is no

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strong evidence to support a meaningful relationship between emotion-focused coping and psychological well-being in this sample.

| Correlation Matrix | | Self Acceptance | Environmental Mastery | Purpose in Life | Autonomy | Positive Relations | Personal Growth |
|------------------------|-------------|-----------------|-----------------------|-----------------|----------|--------------------|-----------------|
| Problem Focused Coping | Pearson's r | 0.292** | 0.129 | 0.008 | 0.055 | 0.066 | 0.199* |
| | df | 99 | 99 | 99 | 99 | 99 | 99 |
| | p-value | 0.003 | 0.197 | 0.936 | 0.583 | 0.512 | 0.047 |
| Emotion Focused Coping | Pearson's r | -0.015 | -0.124 | -0.133 | -0.110 | -0.095 | 0.014 |
| | df | 99 | 99 | 99 | 99 | 99 | 99 |
| | p-value | 0.880 | 0.217 | 0.185 | 0.274 | 0.345 | 0.892 |

Note. * p < .05, ** p < .01, *** p < .001

Table 5: Correlation Matrix for Problem-Focused and Emotion-Focused Coping with Psychological Wellbeing Subscales

Problem-focused coping shows a range of correlations with psychological well-being subscales. It has weak, non-significant correlations with **environmental mastery** ($r = 0.129$, $p = 0.197$), **purpose in life** ($r = 0.008$, $p = 0.936$), **autonomy** ($r = 0.055$, $p = 0.583$), and **positive relations** ($r = 0.066$, $p = 0.512$). However, it demonstrates significant positive correlations with **personal growth** ($r = 0.199$, $p = 0.047$) and **self-acceptance** ($r = 0.292$, $p = 0.003$), indicating that higher problem-focused coping is associated with better personal growth and self-acceptance.

Emotion-focused coping shows weak and non-significant correlations with all subscales of psychological well-being. The correlations are as follows: **environmental mastery** ($r = -0.124$, $p = 0.217$), **purpose in life** ($r = -0.133$, $p = 0.185$), **autonomy** ($r = -0.110$, $p = 0.274$), **positive relations** ($r = -0.095$, $p = 0.345$), **personal growth** ($r = 0.014$, $p = 0.892$), and **self-acceptance** ($r = -0.015$, $p = 0.880$). These results indicate that emotion-focused coping does not have a significant impact on these dimensions of psychological well-being.

Relationship between Spirituality and Psychological Well-Being.

| Correlation Matrix | | Spirituality | Psychological Wellbeing |
|-------------------------|-------------|--------------|-------------------------|
| Spirituality | Pearson's r | — | — |
| | df | — | — |
| | p-value | — | — |
| Psychological Wellbeing | Pearson's r | 0.411*** | — |
| | df | 99 | — |
| | p-value | < .001 | — |

Note. * p < .05, ** p < .01, *** p < .001

Table 6: Correlation Between Spirituality and Psychological Well Being

The correlation coefficient (**Pearson's r**) between **spirituality** and **psychological well-being** is **0.411**, which indicates a moderate positive relationship. There is a significant moderate positive correlation between spirituality and psychological well-being meaning that the individuals who report higher levels of spirituality also tend to experience higher levels of psychological well-being.

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| | | Self Acceptance | Environmental Mastery | Purpose in Life | Autonomy | Positive Relations | Personal Growth | Eco Awareness | Relationships | Self Discovery |
|-----------------------|-------------|-----------------|-----------------------|-----------------|-----------|--------------------|-----------------|---------------|---------------|----------------|
| Self Acceptance | Pearson's r | — | | | | | | | | |
| | df | — | | | | | | | | |
| | p-value | — | | | | | | | | |
| Environmental Mastery | Pearson's r | 0.389 *** | — | | | | | | | |
| | df | 99 | — | | | | | | | |
| | p-value | < .001 | — | | | | | | | |
| Purpose in Life | Pearson's r | 0.033 | 0.035 | — | | | | | | |
| | df | 99 | 99 | — | | | | | | |
| | p-value | 0.746 | 0.730 | — | | | | | | |
| Autonomy | Pearson's r | 0.244 * | 0.240 * | 0.202 * | — | | | | | |
| | df | 99 | 99 | 99 | — | | | | | |
| | p-value | 0.014 | 0.016 | 0.043 | — | | | | | |
| Positive Relations | Pearson's r | 0.325 *** | 0.166 | 0.088 | 0.243 * | — | | | | |
| | df | 99 | 99 | 99 | 99 | — | | | | |
| | p-value | < .001 | 0.097 | 0.381 | 0.015 | — | | | | |
| Personal Growth | Pearson's r | 0.270 ** | 0.320 ** | 0.343 *** | 0.324 *** | 0.466 *** | — | | | |
| | df | 99 | 99 | 99 | 99 | 99 | — | | | |
| | p-value | 0.006 | 0.001 | < .001 | < .001 | < .001 | < .001 | — | | |
| Eco Awareness | Pearson's r | 0.237 * | 0.169 | 0.087 | 0.002 | 0.221 * | 0.454 *** | — | | |
| | df | 99 | 99 | 99 | 99 | 99 | 99 | — | | |
| | p-value | 0.017 | 0.090 | 0.385 | 0.987 | 0.026 | < .001 | < .001 | — | |
| Relationships | Pearson's r | 0.143 | 0.088 | 0.123 | 0.202 * | 0.252 * | 0.367 *** | 0.592 *** | — | |
| | df | 99 | 99 | 99 | 99 | 99 | 99 | 99 | — | |
| | p-value | 0.152 | 0.382 | 0.220 | 0.043 | 0.011 | < .001 | < .001 | < .001 | — |
| Self Discovery | Pearson's r | 0.431 *** | 0.449 *** | 0.001 | 0.185 | 0.249 * | 0.404 *** | 0.576 *** | 0.446 *** | — |
| | df | 99 | 99 | 99 | 99 | 99 | 99 | 99 | 99 | — |
| | p-value | < .001 | < .001 | 0.995 | 0.065 | 0.012 | < .001 | < .001 | < .001 | < .001 |

Note. * p < .05, ** p < .01, *** p < .001

Table 7: Correlation Matrix of Spirituality & Psychological Well-Being Subscales

Self-Acceptance shows a significant positive correlation with **Environmental Mastery** ($r = 0.389$, $p < .001$), indicating that higher self-acceptance is associated with better environmental mastery. **Autonomy** positively correlates with **Self-Acceptance** ($r = 0.244$, $p = 0.014$), **Environmental Mastery** ($r = 0.240$, $p = 0.016$), **Purpose in Life** ($r = 0.202$, $p = 0.043$), and **Positive Relations** ($r = 0.243$, $p = 0.015$), suggesting that autonomy is linked to these aspects of well-being. **Personal Growth** is significantly correlated with all other variables, particularly **Positive Relations** ($r = 0.466$, $p < .001$) and **Self Discovery** ($r = 0.404$, $p < .001$). **Self-Discovery** correlates positively with **Personal Growth** ($r = 0.404$, $p < .001$), **Eco Awareness** ($r = 0.454$, $p < .001$), and **Relationships** ($r = 0.367$, $p < .001$), reflecting its role in overall well-being. **Eco Awareness** is also significantly related to other well-being variables, notably **Relationships** ($r = 0.592$, $p < .001$). The matrix highlights significant positive associations among the Spirituality and Psychological Well-Being subscales.

Mediating Role of Spirituality

Mediation

Mediation Estimates

| Effect | Estimate | SE | Z | p | % Mediation |
|----------|----------|--------|--------|-------|-------------|
| Indirect | 0.1355 | 0.0555 | 2.444 | 0.015 | 37.0 |
| Direct | -0.2310 | 0.0995 | -2.322 | 0.020 | 63.0 |
| Total | -0.0955 | 0.1075 | -0.888 | 0.374 | 100.0 |

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| Path Estimates | | | | | | |
|----------------|---|-------------------------|----------|--------|-------|--------|
| | | | Estimate | SE | Z | p |
| Coping | → | Spirituality | 0.354 | 0.1273 | 2.78 | 0.005 |
| Spirituality | → | Psychological Wellbeing | 0.382 | 0.0749 | 5.10 | < .001 |
| Coping | → | Psychological Wellbeing | -0.231 | 0.0995 | -2.32 | 0.020 |

Table 8: Mediation Analysis: Coping, Spirituality, and Psychological Well-Being

The indirect effect of 0.1355, which constitutes 37% of the total effect, is statistically significant with a p-value of 0.015. This indicates that the mediator plays a meaningful role in the relationship between the independent and dependent variables. The direct effect is -0.2310, accounting for 63% of the total effect, and is also statistically significant with a p-value of 0.020. This suggests that even when accounting for the mediator, the independent variable still has a significant direct impact on the dependent variable. The total effect of -0.0955 is statistically significant with a p-value of 0.020, meaning that the overall impact of the independent variable on the dependent variable is significant when both direct and indirect pathways are considered. This negative total effect indicates that, overall, the independent variable has a slight negative impact on the dependent variable when considering both direct and indirect pathways.

| Mediation Estimates | | | | | | |
|---------------------|-----------|----------|-------|-------|-------|-------------|
| Effect | Label | Estimate | SE | Z | p | % Mediation |
| Indirect | a × b | 0.361 | 0.128 | 2.824 | 0.005 | 67.7 |
| Direct | c | 0.172 | 0.245 | 0.701 | 0.483 | 32.3 |
| Total | c + a × b | 0.533 | 0.244 | 2.180 | 0.029 | 100.0 |

| Path Estimates | | | | | | | |
|------------------------|---|-------------------------|-------|----------|--------|-------|--------|
| | | | Label | Estimate | SE | Z | p |
| Problem Focused Coping | → | Spirituality | a | 1.145 | 0.2841 | 4.032 | < .001 |
| Spirituality | → | Psychological Wellbeing | b | 0.315 | 0.0797 | 3.955 | < .001 |
| Problem Focused Coping | → | Psychological Wellbeing | c | 0.172 | 0.2451 | 0.701 | 0.483 |

Table 9: Mediation Analysis: Problem-Focused Coping, Spirituality, and Psychological Well-Being

Problem-focused coping has a significant positive indirect effect on psychological well-being through the mediator spirituality. The positive value (0.361) indicates that as problem-focused coping increases, psychological well-being also increases, mediated by spirituality. Since the p-value is 0.005 (less than 0.05), this effect is statistically significant. This indirect path accounts for 67.7% of the total effect, indicating that spirituality plays a substantial role in the relationship between problem-focused coping and psychological well-being.

The direct effect of problem-focused coping on psychological well-being, after accounting for spirituality, is positive (0.172) but not statistically significant (p = 0.483). This suggests that once the effect of spirituality is considered, problem-focused coping does not have a strong or significant direct impact on psychological well-being. This direct effect accounts for only 32.3% of the total effect. The total effect, which combines both the direct and

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indirect effects, is 0.533, and it is statistically significant ($p = 0.029$). This means that when considering both the direct influence of problem-focused coping and its indirect influence through spirituality, there is a significant positive impact on psychological well-being. These findings suggest that problem-focused coping does not have a significant direct impact on psychological well-being, either with or without (in case of Regression Modeling) considering spirituality. However, the significant indirect effect in the mediation analysis (0.361, $p = 0.005$) indicates that the influence of problem-focused coping on psychological well-being is largely mediated through spirituality.

The negative overall effect in the coping model can be attributed to the differing nature and impact of the coping strategies involved. In the coping model, the significant negative direct effect of coping on psychological well-being suggests that the strategies used may be maladaptive or less effective, overshadowing the positive indirect effect mediated through spirituality. In contrast, problem-focused coping shows a significant positive total effect largely due to its substantial positive indirect impact through spirituality, with a non-significant direct effect. This indicates that problem-focused coping has a more beneficial impact on psychological well-being primarily through its influence on spirituality, while the direct negative effects of the broader coping strategies model result in an overall detrimental impact.

Hierarchical Regression model predicting Psychological Well-Being

Model Fit Measures

| Model | R | R ² | Adjusted R ² | Overall Model Test | | | |
|-------|--------|----------------|-------------------------|--------------------|-----|-----|--------|
| | | | | F | df1 | df2 | p |
| 1 | 0.0880 | 0.00775 | -0.00227 | 0.773 | 1 | 99 | 0.381 |
| 2 | 0.4595 | 0.21112 | 0.19502 | 13.114 | 2 | 98 | < .001 |

Model Comparisons

| Comparison | | | | | | | |
|------------|-------|--------------|------|-----|-----|--------|--|
| Model | Model | ΔR^2 | F | df1 | df2 | p | |
| 1 | - 2 | 0.203 | 25.3 | 1 | 98 | < .001 | |

Table 10: Model Fit Measures and Comparisons for Hierarchical Regression Analysis

In Model 1, the R² of 0.00775 indicates that it explains only 0.775% of the variance in psychological well-being, with an Adjusted R² of -0.00227 suggesting a poor fit that might perform even worse in other samples. The F-statistic of 0.773 and a p-value of 0.381 show that Model 1 is not statistically significant and does not meaningfully predict psychological well-being. In contrast, Model 2 explains 21.112% of the variance in psychological well-being with an R² of 0.21112 and an Adjusted R² of 0.19502, indicating a good fit and likely similar performance in other samples. The F-statistic of 13.114 with a p-value < .001 confirms that Model 2 is statistically significant and provides a meaningful prediction of psychological well-being. The model comparison shows a ΔR^2 of 0.203, with an F-statistic of 25.3 and a p-value < .001, indicating that adding spirituality to coping in Model 2 significantly improves the model's predictive power for psychological well-being.

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Model 1 is not effective in predicting psychological well-being. The regression results for Coping on psychological well-being, without accounting for spirituality, show a non-significant direct effect (Estimate = -0.0955, $p = 0.381$). Model 2, which includes both coping and spirituality, provides a significantly better fit, explaining a substantial portion of the variance in psychological well-being. The significant improvement from Model 1 to Model 2 highlights the important role that spirituality plays in predicting psychological well-being, beyond what is accounted for by coping alone.

Model 1

| Model Coefficients - Psychological Wellbeing | | | | |
|--|----------|-------|--------|--------|
| Predictor | Estimate | SE | t | p |
| Intercept | 92.7083 | 7.581 | 12.229 | < .001 |
| Coping | -0.0955 | 0.109 | -0.879 | 0.381 |

Model 2

| Model Coefficients - Psychological Wellbeing | | | | |
|--|----------|--------|-------|--------|
| Predictor | Estimate | SE | t | p |
| Intercept | 60.259 | 9.3722 | 6.43 | < .001 |
| Coping | -0.231 | 0.1010 | -2.29 | 0.024 |
| Spirituality | 0.382 | 0.0761 | 5.03 | < .001 |

Table 11: Model 1 & 2 - Regression Coefficients for Predictors of Psychological Well Being

| Collinearity Statistics | | |
|-------------------------|------|-----------|
| | VIF | Tolerance |
| Coping | 1.08 | 0.929 |
| Spirituality | 1.08 | 0.929 |

Table 12: Collinearity Diagnostics for Predictors of Psychological Well Being

The Variance Inflation Factor (VIF) for both coping and spirituality is 1.08, and the tolerance values are 0.929. Since the VIF values are well below 10 and the tolerance values are close to 1, there is no indication of multicollinearity. This means that the independent variables (coping and spirituality) are not highly correlated with each other, and there is no redundancy in the predictors.

| Normality Test (Shapiro-Wilk) | |
|-------------------------------|-------|
| Statistic | p |
| 0.978 | 0.089 |

Table 13: Shapiro-Wilk Test for Normality

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The Shapiro-Wilk test statistic of 0.978 with a p-value of 0.089 suggests that the residuals of the model do not significantly deviate from normality. The p-value is slightly above the typical significance threshold of 0.05, indicating that the assumption of normality is met.

Assessing the Gender Differences across Psychological Well-being, Spirituality, Coping Styles & Their Sub-Scales

| Independent Samples T-Test | | Statistic | df | p |
|----------------------------|-------------|-----------|------|-------|
| Psychological Wellbeing | Student's t | -0.0652 | 99.0 | 0.948 |
| Self Acceptance | Student's t | 1.0689 | 99.0 | 0.288 |
| Environmental Mastery | Student's t | 0.0964 | 99.0 | 0.923 |
| Purpose in Life | Student's t | -0.0127 | 99.0 | 0.990 |
| Autonomy | Student's t | -2.8922 | 99.0 | 0.005 |
| Positive Relations | Student's t | 0.4407 | 99.0 | 0.660 |
| Personal Growth | Student's t | 0.4755 | 99.0 | 0.635 |
| Spirituality | Student's t | 1.6399 | 99.0 | 0.104 |
| Self Discovery | Student's t | 1.8500 | 99.0 | 0.067 |
| Relationships | Student's t | 1.2806 | 99.0 | 0.203 |
| Eco Awareness | Student's t | 1.2992 | 99.0 | 0.197 |
| Coping | Student's t | 1.4323 | 99.0 | 0.155 |
| Problem Focused Coping | Student's t | 1.3658 | 99.0 | 0.175 |
| Emotion Focused Coping | Student's t | 1.3068 | 99.0 | 0.194 |
| Avoidant Coping | Student's t | 0.6418 | 99.0 | 0.523 |

Note. $H_0: \mu_{\text{Female}} = \mu_{\text{Male}}$

Table 14: Independent Samples T-Test Results

The independent samples t-test results reveal that there is no significant difference between males and females in psychological well-being, self-acceptance, environmental mastery, purpose in life, positive relations, personal growth, spirituality, self-discovery, relationships, eco-awareness, coping, problem-focused coping, emotion-focused coping, and avoidant coping, as indicated by high p-values. However, a significant difference was found in autonomy ($t = -2.8922$, $p = 0.005$), with females scoring lower in autonomy compared to males. This suggests that while most psychological and coping variables are similar between genders, autonomy is notably lower among females.

DISCUSSION

Problem Focused Coping & Psychological Well-Being

Jabbar et al. (2024) study found a significant positive correlation between problem-focused coping and psychological well-being in individuals diagnosed with substance use disorder, with a correlation coefficient (r) of 0.37, explaining 14% of the variance in psychological well-being ($R^2 = .14$, $p < .05$). Problem-focused coping predicted all six dimensions of psychological well-being measured in the study: autonomy, environmental mastery, positive relations, personal growth, purpose in life, and self-acceptance. However, this relationship was observed within a clinical population where problem-focused coping may have a more direct and potent impact due to the severe stressors associated with substance use disorder. These results align with the weak but significant correlation between problem-focused coping and psychological well-being $r=0.212$ observed in my study. Also, significant correlations between problem-focused coping and certain subscales of psychological well-being, such as personal growth ($r = 0.199$, $p = 0.047$) and self-acceptance ($r = 0.292$, $p = 0.003$).

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Our study's broader population sample shows that **problem-focused coping alone is not a strong predictor**. However, when combined with spirituality, the model's predictive power increases substantially, suggesting that for a more general population, **coping strategies alone might not suffice**—additional factors like spirituality are essential for a complete understanding of psychological well-being.

The findings from both studies emphasize that the effectiveness of problem-focused coping is context-dependent. In highly stressful situations, such as among individuals with substance use disorder, problem-focused coping alone can significantly boost well-being. However, in a broader population, a more comprehensive approach that combines coping strategies with other factors like spirituality is crucial for a fuller understanding and better prediction of psychological well-being. This highlights the need for holistic interventions, where while problem-focused coping is beneficial, integrating elements like spirituality may be essential for enhancing psychological well-being across diverse groups.

Avoidant Coping & Psychological Well-Being

Our study found a correlation coefficient of -0.358 between avoidant coping and psychological well-being. This moderate negative correlation suggests that as individuals engage more in avoidant coping strategies, their psychological well-being decreases. This finding is consistent with the broader literature, including MacCann et al. (2022), which demonstrates that avoidant coping is associated with lower psychological well-being. MacCann et al. (2022) reported that avoidant coping predicted higher levels of anxiety, depression, and stress, reinforcing the negative impact of avoidant coping on overall well-being. Our study found that avoidant coping is strongly linked to reduced purpose in life, positive relations, and personal growth. Although avoidant coping's impact on self-acceptance, environmental mastery, and autonomy was weaker and not significant in our study, the overall pattern aligns with MacCann et al. (2022), which highlights the general negative effect of avoidant coping on various aspects of psychological well-being. Sikkema et al., (2013) demonstrated that a reduction in avoidant coping was associated with decreased traumatic stress, and this change in avoidant coping completely mediated the effects of their intervention. Sikkema et al. (2013) and our study both indicate that addressing avoidant coping is crucial for improving psychological outcomes, reinforcing the idea that reducing avoidant coping can lead to significant improvements in psychological well-being.

Spirituality & Psychological Well-Being

Our study found a significant moderate positive correlation ($r = 0.411$) between spirituality and psychological well-being, suggesting that individuals who report higher levels of spirituality also tend to experience higher levels of psychological well-being. This aligns with the literature, including the study of Singh & Sharma (2013) on young adults from Jaipur, which also highlighted a positive association between psychological well-being and spirituality. Yildirim-Kurtuluş et al., (2022) found a moderate positive relationship between spirituality and psychological well-being ($r = 0.38$). Božek et al., (2020) investigated the connections between spirituality, health-related behaviors, and psychological well-being among university students in Poland in which Spirituality was directly related to psychological well-being, with a positive correlation suggesting that higher levels of spirituality are associated with greater psychological well-being. Spirituality also influenced psychological well-being indirectly through its effect on health-related behaviors. This

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means that spirituality contributes to well-being not only directly but also by promoting behaviors that are beneficial for health, which in turn enhance psychological well-being. The impact of spirituality on psychological well-being was moderated by Education Type. This similarity highlights a consistent finding across different samples that spirituality positively influences psychological well-being.

Spirituality, Coping & Psychological Well-Being

Our study found that problem-focused coping significantly influences psychological well-being through the mediator of spirituality. Spirituality accounted for 67.7% of the total effect, emphasizing its crucial role in mediating the impact of problem-focused coping. Magdalena (2024) found that nature connectedness was positively associated with several positive coping strategies and negatively associated with maladaptive strategies, and nature connectedness was only weakly related to mental health outcomes like anxiety and depression. Social connectedness was linked with a higher tendency to use positive coping strategies and had a significant negative relationship with mental health issues (stress, anxiety, depression). This aligns with our finding that certain indirect pathways (through spirituality) can improve psychological outcomes, despite some direct effects being negative.

Limitations & Future Scope

The study has following limitations:

- **Sample Size and Generalizability:** The small sample size (101 participants) from specific colleges in Bhopal limits the generalizability of the findings to broader populations.
- **Convenience Sampling:** The use of convenience sampling may introduce selection bias, potentially skewing the results.
- **Cross-Sectional Design:** The cross-sectional nature of the study restricts conclusions about causality between variables.
- **Self-Report Measures:** Reliance on self-report questionnaires may introduce biases like social desirability, affecting data accuracy.
- **Cultural Context:** The specific cultural context of Bhopal may limit the applicability of the findings to other cultural or religious settings.
- **Limited Scope of Psychological Well-Being:** The study's focus on specific subscales of psychological well-being may not capture its full range or related psychological constructs.
- **Mediation Analysis Constraints:** The mediation analysis might be influenced by unmeasured variables or confounders, limiting the interpretation of results.

Future research should involve larger, more diverse samples and conduct long-term studies to better understand how coping strategies, spirituality, and well-being interact. Experimental studies could test how improving these factors impacts mental health. Adding other psychological factors like resilience and studying different cultures would deepen our understanding. Exploring additional influences like social support or personality, and creating gender-specific interventions, could help tailor approaches to improving well-being.

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Conflict of Interest

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