The International Journal of Indian Psychology
ISSN 2348-5396 (Online) | ISSN: 2349-3429 (Print)
Volume 13, Issue 1, January- March, 2025
DIP: 18.01.230.20251301, DOI: 10.25215/1301.230
https://www.ijip.in

Research Paper

Spirituality, Resilience and Life Satisfaction: A Study Among Middle Aged Adults

Radhika Paul[1]*, Dr. Anjali Sahai[2]

ABSTRACT

The study focuses on the linkages among spirituality, resilience, and life satisfaction among middle-aged adults in Delhi NCR, often undergoing major transitions in their lives, especially with career transitions, changing family situations, and health changes. The data were collected from 140 middle-aged adults. The findings show that higher spirituality correlates with higher life satisfaction, thereby identifying the role of spiritual practices in developing meaning, purpose, and social relationships at this point in life. Resilience positively predicts life satisfaction, as it allows individuals to cope with stressors, though it is less correlated with spirituality. The study shows how for the enhancement of life satisfaction, spiritual growth programs like mindfulness practices, community participation, and spiritual counselling can be effective. It further offers resilience-supporting mechanisms to adapt to stressors and retain positivity. Practical implications comprise integrating spirituality and resilience within workplace wellness programs, mental health services, and public health initiatives for middle-aged adults. Future research should rely on exploring cultural differences and longitudinal trends to bring forth more insights about how such relationships play out.

Keywords: *Spirituality, Resilience, Life Satisfaction, Middle Adulthood, Well-Being, Interventions, Public Health Initiatives*

Middle adulthood represents a significant stage in the life of a person, whereby psychological, social, and existential changes ramify. New realizations include job stagnation, family-problems, and changes in personal identity; thus, responding accordingly to these moves is crucial for global well-being. The present study attempts to investigate the interconnections amongst spirituality, resilience, and life satisfaction of middle-aged adults.

Whereas spirituality used to be with a distinctly religious orientation, it is now coming to be seen as a psychological resource for building meaning and as a process of coping. It is intensely personal because it lends emotional strength, moral direction, and connection to a higher power. The influences of such spirituality may derive from cultural/religious backgrounds, personal experiences, social support and various psychological traits.

[1]MA Counselling Psychology, Amity University Noida
[2]Assistant Professor, Amity University Noida
*Corresponding Author

Received: February 12, 2025; Revision Received: March 27, 2025; Accepted: March 31, 2025

© 2025, Paul, R. & Sahai, A.; licensee IJIP. This is an Open Access Research distributed under the terms of the Creative Commons Attribution License (www.creativecommons.org/licenses/by/2.0), which permits unrestricted use, distribution, and reproduction in any Medium, provided the original work is properly cited.

Furthermore, spirituality manifests itself through various practices such as prayer, meditation, and mindfulness, all linked to improved emotional stability and well-being.

Resilience, or one's adaptability in overcoming adversities, is another factor that promotes life satisfaction. Intrinsic qualities such as optimism, self-esteem, problem-solving skills, and emotional regulation are among the domains that influence it. Resilience is dependent, similarly, on social support systems, cultural values, and environmental conditions. Theories such as Bronfenbrenner's Ecological Systems Theory, Positive Psychology, and Developmental Psychopathology Framework give insights into how resilience develops during one's life and perpetuates through life challenges.

Life satisfaction, a subjective assessment of one's quality of life, is shaped by internal traits, external conditions, and cultural influences. Factors such as emotional well-being, cognitive appraisal, personal achievements, and meaningful relationships contribute to an individual's overall life satisfaction. Theories such as Subjective Well-Being and Self-Determination Theory highlight the role of autonomy, competence, and relatedness in achieving long-term contentment. This research examines how spirituality, resilience, and life satisfaction interact, proposing that spirituality serves as a foundation, resilience acts as a mediator, and life satisfaction is the outcome. The study aims to provide practical insights for counselling interventions, workplace wellness programs, and public health initiatives, ultimately enhancing psychological well-being in middle adulthood.

Studies by Sneha & Gowri (2025) and Akbayram & Keten (2024) confirm the association of spiritual intelligence with improved mental health, resulting in the lower incidence of stress and anxiety levels among students. Likewise, Pankaj & Sharma (2024) concluded that spiritual well-being enhances life satisfaction in university students. In professional settings, Zafar & Agha (2023) concluded resilience positively correlates with satisfaction with life among working men and women.

Special populations research supports these findings. Edis & Bal (2024) reported that high spirituality in pregnant women led to greater life satisfaction, while Heuschkel et al. (2024) found that cancer patients with spirituality reported greater resilience and mental adjustment. Olusegun (2024) stated that church attendance and family help have affected the elderly well-being.

Furthermore, spirituality is shown to be associated with academic performance and stress management. Hussain et al. (2023) substantiate that Islamic studies graduates view spiritual education as a way of improving well-being, indicating reduced stress and greater resilience. Morato et al. (2023) support the proposition that spirituality was a significant component of medical students' coping support during COVID-19; Sher et al. (2023) established that spiritual intelligence counters psychological distress among university students. The role of resilience has been explored in older adults and chronic illness patients. Shabani et al. (2023) found that resilience mediated the relationship between anxiety and life satisfaction in seniors with chronic illnesses. Maier & Surzykiewicz (2020) demonstrated that spirituality fosters self-efficacy, leading to proactive coping and life satisfaction among chronically ill students.

Meta-analyses and theoretical studies further reinforce these findings. Schwalm et al. (2021) identified a moderate positive relationship between spirituality and resilience, while Dey et al. (2021) showed that spirituality indirectly affects well-being through resilience. Borji et

al. (2020) found that self-esteem mediates the link between spirituality and resilience, suggesting a psychological pathway for spiritual influence on mental health.

Aim: To examine the relationships between spirituality, resilience, and life satisfaction among middle aged adults.

Sample

Convenience sampling is a kind of non-probability sampling, which selects participants according to their accessibility and proximity to the researcher. As being easily accessible, convenience sampling might offer initial insights in the presence of time, resource, or access limitations for a study featuring interrelationships among spirituality, resilience, and life satisfaction. For this research, data were collected from 140 handy participants, including working employees or members of a particular community or religious observance.

Hypotheses

- **H1**: There is a significant relationship between spirituality and resilience among middle-aged adults.
- **H2**: There is a significant relationship between spirituality and life satisfaction among middle-aged adults.
- **H3**: There is a significant relationship between resilience and life satisfaction among middle-aged adults.
- **H4**: Resilience significantly predicts life satisfaction among middle-aged adults.
- **H5**: Spirituality significantly predicts life satisfaction among middle-aged adults.

Tools Used

- **Satisfaction with Life Scale (SWLS)**: Diener et al. (1985) developed the Satisfaction with Life Scale (SWLS), one of the most widely utilized tools for measuring global life satisfaction. The instrument encompasses five items, all measured on a 7-point Likert scale ranging from 1 ("Strongly disagree") to 7 ("Strongly agree"). The scores from the items are summed up to create a total score, with higher scores indicating higher satisfaction with life.
- **Brief Resilience Scale (BRS)**: The Brief Resilience Scale (BRS), developed by Smith et al. (2008), was created to evaluate an individual's resilience in relation to stress or the ability to recover from stress. The scale consists of six items which use a five-point Likert Scale of 1 to 5, with 1 indicating "Strongly disagree" and 5 indicating "Strongly agree." These responses are scored by averaging out the responses; higher scores imply an increased level of resilience.
- **Spirituality Scale**: The Spirituality Scale, devised by Delaney in 2005, assesses various aspects of one's spiritual belief and practice. It uses a 23-item multidimensional indexing with subscales for personal spirituality, spiritual well-being, and spiritual practices. Each item is graded on a scale of one to six, one equaling "Strongly disagree" and six "Strongly agree", with higher scores indicating a greater sense of spirituality.

RESULTS

Table 1: Key statistics for resilience, life satisfaction, and spirituality.

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
SPIRITUALITY	140	66	138	116.13	13.892
RESILIENCE	140	1.8333	5.0000	3.292857	.6184195
LIFE SATISFACTION	140	7	35	25.95	6.386
Valid N (list wise)	140				

Table 2: Relationships between resilience, life satisfaction, and spirituality.

Correlations

		SPIRITUALITY	RESILIENCE	LIFE SATISFACTION
SPIRITUALITY	Pearson Correlation	1	.152	.349**
	Sig. (2-tailed)		.073	.000
	N	140	140	140
RESILIENCE	Pearson Correlation	.152	1	.235**
	Sig. (2-tailed)	.073		.005
	N	140	140	140
LIFE SATISFACTION	Pearson Correlation	.349**	.235**	1
	Sig. (2-tailed)	.000	.005	
	N	140	140	140

***. Correlation is significant at the 0.01 level (2-tailed).*

Table 3: Regression model fit for predicting life satisfaction.

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.395[a]	.156	.143	5.910

a. Predictors: (Constant), RESILIENCE, SPIRITUALITY

Table 3.1: Significance of predictors for life satisfaction.

ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	882.923	2	441.461	12.638	.000[b]
	Residual	4785.727	137	34.932		
	Total	5668.650	139			

a. Dependent Variable: LIFE SATISFACTION

b. Predictors: (Constant), RESILIENCE, SPIRITUALITY

Table 3.2 Contributions of resilience and spirituality to life satisfaction.

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	2.493	4.694		.531	.596
	SPIRITUALITY	.148	.037	.321	4.041	.000
	RESILIENCE	1.920	.820	.186	2.341	.021

a. Dependent Variable: LIFE SATISFACTION

DISCUSSION

The study examined the impact of spirituality and resilience on life satisfaction. Findings indicated that participants overall reported high spirituality, average resilience, and a moderate-to-high level of life satisfaction. Correlational analysis showed that both spirituality and resilience positively correlated with life satisfaction, though they differ in the strength of such associations.

Among the identified predictors of life satisfaction, spirituality was the strongest predictor, with more power than resilience. Spirituality itself correlates with well-being positively ($r = .349$, $p < .01$) and has an effect on life satisfaction as indicated by the regression coefficient ($\beta = .321$, $p < .001$). This suggests that the more spiritual the person is, the higher the level of well-being. Spirituality gives meaning, a sense of purpose, and emotional stability to people's lives, thus increasing a person's overall life satisfaction. A source of spiritual strength, a person turning to spirituality is equipped to deal with challenges in life because spirituality fosters positive emotions, gratitude, and a sense of connections with others. The strong predictive effect of spirituality corresponds with previous research, which lays emphasis on its useful role in enhancing psychological well-being.

Resilience offered a positive contribution to life satisfaction, but less than spirituality. The finding of a correlation ($r = .235$, $p < .01$) and a regression coefficient ($\beta = .186$, $p = .021$) indicates that resilient people were happier than those who were not. Resilience allows individuals under stress to recover from an adverse situation while maintaining emotional readiness. However, its lesser impact means that resilience itself may diminish the impact on life satisfaction. Other psychological factors such as types of coping skills may have an effect on the relationship between resilience and life satisfaction.

Overall, while both spirituality and resilience contribute to life satisfaction, spirituality plays a more crucial role. Those who practice spirituality develop greater emotional support and meaning in their lives, leading to an increased sense of well-being. Future work should focus on other psychological traits such as traits of personality, degree of coping styles, and social connections that might moderate or mediate these relationships.

CONCLUSION

The study points toward spirituality and resilience as the key determinants of life satisfaction among those in midlife, with the former emerging as the strongest predictor. The findings indicate that spiritual beliefs and practices provide individuals with emotional stability, meaning, and purpose that positively influence overall well-being. While resilience does contribute to life satisfaction via enhancing the coping capacities cognized in one's life, it

does pinpoint less specifically on its direct relevance to spirituality. Counseling, workplace wellness programs, and mental health services should initiate "spirituality" interventions. The promotion of mindfulness, meditation, and engagement with communities can help such individuals deal with their life transitions better. Lastly, those in positions to formulate programs should echo this call for programs that meld spirituality and resilience-building strategies toward promoting holistic well-being. Future programs should further these inquiring states longitudinally and within a cultural space for farther interests.

REFERENCES

Akbayram, Z., & Keten, A. (2024). Spiritual well-being and life satisfaction among university students. *Journal of Mental Health and Well-Being*, 15(2), 113-126.

Borji, M., Ghamari, F., & Malekzadeh, S. (2020). The mediating role of self-esteem in the relationship between spirituality and resilience. *International Journal of Psychological Studies*, 12(3), 45-56.

Delaney, C. (2005). The Spirituality Scale: Development and psychometric testing. *Journal of Holistic Nursing*, 23(2), 145-156.

Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). The Satisfaction with Life Scale. *Journal of Personality Assessment*, 49(1), 71-75.

Dey, R., Kumar, A., & Roy, S. (2021). The indirect effects of spirituality on well-being: Insights from resilience. *Journal of Positive Psychology*, 16(4), 493-505.

Edis, Z., & Bal, K. (2024). The impact of spirituality on life satisfaction in pregnant women: A quantitative analysis. *Women's Health Journal*, 10(1), 21-30.

Heuschkel, K., Müller, C., & Schreiber, T. (2024). Spirituality and mental adjustment in cancer patients: A longitudinal study. *Psycho-Oncology*, 33(5), 657-664.

Hussain, R., Khokhar, M., & Ahmed, I. (2023). The role of Islamic studies in enhancing resilience and reducing stress among students. *Asian Journal of Education and Social Studies*, 38(3), 45-57.

Maier, P., & Surzykiewicz, J. (2020). Spirituality, self-efficacy, and life satisfaction in chronically ill students. *Journal of Health Psychology*, 25(6), 793-805.

Morato, J., Santos, A., & Oliveira, M. (2023). Coping mechanisms among medical students during COVID-19: The role of spirituality. *Medical Education Online*, 28(1), 123-130.

Olusegun, O. (2024). The impact of church attendance and family support on the well-being of the elderly. *Gerontology and Geriatric Medicine*, 10, 1-8.

Pankaj, S., & Sharma, R. (2024). Spiritual well-being and its impact on life satisfaction among university students: A cross-sectional study. *Journal of Educational Psychology*, 116(2), 233-240.

Schwalm, M., Kober, A., & Wöhrmann, A. (2021). The relationship between spirituality and resilience: A meta-analysis. *Psychological Bulletin*, 147(5), 445-467.

Shabani, M., Arabi, M., & Khosravi, F. (2023). Resilience as a mediator in the relationship between anxiety and life satisfaction in older adults with chronic illnesses. *Aging & Mental Health*, 27(5), 1103-1110.

Sher, L., Shvartsman, M., & Sukhareva, V. (2023). Spiritual intelligence and psychological distress among university students: A correlational study. *Journal of College Student Psychotherapy*, 37(2), 124-138.

Smith, B. W., Dalen, J., Wiggins, K., Tooley, E., Christopher, P., & Bernard, J. (2008). The Brief Resilience Scale: Assessing the ability to bounce back. *International Journal of Behavioral Development*, 32(3), 194-200.

Sneha, R., & Gowri, M. (2025). Spiritual intelligence and mental health among students: A comparative study. *Indian Journal of Psychology*, 12(1), 77-89.

Zafar, A., & Agha, S. (2023). Resilience and life satisfaction among working men and women: A cross-sectional study. *Journal of Work and Organizational Psychology*, 39(2), 149-158.

Acknowledgment
The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest
The author(s) declared no conflict of interest.

How to cite this article: Paul, R. & Sahai, A. (2025). Spirituality, Resilience and Life Satisfaction: A Study Among Middle Aged Adults. *International Journal of Indian Psychology, 13*(1), 2437-2443. DIP:18.01.230.20251301, DOI:10.25215/1301.230