

Research Paper

Empowering Youth through Spirituality and Resilience: A Pathway to Holistic Well-Being

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ABSTRACT

Youth or young adulthood is a unique developmental stage of life which begins in late teens (around 18 years) and lasts until late thirties (around 39 years). According to Erikson's psychosocial development theory this stage is characterized by Intimacy Versus Isolation, where individuals focus on forming meaningful relationships and navigate through various life transitions. In the contemporary context youth or young adults face multifaceted challenges that significantly impact their overall wellbeing, highlighting the need of interventions to promote wellbeing and maintain quality of life. The main aim of the study is to understand the interplay between spirituality and resilience as transformative tools for fostering holistic well-being in young individuals. Qualitative approach is used in this study and we conducted structured interview using pen and paper method. We collected the data from 200 young adults residing in Delhi NCR region. The results indicated that spirituality and resilience equip youth with the inner resources to navigate adversities while fostering a balanced and meaningful life. This study underscores the importance of maintaining holistic wellbeing for empowerment of youth and also highlights the need of interventions like resilience and spirituality to navigate various challenges or adversities faced in life and maintain wellbeing.

Keywords: *Holistic wellbeing, Resilience, Spirituality, Youth, Young adults*

In the era of rapid societal changes, increasing mental health challenges and existential uncertainties empowering the young generation i.e. youth has become very important aspect. Most of the traditional approaches focuses on education, skill development, career development, personal growth, family development and wellbeing for youth development. Spirituality and resilience very strongly complement each other in life specially in hardships of life. This study explores on the intersection of spirituality and resilience as transformative tool for youth development and their relevance in today's world.

Spirituality

Spirituality is associated with deep connection to one's inner self and sense of belonging to something greater. Spirituality is something very personal to everyone but yet it is an essential aspect of mankind. For some it may be yoga, meditation, nature or personal

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Empowering Youth through Spirituality and Resilience: A Pathway to Holistic Well-Being

reflection. Spirituality provides optimism, compassion, higher self-esteem. Basically, it is a feeling of connectedness. (Shahina & Parveen 2020) Spirituality is known to be concerned with one's soul or spirit. Inner peace, meaning and sense of connection are considered integral aspect of spirituality (Rashmi et al., 2024). Spirituality is a belief and faith in super power accepting that there is something above oneself. Spirituality is cosmic or divine in nature. Spiritually is considered to spread positivity in all aspects of life which includes wellbeing, quality of life and resilience. (Yashaswi, 2022)

Resilience

Resilience is considered as capability of an individual to deal with adversity and come back from difficult time to the normal functioning. We can also refer to this as mental toughness that stands against hardships and gives strength to bounce back. (Yashaswi, 2022) Resilience is considered as a dynamic process to adjust to the stressful or difficult events faced in life that helps in balancing our daily functioning with maintenance of wellbeing. (Vineesha et al., 2024). Resilience is complicated and personal to each and everyone. It has a huge contribution in terms of wellbeing especially mental wellbeing. (Nesbitt et al., 2023). Resilience enables youth to navigate uncertainties and pressures in academic, professional and personal domain.

Holistic wellbeing

Wellbeing is not merely seen as absence of disability or illness; it is considered way beyond and given multidimensional aspects. Many people have started seeing wellbeing from a view to have positive emotions and satisfied life socially as well as emotionally, that helps in flourishing this concept. Holistic approach to well-being is essential in modern society, where individuals face various stressors affecting multiple aspects of their lives. (Douwes et al., 2023). The definition of wellbeing has seen lot of changes and is been moved to holistic view of wellbeing with different aspects i.e. mental, physical, social, emotional, spiritual and financial wellbeing. It is very important concept in modern era where stressful life affecting every aspect of life is common. (Silva et al., 2024)

Youth

Youth or young adulthood is considered a unique developmental stage of life which begins in late teens (around 18 years) and lasts until late thirties (around 39 years). According to Erikson's psychosocial development theory this stage is characterized by Intimacy Versus Isolation, where basic virtue is love and main focus of the individuals is based on forming meaningful relationships and navigate various life transitions. As this stage is associated with forming relationship and solving conflicts to avoid isolation, it shows that they go through whole lot of stress struggling against being aloof and isolated. (Cherry, 2024) Youth is considered integral, constructive and meaningful part of the society and this is also the stage when they go through lot of physical and psychological changes that are important to deal with and decisive for their wellness. (Anderson et al., 2024)

REVIEW OF LITERATURE

A study was conducted to explore the impact of holistic wellbeing among youth. The data was collected from 2020 to 2021 by the Nashville Youth Design Team, a group of high school students. They conducted participatory research on how to build environments that affect various aspects of wellness, using an eight-element wellness model. They conducted survey in middle and high school students, collecting data on self-reported well-being and city locations that influenced it. Spatial and qualitative analyses were conducted. Result

Empowering Youth through Spirituality and Resilience: A Pathway to Holistic Well-Being

indicated that environmental factors they live in affect the youth wellness. (Anderson et al., 2024)

A qualitative study was done with semi structured interview in Netherlands with the aim to explore wellbeing of students as per their perspective. Twenty-seven university students were interviewed. The results of the study revealed that wellbeing is seen as a balance between academic efforts and life beyond studies, which differs from traditional and theoretical definitions. It was found that students identified various factors affecting their wellbeing like personal, university-related and external elements. This study provided an insight for educational institutions, suggesting a holistic approach is required for student's wellbeing. (Douwes et al., 2023)

A study investigated role of wellbeing on resilience in higher education. This study used systematic review method for which 10 selected journals from 679 articles found on Scopus and ProQuest, using the PRISMA-P method were used. This research investigated the methods used to measure well-being and resilience among students and lecturers in higher education. This included quantitative methods like ANOVA and Structural Equation Modelling (SEM), and qualitative methods like interviews, focus group discussions, Stress Management and Relaxation Techniques (SMART), Mindfulness Training, and the Coteaching Model. This study highlighted how wellbeing is measured in different ways and suggested further research on factors influencing well-being and resilience in higher education. (Khaira & Sayekti, 2024)

A paper examined how resilience is conceptualized and studied among transition-age youth with serious mental illness (SMI). For these 24 studies were identified and reviewed thoroughly. Findings of this study highlighted the role of individual traits and social support in resilience and it also revealed gaps in understanding macro level influences to it. The study also emphasized on the need for intersectional, community engaged research to create resilience-based mental health interventions for youth with SMI. (Nesbitt et al., 2023)

The relationship between generosity, spirituality, resilience and psychological wellbeing among youth was examined in a study. For this study 175 volunteer youth workers from welfare organizations in Pakistan participated. The findings of the study revealed a significant positive correlation between: generosity and spirituality, resilience and psychological well-being. The gender difference was also noticed, the girls being more generous than the boys. (Malik et al., 2021)

The main purpose of the study was to explore spirituality of science, its implication for meaning, wellbeing and learning was conducted in three studies with 1,197 participants. The results were divided in three parts. The results showed that people who experience the scientific spirituality also tend to have a strong belief in science, a sense of wonder, and even general spirituality (Study 1). It also contributed to a greater sense of purpose and wellbeing, even among atheists and agnostics (Study 2). Additionally, those with higher SoS were more engaged and retained scientific information better (Study 3). These findings suggest that science, much like religion, can offer deep psychological benefits. (Preston et al., 2023)

A study explored the relationship between spirituality, religiosity and psychological wellbeing in young adults. This study used 61 young adults using multidimensional inventory. The results of the study indicated complex impact of spirituality on wellbeing where general religiosity and connectedness had no significant impact. The results also showed that

Empowering Youth through Spirituality and Resilience: A Pathway to Holistic Well-Being

forgiveness is negatively correlated to positive relations and purpose in life and on the other hand hope, experiences of sense and meaning showed positive associations with autonomy, personal growth, and purpose in life. The study highlighted complexities and how with external factors like environment and peer influences play a vital role. (Rashmi et al., 2024) Study using mixed method, collected data from 65 participants through both single and multi-case study techniques explored the role of spiritual wellbeing and its association with resilience among young adults. Spiritual wellbeing and resilience are found to be correlated and ecologically bound. The study highlighted the link between spiritual wellbeing and positive youth outcomes like resilience. (Smith et al., 2013)

How spirituality influences resilience and mental health in adolescents was examined in a study conducted on 60 school-going adolescents. It examined three dimensions of spirituality: self-discovery, relationships and eco awareness. Findings showed a strong positive link between spirituality, resilience and mental health. The study highlighted spirituality's role in helping adolescents cope with challenges and enhance their overall well-being. Therefore, Spirituality emerged as a key protective factor enhancing resilience and wellbeing. (Shahina & Parveen, 2020)

A study to introduce holistic wellbeing model integrating multiple health dimensions to enhance quality of life was conducted. Based on WHO's definition of health, the model includes seven dimensions which are: self-esteem, body image, social relationships, environment, meaningful work, health knowledge, and purpose. A comparative analysis positioned it within the existing framework. The model emphasized on the interplay of internal and external factors, unlike traditional models that focus on isolated aspects. This framework provided a comprehensive foundation for research and interventions, promoting holistic health and strategies for it. (Silva et al., 2024)

The relationship between wellbeing and resilience of undergraduate healthcare students was examined in a study. For this study 135 students from MBBS, BDS, BPT, B.Sc Nursing and B.Pharma programs were assessed. The results of the study indicated that wellbeing and resilience had positive correlation. The study highlighted the need for educational strategies to enhance resilience among the students and utilize it as powerful intervention. (Vineesha et al., 2024)

The relationship between spirituality and resilience in young adults was investigated. Data was collected from 180 participants and was analysed using SEIS and BURS scales. The results indicated positive correlation between spirituality and resilience aligning with the previous studies which reinforced link between spirituality, resilience and psychological well-being in young adults. (Yashaswi, 2022)

RESEARCH METHODOLOGY

Research questions:

What is the impact of spirituality and resilience on holistic wellbeing and how are these factors interrelated to each other?

Research gap

There are very few studies which have highlighted the importance of spirituality and resilience on holistic wellbeing. There are few studies which have identified the importance of holistic wellbeing in healthy youth or young adults.

Empowering Youth through Spirituality and Resilience: A Pathway to Holistic Well-Being

Aim:

The main purpose of this study is to explore the impact of spirituality and resilience in promoting holistic wellbeing among youth.

Objectives:

- To investigate the influence of spirituality on holistic wellbeing and examine how it contributes in maintaining overall wellbeing.
- To investigate the influence of resilience on holistic wellbeing and examine how it contributes in maintaining overall wellbeing.
- To investigate interconnectedness between spirituality resilience and holistic wellbeing.

Research design:

Qualitative study: The study focuses on qualitative method i.e. structured interview method to explore the impact of spirituality and resilience in promoting holistic wellbeing among youth. The qualitative study is descriptive and exploratory in nature.

Sample size:

- For this study 100 youth (18 years to 30 years) in Delhi NCR region were selected.
- The calculated sample size is 385 but due to exploratory nature of the research and making the research feasible and practical we have taken small sample size.

Inclusion criteria:

- Willingness: Participants who were willing to participate
- Age criteria: participants above 18 years and below 30 years
- Living in urban areas of Delhi NCR

Exclusion criteria:

- Age criteria: participants below 18 years and above 30 years
- Living in rural areas of Delhi NCR
- People with severe Disability or chronic illness (which impact their daily living)

Procedure:

The main purpose of this study is to explore the impact of spirituality and resilience in promoting holistic wellbeing among youth. For this we have collected data from 100 youth (18 years to 30 years) in Delhi NCR region keeping the inclusion - exclusion criteria. All the ethical considerations were taken care and informed consent was taken.

Data was collected using structured interview method. The structured interview had predetermined set of questions which were asked in uniformity to ensure consistency in data. The structured interview had close ended questionnaire in multichoice: Strongly Agree/ Agree / Neutral/ Disagree/ Strongly disagree to know the impact of spirituality and resilience in promoting holistic wellbeing among youth and know how are they interrelated to each other. The structured interview focused on: spirituality and holistic, resilience and holistic wellbeing and spirituality, resilience and holistic wellbeing. Results were analysed using Microsoft Excel and were calculated in percentage.

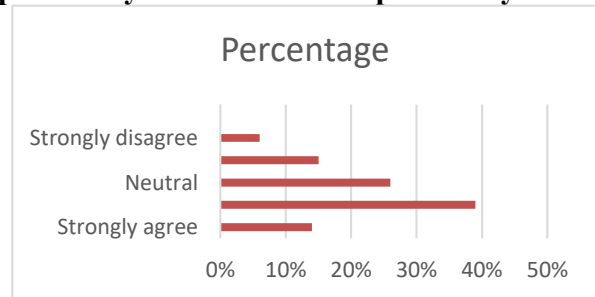
RESULT

The main purpose of this paper is to assess the relationship between spirituality resilience and holistic wellbeing, and asses the interconnectedness between them. Data was collected using structured interview method from 100 youth (18 years to 30 years) in Delhi NCR region keeping the inclusion - exclusion criteria. The results of the study were analysed using Microsoft excel and percentages were calculated and the result has been analysed in three parts:

Spirituality and Holistic wellbeing:

1. I believe in spirituality as an important aspect of my life and it has impacted my life.

Response	Count	Percentage
Strongly agree	8	8%
Agree	41	41%
Neutral	31	31%
Disagree	15	15%
Strongly disagree	5	5%

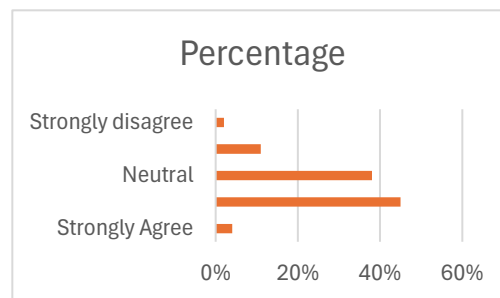


Analysis:

The results indicated that 49% (8% strongly agree+ 41% agree) participants agree to spirituality being important aspect of life. Whereas 20% (5% strongly disagree +15 % disagree) participants disagree and 31% are neutral to it. The mode calculated was agree (41%) which indicated that

2: My spiritual beliefs and practices have contributed to my overall sense of wellbeing.

Response	Count	Percentage
Strongly Agree	4	4%
Agree	45	45%
Neutral	38	38%
Disagree	11	11%
Strongly disagree	2	2%

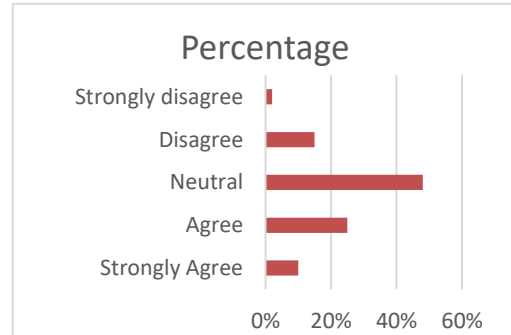


Analysis:

The results indicated that 49 % (4% Strongly agree+45% agree) participants agree to spirituality’s contribution on overall sense of wellbeing. Whereas 13% (2% strongly disagree and 11% disagree) participants disagree and 38% are neutral to it. The mode calculated was Agree (45 %) which indicated that most of the respondents believe spirituality has positive influence on wellbeing.

3: My spiritual beliefs and practices have helped me maintain physical health and keep my energy level high.

Response	Count	Percentage
Strongly Agree	10	10%
Agree	25	25%
Neutral	48	48%
Disagree	15	15%
Strongly disagree	2	2%

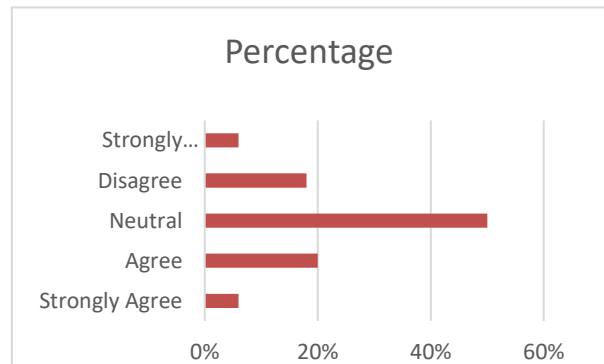


Analysis:

The results indicated 35 % (10 % strongly agree + 25%agree) participants agree that spirituality helps in maintaining physical health and energy level high. Whereas 17% (2% strongly disagree + 15% disagree) participants disagree to it and 48% are neutral to it. The mode calculated was neutral (48%), which indicated that most of the participants were unsure about the influence of spirituality on physical health and energy level.

4: My spiritual beliefs and practices have helped me create emotional balance and increase inner peace.

Response	Count	Percentage
Strongly Agree	6	6%
Agree	20	20%
Neutral	50	50%
Disagree	18	18%
Strongly disagree	6	6%

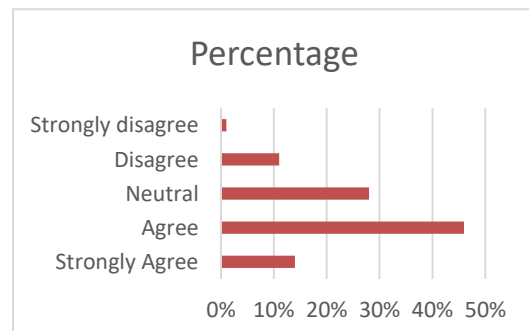


Analysis:

The results indicated 26% (6% strongly agree+ 20% agree) participants agree that spirituality helps in creating emotional balance and increase inner peace. Whereas 24% (6% strongly disagree+ 18% disagree) participants disagree and 50% are neutral about it. The mode calculated was neutral (50%), which indicated that most of the respondents are unsure about the association of spirituality and emotional balance and its ability to increase inner peace.

5: My spirituality has encouraged me to be more empathetic and compassionate toward others.:

Response	Count	Percentage
Strongly Agree	14	14%
Agree	46	46%
Neutral	28	28%
Disagree	11	11%
Strongly disagree	1	1%



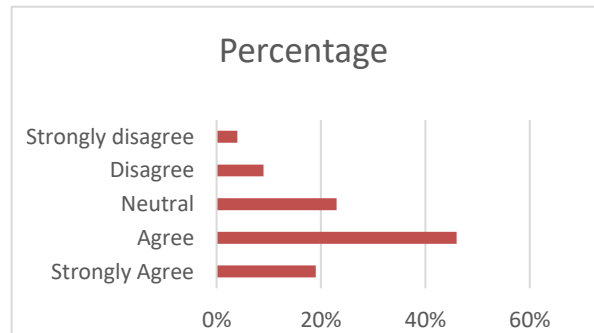
Empowering Youth through Spirituality and Resilience: A Pathway to Holistic Well-Being

Analysis:

The results indicated 60% (14 % strongly agree + 46%agree) participants agree that spirituality has encouraged me to be more empathetic and companionate towards others. Whereas 12% (1% strongly disagree +11% disagree) participants disagree to it and 28% are neutral to it. The mode calculated was agree (46%), which indicated that most of the participants felt strong influence of spirituality on empathy and compassion.

6: My spirituality has helped me manage my mental wellbeing and promote positive emotions.

Response	Count	Percentage
Strongly Agree	19	19%
Agree	46	46%
Neutral	23	23%
Disagree	9	9%
Strongly disagree	4	4%

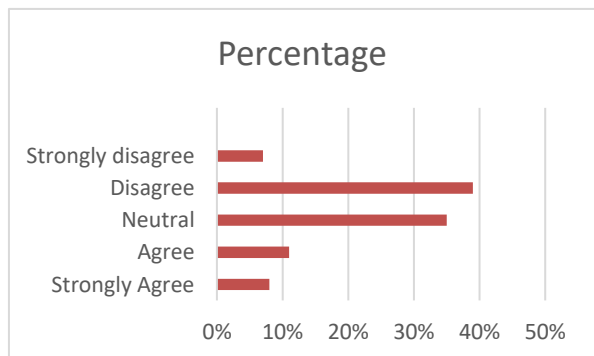


Analysis

The results indicated 65% (19 % strongly agree + 46%agree) participants agree that spirituality has helped in managing mental wellbeing and promote positive emotions. Whereas 13% (9% strongly disagree +4 % disagree) participants disagree to it and 23% are neutral to it. The mode calculated was agree (46%), which indicated that most of the participants associated spirituality with positive emotions and improved mental health.

7: Spirituality has helped me in creating boundaries between work and personal life, creating healthy work life balance.

Response	Count	Percentage
Strongly Agree	8	8%
Agree	11	11%
Neutral	35	35%
Disagree	39	39%
Strongly disagree	7	7%

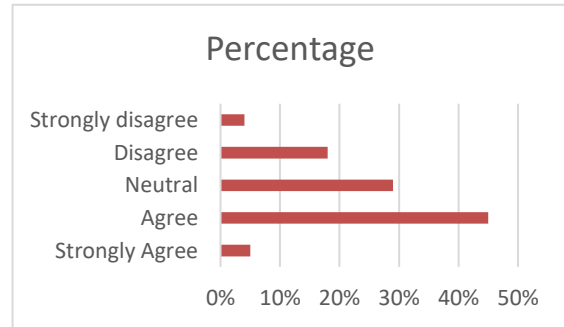


Analysis:

The results indicated 19% (8% strongly agree + 11 % agree) participants agree that spirituality help in creating boundaries between work and personal life creating healthy work life balance. Whereas 46% (7% strongly disagree +39% disagree) participants disagree to it and 35% are neutral to it. The mode calculated was disagree (39%), which indicated that most of the participants did not find spirituality as an effective tool for work life balance.

8: My Spiritual believes have helped me in connecting with myself and give meaning to my life.

Response	Count	Percentage
Strongly Agree	5	5%
Agree	45	45%
Neutral	29	29%
Disagree	18	18%
Strongly disagree	4	4%



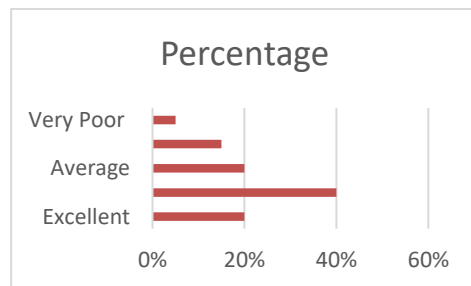
Analysis:

The results indicated 50% (5 % strongly agree + 45%agree) participants agree that spirituality has helped in connecting with our own self and given meaning to life. Whereas 22% (4% strongly disagree+18% disagree) participants disagree to it and 29% are neutral to it. The mode calculated was agree (45%), which indicated that most of the participants associated spirituality as a significant factor in providing meaning and purpose to life and knowing oneself better

Resilience and Holistic wellbeing

1: How much will you rate your ability to handle stressful event and ability to bounce back to

Response	Count	Percentage
Excellent	20	20%
Good	40	40%
Average	20	20%
Poor	15	15%
Very Poor	5	5 %

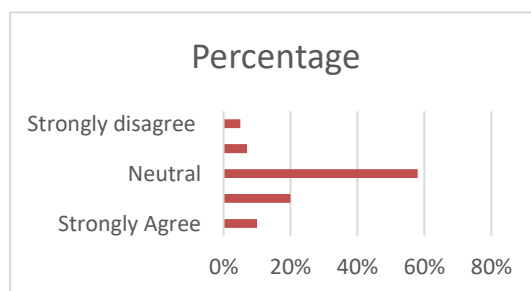


Analysis:

The results indicated 20% participants have excellent and 40% have good resilience i.e. your ability to handle stressful event and ability to bounce back to normal after the setback. Whereas 15% & 5% range in poor - very poor category and 20% range in average category. The mode was good (40%) which indicated that most of the participants rate their resilience positively.

2: My resilience has helped me maintain holistic approach to wellbeing (overall wellbeing)

Response	Count	Percentage
Strongly Agree	10	10 %
Agree	20	20%
Neutral	58	58%
Disagree	7	7%
Strongly disagree	5	5%

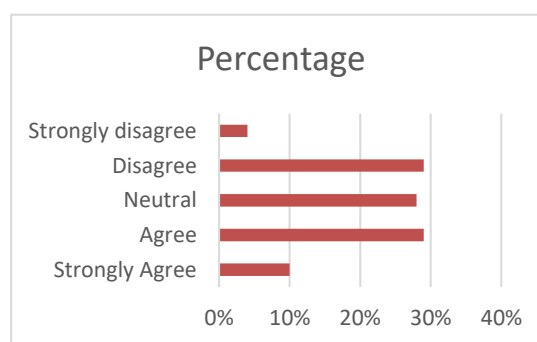


Analysis:

The results indicated 30% (10 % strongly agree+ 20% agree) participants agree that resilience has helped them maintain holistic approach to wellbeing. Whereas 12% (5% strongly disagree+7% disagree) participants disagree to it and 58% are neutral to it. The mode calculated was neutral (58%), which indicated that most of the participants believed it didn't have major impact and did not have direct relationship with holistic wellbeing.

3: My resilience has helped me maintain healthy habits and create healthy lifestyle in all circumstances

Response	Count	Percentage
Strongly Agree	10	10%
Agree	29	29%
Neutral	28	28%
Disagree	29	29%
Strongly disagree	4	4%

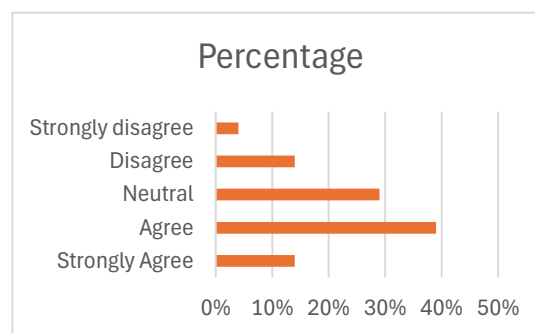


Analysis:

The results indicated 39% (10% strongly agree + 29% agree) participants agree that resilience has helped them maintain healthy habits and create healthy lifestyle in all circumstances. Whereas 33% (4% strongly disagree+29% disagree) participants disagree to it and 28% are neutral to it. The mode calculated was agree (29%) and disagree (29%) which indicated that participants had mixed opinion on impact of resilience healthy lifestyle.

4: My Resilience has helped me manage my mental wellbeing and maintain positive outlook.

Response	Count	Percentage
Strongly Agree	14	14%
Agree	39	39%
Neutral	29	29%
Disagree	14	14%
Strongly disagree	4	4%

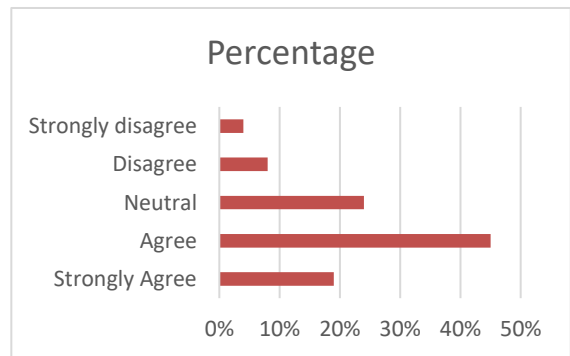


Analysis:

The results indicated 53% (14 % strongly agree + 39 % agree) participants agree that resilience has helped them maintain positive outlook. Whereas 18% (4% strongly disagree+14% disagree) participants disagree to it and 29% are neutral to it. The mode calculated was agree (39%), which indicated that most of the participants' believed resilience is positively associated with mental wellness.

5: I feel emotionally balanced even during difficult time because of my resilience.

Response	Count	Percentage
Strongly Agree	19	19%
Agree	45	45%
Neutral	24	24%
Disagree	8	8%
Strongly disagree	4	4%

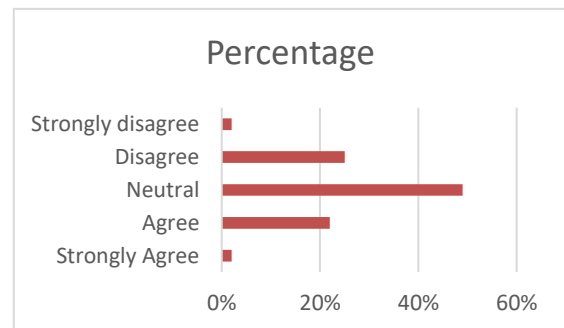


Analysis:

The results indicated 64% (19% strongly agree + 45% agree) participants believe they feel emotionally balanced even during difficult time because of resilience. Whereas 12% (4% strongly disagree+8% disagree) participants disagree to it and 24% are neutral to it. The mode calculated was agree (45%), which indicated that most of the participants believes that resilience help them balance their emotions intellectually.

6: My resilience has helped me enhance my ability to build and maintain strong relationship.

Response	Count	Percentage
Strongly Agree	2	2%
Agree	22	22%
Neutral	49	49%
Disagree	25	25%
Strongly disagree	2	2%

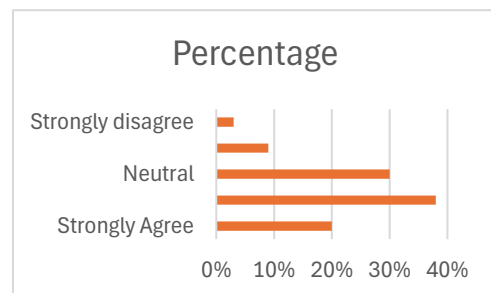


Analysis:

The results indicated 24% (2% strongly agree + 22% agree) participants agree that resilience has helped them enhance their ability to build and maintain strong relationship. Whereas 27% (2% strongly disagree+25% disagree) participants disagree to it and 49% are neutral to it. The mode calculated was neutral (49%), which indicated that most of the participants are unsure or fell resilience has low impact on forming or maintaining relationship.

7: My resilience has helped me manage my work and family responsibilities and maintain a healthy work and life balance.

Response	Count	Percentage
Strongly Agree	20	20%
Agree	38	38%
Neutral	30	30%
Disagree	9	9%
Strongly disagree	3	3%



Analysis:

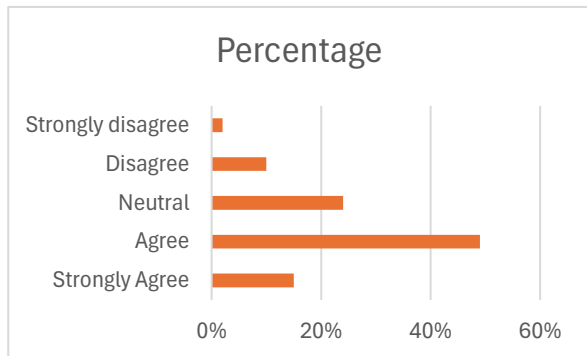
The results indicated 58% (20% strongly agree + 38% agree) participants agree that resilience has helped them manage work and family responsibilities and maintain a healthy work and life balance. Whereas 12% (9% strongly disagree+3% disagree) participants

Empowering Youth through Spirituality and Resilience: A Pathway to Holistic Well-Being

disagree to it and 30% are neutral to it. The mode calculated was agree (38%), which indicated that most of the participants associated resilience with healthy work life balance.

8: My resilience has helped me find meaning and purpose even in difficult circumstances.

Response	Count	Percentage
Strongly Agree	15	15%
Agree	49	49%
Neutral	24	24%
Disagree	10	10%
Strongly disagree	2	2%



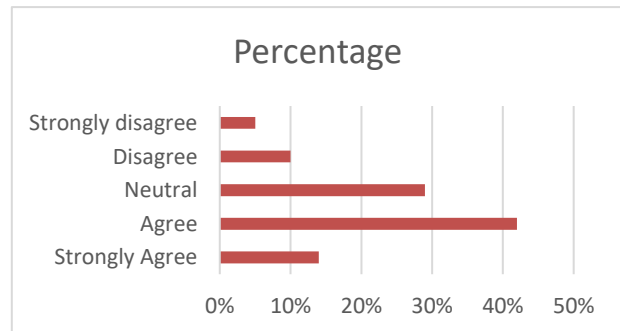
Analysis:

The results indicated 64% (15% strongly agree + 49% agree) participants agree that resilience has helped them find meaning and purpose even in difficult circumstances. Whereas 12% (2% strongly disagree + 10% disagree) participants disagree to it and 24% are neutral to it. The mode calculated was agree (49%), which indicated that most of the participants believe that resilience help in giving meaning and purpose to their life.

Spirituality, Resilience and Holistic wellbeing

1: Resilience and spirituality have helped me overcome challenging or stressful situations.

Response	Count	Percentage
Strongly Agree	14	14%
Agree	42	42%
Neutral	29	29%
Disagree	10	10%
Strongly disagree	5	5%

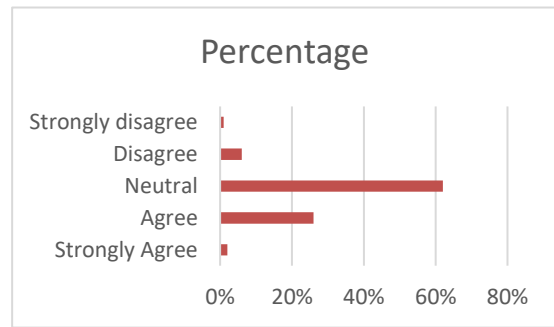


Analysis:

The results indicated 56% (14% strongly agree + 42% agree) participants agree that resilience and spirituality has helped in overcome challenging or stressful situations. Whereas 15% (5% strongly disagree + 10% disagree) participants disagree to it and 29% are neutral to it. The mode calculated was agree (42%), which indicated that most of the participants believed in integrated power of resilience and spirituality in overcoming challenges in life.

2: My spiritual beliefs have strengthened my resilience and has given strength to me.

Response	Count	Percentage
Strongly Agree	2	2%
Agree	26	26%
Neutral	62	62%
Disagree	6	6%
Strongly disagree	1	1%

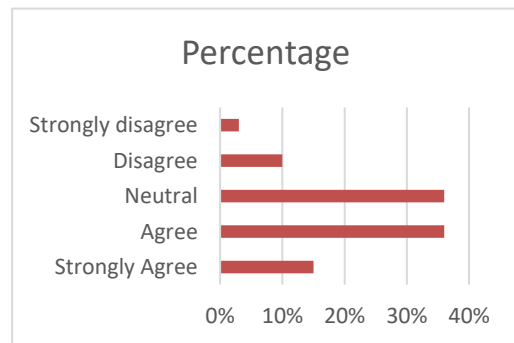


Analysis:

The results indicated 28% (2% strongly agree+ 26%agree) participants agree that spirituality beliefs have strengthened their resilience and given strength to them. Whereas 7% (1% strongly disagree+6% disagree) participants disagree to it and 62% are neutral to it. The mode calculated was neutral (62%), which indicated that most of the participants are not really sure about the connection between resilience and spirituality to provide strength.

3: Practicing resilience alongside spirituality has enhanced my ability to maintain positive and productive environment.

Response	Count	Percentage
Strongly Agree	15	15%
Agree	36	36%
Neutral	36	36%
Disagree	10	10%
Strongly disagree	3	3%

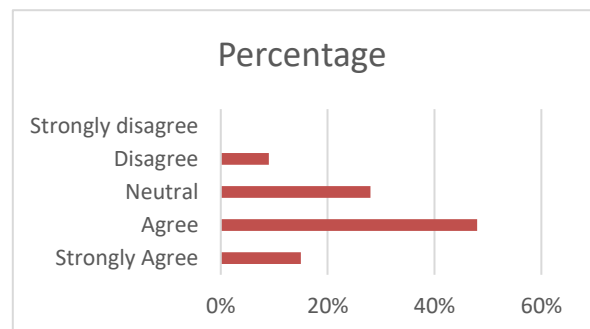


Analysis:

The results indicated 51% (15% strongly agree + 36% agree) participants agree that practicing resilience alongside spirituality has enhanced their ability to maintain positive and productive environment. Whereas 13% (3% strongly disagree+10% disagree) participants disagree to it and 36% are neutral to it. The mode calculated was agree (36%) and neutral (36%) which indicated that mixed opinion about it. Some agreed and some had feeling it's not that strong connection.

4: My spiritual practices and resilience have helped me build strategy to support each other in promoting holistic wellbeing.

Response	Count	Percentage
Strongly Agree	15	15%
Agree	48	48%
Neutral	28	28%
Disagree	9	9%
Strongly disagree	0	0%



Analysis:

The results indicated 63% (15% strongly agree + 48% agree) participants agree that spiritual practices and resilience has helped them build strategy to support each other in promoting holistic wellbeing. Whereas 9 % (0% strongly disagree+9% disagree) participants disagree to it and 28% are neutral to it. The mode calculated was agree (48%), which indicated that most of the participants believe in combined influence of resilience and spirituality for holistic wellbeing.

The results of the study suggests that spirituality is considered important factor for mental wellbeing, empathy and for giving meaning and purpose to life. On the other hand, resilience is strongly connected with emotional stability, mental wellbeing, work life balance. But the combination of spirituality and resilience is very beneficial for boosting holistic wellbeing and maintain meaningful life.

DISCUSSION

The results of this study provided a comprehensive understanding between spirituality, resilience and holistic wellbeing among youth in Delhi NCR region. The findings of the study have highlighted the impact of resilience and spirituality on each aspect of wellbeing and the combined effect of resilience and spirituality in boosting holistic wellbeing. The findings of the study have also been aligned with the literature offering valuable insights into how these factors contribute to overall well-being. We have discussed the results in same pattern.

Spirituality and holistic wellbeing

Spirituality is widely acknowledged as concept of connection with ourselves and something greater. Significant portion of participants (49%) have shown agreement to the idea that spirituality is an important aspect of their life and 45% of the participants have observed positive influence of spirituality on holistic wellbeing. The findings have aligned with the previous research highlighting spirituality's role in giving meaning and purpose to life. (Smith et al., 2013; Shahina & Parveen, 2020). When it comes to looking at the impact of spirituality on various aspects of wellbeing, the results highlighted that participants were unsure about direct influence of spirituality on physical health and energy levels. It was observed that most of the participants agreed that spirituality has helped them become empathetic and compassionate towards others. Most of the participants believed spirituality had given boost to mental wellbeing and provide meaning or purpose to life.

Most of the participants agreed to the impact of spirituality on holistic wellbeing but significant portion of people were uncertain about the direct influence of spirituality, remaining neutral and few disagreed to it. This study suggests that spirituality's impact is subjective and may vary based on individual beliefs, practices, and experiences. It is also indicated that spirituality's impact is significant in some aspects of wellbeing but not all aspects of wellbeing.

Resilience and Holistic wellbeing

Resilience is widely acknowledged as a crucial factor in managing stress and bouncing back from the difficult situation or setback. Significant portion of people had neutral response to the impact of resilience on wellbeing but large portion (64%) of people believed that resilience has helped them maintain emotional balance and stay positive even during difficult times. The findings have also been supported by previous studies that show resilience as a key protective factor in emotional stability, mental wellbeing and work life

Empowering Youth through Spirituality and Resilience: A Pathway to Holistic Well-Being

balance (Yashaswi, 2022; Vineesha et al., 2024). Resilience enables youth to manage daily stressors effectively and maintain a positive outlook, contributing to their emotional stability and overall well-being.

When it comes to looking at impact of resilience on various aspects of wellbeing the results highlighted Significant portion (58%) of participants felt that resilience has helped them manage work and family responsibilities and create healthy work life balance. Most of the participants believed that resilience helps them balance emotions even during tough times, improve mental wellbeing and find purpose to life. Most of the participants were neutral about its role in relationship-building. This suggests that while resilience plays a vital role in individual well-being, its impact on social interactions may be less straightforward and could be influenced by external factors such as social support systems and personal circumstances. Overall resilience plays a vital role in enhancing certain aspects of wellbeing and neutral to some.

Interconnectedness between spirituality, resilience and holistic wellbeing

The combination of spirituality and resilience has emerged as a powerful force for promoting holistic wellbeing. Significant portion (56%) of participants agreed that both help them overcome challenging situations and many participants also believed that the integration of spirituality and resilience has enhanced their ability to maintain a positive and productive environment. These findings have been supported by previous studies which emphasized on the synergistic relationship between spirituality and resilience in fostering a meaningful and balanced life (Malik et al., 2021; Smith et al., 2013). Most of the participants believed that spirituality and resilience both together help them in promoting holistic well-being, underscoring the collective benefit of these practices within communities. However, the data also highlighted some uncertainty among participants remaining neutral about the combined effect of spirituality and resilience on fostering positive environments. This neutral stance indicates that the influence of these factors can be context dependent and could vary based on individual circumstances. Thus, it becomes essential to consider the diverse experiences of youth when examining these constructs.

Implication of findings in practice

The results of the study have subjected various implication for empowering youth in today's era Integrating spirituality for youth development helps them being companionate towards the society and helps improving mental wellbeing and giving purpose to life. On the other hand, resilience is strongly connected with emotional stability, mental wellbeing and create work life balance. Implementing integrated approach spirituality and resilience can create strong interventions for enhancing holistic wellbeing.

The study has provided a comprehensive understanding of how resilience and spirituality contribute to holistic wellbeing of youth, empowering them for better tomorrow. Future research should further explore the interplay between these elements, particularly focusing on how external factors like environment and peer support influence their effectiveness. Additionally, more targeted interventions that integrate spirituality and resilience could be beneficial in fostering well-being across diverse youth populations.

CONCLUSION

In today's world societies are growing and developing very fast. This has increased the need of working on holistic wellbeing with positive approach specially for youth. Developing a path of empowering youth through optimal holistic wellbeing with the help of spirituality or

Empowering Youth through Spirituality and Resilience: A Pathway to Holistic Well-Being

connectedness and resilience or strength to overcome. In this study we have focused on exploring the impact of resilience and spirituality on holistic wellbeing and looking at the integrated approach. For this structured interviews were conducted among young adults. The results indicated positive influence of spirituality on holistic wellbeing specially in social (empathy and compassion towards others), mental wellbeing and finding purpose in life. Whereas resilience was also seen providing positive effect on holistic wellbeing in the area of emotional wellbeing, work life balance and mental wellbeing. Although there were many participants who were unsure about the significant impact of resilience and spirituality on wellbeing but most of the participants agreed that if we combine resilience and spirituality, it will enhance holistic wellbeing. Therefore, when spirituality and resilience are combined together it provides strong interventions and path for holistic wellbeing and youth development. This has also highlighted the need for further researches in this area.

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Empowering Youth through Spirituality and Resilience: A Pathway to Holistic Well-Being

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Conflict of Interest

The author(s) declared no conflict of interest.

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