Promoting Spiritual Health in Adolescents

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Adolescence and its characteristics

- The word adolescence is derived from the Latin verb ‘adolescence’ that refers to grow into maturity.
- Adolescence is characterized by critical physical and psychological changes.
- It is a critical stage in the life cycle that has also been viewed as a challenge and a delight.

• It is a delight because there is great pleasure to be gained for adults in the idealism and enthusiasm for life apparent in this stage of a young person’s development.

• It is a challenge, however, because there are undoubtedly many difficulties and obstacles to be overcome if adults and teenagers are to get on well with each other.

• Rates of mental health problems among adolescents are quite high.
• The finding from a survey reported that Mental health problems among adolescents is about 25 percent.
Spiritual Health

The concept of “spiritual health” is doubly problematic in view of the way in which the two terms “spiritual” and “health” have themselves undergone considerable development and revisions in recent years.

The personal domain deals with how one intra-relates with oneself with regard to meaning, purpose and values in life.

The communal domain expresses in the quality and depth of inter-personal relationships, between self and others, and includes love, justice, hope, and faith in humanity.
Spiritual health reflects the extent to which people live in harmony within relationships with oneself (personal), others (communal), nature (environment), and God (or transcendental other).
The environmental domain deals with care and nurture for the physical and biological world, including a sense of awe, wonder and unity with the environment.

The transcendental domain deals with the relationship of self with some-thing or some-one beyond the human level, God,

Spiritual health promotion.


- Self-transcendence, the ability to expand personal boundaries in multiple ways, has been found to provide well-being.

There is a direct positive relationship between hope, coping, spiritual health and satisfaction with life.
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Measuring Spiritual Health

- Paloutzian & Ellison's Spiritual Well-Being Scale
- Mental, Physical and Spiritual Well-being Scale (MPS)
- JAREL Spiritual Well-Being Scale
- Spiritual Well-Being Questionnaire
- Spiritual Well-Being Scale of the Functional Assessment of Chronic Illness Therapy (FACIT-Sp)

- Spirituality Index of Well-Being

- Multidimensional Inventory for Religious/ Spiritual Well-Being (MI-RSWB)

- Satisfaction With Life Scale (SWLS)
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