

Spirituality and Student Life: A Comparative Exploration of Medical and Nonmedical Science Students Well-Being

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Abstract

Spiritual well-being is a unique source that coordinates physical, mental, and social dimensions, and it is characterized by stability in life, peace, adjustment, and harmony, a sense of close relationship with oneself, God, society, and the environment. Spiritual well-being consists of two components of religious well-being and existential well-being. Religious well-being is a sign of communication with God, and existential well-being is the sense of purpose in life, peace, and life satisfaction. Spiritual well-being had an effect on the physical, social, and psychological aspects of an individual's life. University students in this period of life take more responsibility for their health and have greater control over their lifestyle than adolescents. Lifestyle changes can have strong implications on their health and well-being. Furthermore, mental health among university students could be affected by spiritual well-being. The transition from adolescence to the youth period causes young people to face sensitive and critical situations.

Introduction

Since medical science students and nonmedical science students have different talents and educational backgrounds, and medical science students are expected to be aware of and practice healthy behaviors, it is necessary to study their spiritual well-being separately to design and implement different interventions in each of the universities. Therefore, this study aimed to compare the students' spiritual well-being in two Kerman universities of medical sciences and nonmedical sciences [1]. In the realm of healthcare education, the focus is often placed on the acquisition of scientific knowledge and technical skills. However, the importance of addressing the spiritual well-being of students, including those pursuing medical and nonmedical science disciplines, should not be overlooked. Understanding and nurturing spiritual well-being can have a profound impact on the personal and professional development of students, regardless of their chosen field [2]. Engaging with diverse perspectives is also crucial. Encouraging students to explore different religious and philosophical traditions can foster a broader understanding of spirituality and its various expressions. This exposure can enhance empathy, respect for diversity, and the ability to navigate cultural and spiritual differences, essential skills for healthcare professionals working in multicultural settings.

Importance of spirituality on health and well-being

It encourages people to have better relationships with themselves, others, and the unknown. Spirituality can help you deal with stress by giving you a sense of peace, purpose, and forgiveness. It often becomes more important in times of emotional stress or illness there are six dimensions of spiritual well-being there are emotional, occupational, physical, social, intellectual, and spiritual. Addressing all six dimensions of wellness in our lives builds a holistic sense of wellness and fulfillment [3].

Benefits of spiritual health

Spirituality can promote close family and friendship bonds and help people cope with physical or emotional pain and other life stressors [4]. It can also offer people a strong sense of community, particularly for those who are part of a spiritual group or community. Creating a supportive and inclusive learning environment is equally important. Educational institutions can organize workshops, seminars, or courses that explicitly address spiritual well-being. These initiatives can provide a safe space for students to explore their spirituality,

share their experiences, and seek guidance from faculty members and spiritual advisors [5].

Elements of spirituality

The shamans, healers, sages, and wisdom keepers of all times, all continents, and all peoples, in their ageless wisdom, say that human spirituality is composed of three aspects: relationships, values, and life purpose [6].

Characteristics of spirituality

It includes a sense of connection to something larger than ourselves and typically involves a search for meaning in life. For many cultures, spirituality is deeply connected to healing practices and expanded stages of consciousness [7]. Spiritual well-being refers to the sense of meaning, purpose, and connection individuals experience in their lives. It encompasses beliefs, values, and practices that provide a framework for understanding the world and one's place in it. While spirituality is often associated with religious beliefs, it extends beyond formal religious affiliations and can be deeply personal, encompassing a broad range of beliefs and practices [8].

Medical students: In particular, face unique challenges throughout their educational journey. The demanding academic workload, exposure to suffering and death, and ethical dilemmas can evoke intense emotional and existential reflections. Nurturing spiritual well-being among these students can help them find meaning in their work, cope with stress, and maintain a sense of purpose and fulfillment in their chosen profession [9].

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Nonmedical science: students, although they may not directly interact with patients or provide healthcare services, also benefit from attending to their spiritual well-being. Science education can sometimes be reductionist, focusing solely on the objective and measurable aspects of the world. Nurturing spiritual well-being allows these students to develop a broader perspective, recognizing the interconnectedness of their discipline with other facets of life, such as ethics, morality, and the human experience [10].

Conclusion

It is important to acknowledge that spiritual well-being is a deeply personal and individual journey. Students may have diverse spiritual beliefs or identify as atheists or agnostics. Therefore, fostering a supportive environment that respects and values each student's unique path is crucial. Addressing spiritual well-being among medical and nonmedical science students is a vital aspect of their holistic development. By nurturing spiritual well-being, students can find meaning and purpose in their studies, develop empathy and compassion, and maintain their well-being throughout their professional .Moreover; integrating spirituality into the curriculum can help bridge the gap between scientific knowledge and personal growth. Incorporating topics such as ethics, mindfulness, compassion, and the humanistic aspects of medicine and science can encourage students to reflect on the larger meaning and purpose of their work. This holistic approach can foster a sense of integrity and authenticity in their professional practice.

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