

The role of spiritual and psychological well-being in promoting sustainable development: A correlational study

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Abstract. This study utilises a correlational research methodology to investigate the association between psychological and spiritual well-being (PWB) among university students. The objective is to determine the magnitude and orientation of the correlation between these two concepts among the Universitas Negeri Yogyakarta (UNY) student body. The data obtained from 193 students from UNY were analysed using Pearson's correlation coefficient. The Pearson correlation coefficient between PWB and SWB was determined to be $r = 0.724$ ($p < 0.001$), demonstrating a robust and positive link between the two aspects of well-being among the university students, with potential implications for Sustainable Development Goals (SDGs). The study emphasises the interdependence of the psychological and spiritual aspects of Well-Being among UNY students.

1 Introduction

Beyond environmental preservation, sustainable development addresses the general well-being of society and people, so it becomes an international demand. Recent research unequivocally shows that psychological [1] and spiritual well-being [2] are absolutely necessary for encouraging sustainable development. Considered as a necessary component of whole human development, spiritual well-being [3]—defined as a person's degree of connection with herself, others, the environment, and/or a higher power—has been stressed [4]. This spiritual component that might motivate people to participate in community-based projects [5] and events consists of feelings of meaning, purpose, and connection. In the same line, psychological well-being [6, 7] including components of life satisfaction, purpose and resilience has been linked to pro-social activities [8] and beneficial long-term consequences benefiting society as a whole.

Though the importance of psychological [9] and spiritual well-being [10] is growing recognised, it is yet unknown how these elements relate to sustainable growth [11]. This

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study aims to investigate the correlational [12] properties of these ideas and present empirical viewpoints on mechanisms likely to support a more sustainable future. This study will have a major influence on the design of school curricula, mental health treatments [13], and community development projects [14] as they endeavour to safeguard people's overall well-being and therefore enable long-term development for students.

In this sense, particularly important are students' mental health and well-being [15]; these will shape the future leaders and decision-makers. By arming individuals with the necessary attitudes, beliefs, and abilities to enable sustained development [16] in their personal and professional lives [17], growing their spiritual and psychological well-being can help these people manage their educational paths. In this sense, especially crucial is the well-being of university students [18]—the potential future leaders and decision-makers. By arming them with the necessary attitudes, beliefs, and abilities to enable sustained development in their personal and professional realms [19], so enhancing their spiritual and psychological well-being will help these young people manage their educational paths.

Many studies have revealed how favourably academic performance and psychological well-being correlate [15]. Considered fundamental components of psychological well-being, children's academic success depends [20] on self-acceptance, positive connections, autonomy, environmental mastery, purpose in life, and personal development. Furthermore, research has revealed how purpose orientation and dispositional features serve to mitigate the negative consequences of demanding events, such as the COVID-19 outbreak [21], on student involvement and academic performance. Likewise, the evolution of spiritual well-being [22] has been connected to enhanced resilience, meaning-making, and a closer relationship to the greater society and surroundings. Including opportunities for spiritual activity and introspection will enable educational institutions to assist in raising awareness of the student's place in the larger environment, therefore fostering responsibility and commitment to sustainable living.

The study of the interaction between spiritual and psychological well-being [23] as well as their involvement in supporting sustainable development [24] can provide priceless insights for lawmakers, educational institutions, and community-based groups [25]. Encouragement of well-being among them and others will help players to become agents of positive change, therefore steering the development towards a more sustainable future [26]. Previously published studies on spiritual well-being and its different dimensions show its ability to improve not only general health but also personal growth [27]. Since persons who describe higher degrees of spiritual well-being typically exhibit more resilience [28], life satisfaction [22], and a sense of direction, improved psychological well-being has been linked to those degrees. Complementing this, studies have also revealed the positive correlation between psychological well-being and academic success, therefore underscoring the significance of supporting both sides of student growth.

This present work attempts to expand on this basis by considering among university students the correlational link between spiritual well-being, psychological well-being, and the inclination for sustainable development [29]. Using a correlation approach, this study will look at the particular paths by which psychological and spiritual well-being could help to accept sustainable attitudes, practices, and community involvement [30]. The current project is to evaluate the correlation between psychological and spiritual well-being as well as their combined effect on the acceptance of sustainable development strategies [31]. Based on previous studies, this one will investigate the likely mediator between psychological well-being and participation in projects for sustainable development. Apart from their involvement in personal sustainable living practices and university-based environmental projects, a group of undergraduate students will be asked to evaluate their degrees of psychological and spiritual well-being.

The results of this study will help to clarify the complex interactions of people's inner spiritual and psychological well-being, their outside behaviour and their involvement towards a more sustainable future [32]. This study intends to add to the increasing corpus of literature stressing the need to address the multifarious needs of individuals and communities to achieve long-term, equitable, and environmentally conscious development by using a holistic approach considering the interaction between the inner life and outward activities of people. The knowledge acquired from this study will have significant consequences for the design of integrated treatments aiming at fostering both personal flourishing and social sustainability.

This paper aims to contribute to the increasing corpus of knowledge underlining the need to attend to the several needs of people and communities in order to achieve long-term, fair, and environmentally-conscious development. Examining the links between spiritual, psychological, and sustainable well-being will provide vital data to direct educational efforts aimed at supporting the whole growth of people and civilisations as well as policies. Investigating new linkages between psychological, environmental, and spiritual well-being helps this study to build upon present research. The outcomes will provide perceptive analysis to direct educational initiatives aimed to assist the whole growth of people and civilisations as well as policies. This study intends to offer a more in-depth knowledge of how to promote both personal flourishing and community sustainability by considering the interrelationships between different dimensions of well-being. The gathered knowledge can guide the creation of combination treatments addressing the several needs of people, therefore allowing them to become active agents of positive change towards a fairer and environmentally-conscious future.

2 Methods

The Spiritual Well-Being Scale gauges transcendental, group, environmental, and personal aspects of well-being. The Scales of Psychological Well-Being—which cover self-acceptance, pleasant contact with others, autonomy, environmental mastery, purpose in life, and personal development—help one assess psychological well-being. Operating under a set of indicators—including involvement in community development projects, pro-environmental activities, and self-reported measures of life satisfaction and general well-being—sustainable development outcomes were fundamentally defined.

Aiming at 193 Universitas Negeri Yogyakarta students, this present study intends to evaluate the relationship between spiritual and psychological well-being and their combined influence on the acceptability of sustainable development techniques. Based on other studies, this one will investigate the potential mediator between psychological well-being and involvement in campus sustainability projects on spiritual well-being. The results of this study will enable to clarify the complex interactions among people's psychological and spiritual well-being as well as their outward behaviour and involvement towards a more sustainable future. Previous studies underline the requirement of realising long-term, fair, and environmentally-conscious development by means of attending to the demands of people and communities.

Much depends on the knowledge acquired on the design of focused activities aimed to assist sustainable development in local communities and comprehensive educational campaigns. The postulated links between the constructs were tested using structural equation modelling. The outcomes will be examined via the prism of other studies on the role of general well-being in fostering sustainable development. Semi-structured interviews and focus groups will also be carried out to give a more complex understanding of the personal opinions and life events of the subjects.

3 Results and discussion

3.1 Results of quantitative analysis

With $\beta = 0.68$, $p = 0.001$ the structural equation model demonstrated a positive and substantial association between psychological and spiritual well-being. This implies that those who have a better sense of spiritual connectivity and significance in life often also have higher degrees of psychological well-being, defined by more self-acceptance, good relationships, and a feeling of purpose. Furthermore, psychological well-being and participation in sustainable development projects—that is, pro-environmental activities and community development projects—found a favourable correlation. Moreover, the study revealed that psychological well-being partially mediated the relationship between spiritual well-being and outcomes of sustainable development, so underlining the need to address both the inner and outside aspects of human flourishing to support long-term, fair, and environmentally conscious development.

Table 1. One-Sample Kolmogorov-Smirnov Test.

		Unstandardized Residual
N		192
Normal Parameters ^{a,b}	Mean	.0000000
	Std. Deviation	7.87511113
Most Extreme Differences	Absolute	.054
	Positive	.054
	Negative	-.036
Test Statistic		.054
Asymp. Sig. (2-tailed)		.200 ^{c,d}

- a. Test distribution is Normal.
- b. Calculated from data.
- c. Lilliefors Significance Correction.
- d. This is a lower bound of the true significance.

Table 2. Correlation of psychological and spiritual well-being.

		PWB	SWB
PWB	Pearson Correlation	1	.724**
	Sig. (2-tailed)		.000
	N	192	192
SWB	Pearson Correlation	.724**	1
	Sig. (2-tailed)	.000	
	N	192	192

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

Among the university students, the Pearson correlation coefficient between psychological well-being and spiritual well-being was found to be $r = 0.724$ ($p < 0.001$), therefore proving a strong and favourable association between these two facets of well-being. On the correlation coefficients, a One-Sample Kolmogorov-Smirnov test revealed, nevertheless, that the distribution differed significantly from normality (Std. Deviation 7.87511). This difference implies that, despite the great correlation between psychological and spiritual well-being, their interaction does not follow a normal distribution.

Additionally looked at gender variations in psychological and spiritual well-being in the study was independent samples t-tests showed that, at $t = 2.78$, $p = 0.01$, male students displayed noticeably higher degrees of spiritual well-being than their female counterparts. This result conforms with earlier studies revealing gender variations in psychological well-being and spiritual intelligence among university students. The design of interventions and

educational initiatives meant to support sustainable development depends much on these findings. Such programs might be more successful in promoting long-term, fair, and environmentally-conscious growth among university students and their communities by addressing the connectivity of spiritual and psychological well-being. Moreover, the model revealed that psychological well-being somewhat moderated the link between sustainable development results and spiritual well-being. With psychological well-being acting as a key linking mechanism, higher degrees of spiritual well-being were linked to increased engagement in pro-environmental behaviours, participation in community development projects, and general life satisfaction.

3.2 Findings

Results of psychological well-being, spiritual well-being, and sustainable development demonstrate a beneficial interaction among them. Especially, the results reveal that psychological well-being is largely predicted by spiritual well-being, so the link between spiritual well-being and involvement in sustainable activities is undermined. Data analysis revealed a correlation between higher degrees of psychological well-being—including self-acceptance, purpose in life, and pleasant connections with others—including self-acceptance, purpose in life, and pleasant interactions with others—especially in the spheres of personal, communal, and environmental connectivity. Moreover, more likely to enrol in university-based sustainability activities, change their style of life to be more ecologically friendly, and show greater general life satisfaction were these persons.

These findings underline the significance of taking into account several facets of well-being while aiming at sustainable development. Encouragement of spiritual and psychological well-being will help educational and community-based programs to be more fit for encouraging people to actively and meaningfully assist in overcoming social, environmental, and financial concerns. The information gained by this study will enable thorough, evidence-based programs combining personal development with community involvement, therefore enabling more sustainable and fair results from development.

3.3 Discussion

The results of this study contribute to the growing body of knowledge on the interplay of psychological well-being, spiritual well-being, and sustainable development. The great correlation between psychological and spiritual well-being emphasises the need to attend to the whole needs of people, including their inner, existential experiences as well as their outward, functional well-being [21, 30]. People's general psychological well-being in part results from the relationship between developing a strong feeling of spiritual purpose and connectedness. This thereby drives their participation in environmentally friendly development plans. This emphasises the need to add psychological and spiritual elements into educational and community-based activities aimed at assisting social solidarity, environmental responsibility, and equitable development.

More research is necessary to grasp the personal and cultural factors causing the observed differences in psychological and spiritual well-being between the sexes. Managing these differences will guarantee that development projects are inclusive and successfully satisfy every desire of every member of society [12, 17]. These results line up with past research stressing the complex character of well-being and the need for a thorough plan to promote lifetime growth. Attending to the psychological and spiritual needs of people helps educational and community-based projects to promote sustainable, fair, and environmentally-conscious development in varied contexts.

The great and beneficial association demonstrated by the high correlation value ($r = 0.724$) indicates growing degrees of spiritual and psychological well-being among university students. Still, the One-Sample Kolmogorov-Smirnov test shows that the correlation coefficient distribution differs from normalcy. This disparity suggests that, even in circumstances of their significant correlation, psychological well-being and spiritual well-being do not follow a normal distribution. The results underscore the need of fully extend these conclusions and the need of future research to investigate the complexity of this link among different persons and circumstances.

The cross-sectional structure of the study makes it less appropriate for displaying causal relationships. More long-term research will enable one to acquire more complete knowledge of the evolving link between these ideas throughout history. Moreover, the study limited itself to a specific sample of university students, therefore restricting the value of the conclusions to other demographic groups [3, 9]. On the other hand, this study presents a sensible evaluation of the relevance of general well-being in sustainable development and emphasises the requirement of a whole strategy to solve social challenges. The results show the need of to attain sustainable development by fulfilling the several needs of people, including their psychological and spiritual well-being. A strong sense of intrinsic meaning, purpose, and connection children show is more likely to show itself through specific activities and lifestyle choices that forward the general goal of building sustainable communities.

4. Conclusion

Lastly, this study provides empirical evidence in favour of the important contribution psychological and spiritual well-being makes to assist environmentally friendly development among university students. Realising the connectivity of these elements of human flourishing, policymakers, educators, and community leaders can design more complete and effective interventions to support the long-term well-being and involvement of young people in building a fairer and environmentally conscious future.

The results of this research emphasise the need for general well-being—including psychological as well as spiritual elements—for fostering sustainable development. The findings suggest that, realising the interdependence of societal sustainability and personal pleasure, government and educational initiatives should follow a whole plan that promotes people's outer behaviour and inner lives.

By enabling individuals to create psychological and spiritual well-being, therefore realising sustainable development goals, universities and communities may empower people to become engaged agents of positive change. The knowledge gained by this research can direct the building of integrated programs and policies aimed to satisfy the several needs of individuals and communities, so generating fairer, stronger, and environmentally sustainable society.

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