

Assessment Of Spiritual Health Among Medical Students

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Introduction

Spiritual health is defined as a state of being where an individual is able to deal with day-to-day life in a manner which leads to the realization of one's full potential; meaning and purpose of life; and happiness from within. It has been found that spiritual practices have a positive correlation with survival, low blood pressure, less remission time from depression, less number of cigarettes smoked per day per week, less severe medical illness, better quality of life, cooperativeness, etc. In last two decades, there has been scientific search for the relationship of the spirituality with intelligence, with emotions and also well-being. Measurement instruments have been developed to measure spiritual intelligence, which is a spiritual correlate to intelligence quotient and emotional quotient. Like emotional quotient, spiritual quotient is assuming importance in scientific research and philosophical/psychological debates. In this direction, National Institute of Health and Family Welfare, New Delhi has developed a statistically reliable and valid spiritual health scale.***Objective: To assess the spiritual health status of medical students using the spiritual health scale developed by NIHFW, New Delhi.

Methodology

The NIHFW, spiritual health scale is in the form of a questionnaire consisting of 127 questions. The participants were requested to answer the questions. A

total of 200 participants were included in the study. All participants were undergraduate medical students studying in the same medical college and residing in the same hostel. Likert type scale was used. Percentage of students lying in various categories determined statistically and also chi-square test (5x2 contingency table).

Results

Assessment Of Spiritual Health Among Medical Students We found that 67% participants have a moderately refined spiritual health and 21% participants have a slightly refined spiritual health. 6.5% participants have a refined spiritual health and only 2.5% and 3% individuals have much refined spiritual health and unrefined spiritual health respectively.

Implications

This study helped us to understand the mindset and attitude of medical students towards the spiritual aspects of life. The determination of spiritual refinement present in the medical community, might help in better planning of the medical curriculum and inclusion of stress relieving workshops, etc. in the curriculum.