

*An Exploration of the Effect of Spiritual Well-being on Student Well-being and the Ability to Cope with Stress*

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Abstract

Contrary to the new wave of spiritual awareness and transpersonal psychotherapy, the result of this study did not find a statistically significant correlation between spiritual well-being and life satisfaction. In addition, the findings in the study reveal that spiritual well-being is not a significant source of coping for college students, and actually, appears detrimental to a student's ability to cope during college years. Further research would be necessary in order to determine if maturation is a factor of spiritual well-being and satisfaction with life.