

Spiritual Well-Being of Senior High School Students in a Non-Sectarian Private High School

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Introduction: Spiritual well-being is part of the human being which involves one's relationship with God and how one feels satisfied with their lives. Rooted on spiritual well-being theory, this study assessed the spiritual well-being of students in a private non-sectarian school in Northern Negros Occidental during 2024-2025 in terms of religious and existential well-being relative to sex, religious affiliation, family monthly income, family structure, and birth order. Likewise, it compared their spiritual well-being relative to demographics.

Methodology: The paper employed a quantitative design and utilizes the descriptive-comparative approach. This was responded by 75 Humanities and Social Sciences students determined using stratified random sampling. In assessing the study, it used a standardized questionnaire with the scale: high, moderate, and low. In data analysis, it employed mean, standard deviation, Mann Whitney, and Kruskal Wallis. Lastly, it adhered to the Philippine Health Research Ethics Board (PHREB) ethical standards.

Results: The students have a moderate spiritual well-being. Religious well-being was rated high while existential, moderate. In the areas of demographics, specifically in religion, the Catholic students rated higher religious well-being than non-Catholics. Meanwhile, in family monthly income, those from low income are rated higher in religious well-being than those of high income. Furthermore, in birth order, the first and third born and up students rated higher religious well-being than, second born. Meanwhile, among the demographics there was a difference in the spiritual well-being relative to religion. Here, Catholic respondents rated significantly higher than non-Catholics.

Conclusion: Based on the results, it was found that the students in a non-sectarian private school had a high level of religiosity despite having a moderate relationship with God and a sense of purpose in life. Their faith, temperament, meaning, and contentment are guaranteed when these well-matched. A values-based culture can be established by incorporating the school's values into instruction and learning opportunities, encouraging collaboration amongst all disciplines, and making sure the principles are clear. In Introduction to World Religions and Belief Systems (IWRBS), non-sectarian private schools are encouraged to offer a variety of programs to help students understand life's fundamental values as well as appreciating the teachings of world religions regardless of the number of its adherents. Additionally, prioritizing the teachers' competence is essential in values inculcation through instruction, vis-à-vis long-lasting connection between these two dimensions.

Practical Value: The paper is valuable to the locale and scientific community. The findings can help teachers of the (IWRBS) to continuously improve instruction pertaining to students' values development. This output can be incorporated into students' curricular activities to establish better life disposition. Also, this paper can add to the body of knowledge.

Direction for Future Research: Future researchers should conduct studies on spiritual well-being in a larger scale for greater generalizability. They may employ other designs to elicit in-depth analysis. And lastly, they may use other variables not covered to provide varied contexts of spiritual well-being.

Keywords: social science, spiritual well-being, quantitative, Negros Occidental

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