

# Investigating the relationship between spiritual health, happiness and hope in the elderly of Shiraz

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**Introduction:** As the global population ages, addressing the well-being of the elderly as a vulnerable group becomes increasingly important. Amidst the dimensions of health, spirituality stands out, impacting purpose of life, longevity, quality of life, and happiness. This study explores the relationship between spiritual health, happiness, and hope among the elderly people in Shiraz.

**Method:** Data were randomly collected from 115 elderly people over the age of 60 in daily care centers for the elderly across Shiraz, Iran. The state of spiritual health was evaluated using the Spiritual Well-Being Scale. The Oxford Happiness Inventory and Adult Hope Scale were also used to measure happiness and hope. Data analysis was done using SPSS.

**Findings:** The average age of the participants was 68.42 years, of which 56.5% were women. Most of the elderly were housewives and teachers. The mean and standard deviation of happiness, spiritual health and hope in the elderly were  $(74.34 \pm 17.16)$ ,  $(101.72 \pm 12.73)$  and  $(43.33 \pm 7.01)$ , respectively. A positive and significant relationship was observed between spiritual health, happiness and hope.

**Conclusion:** According to the results, it seems that improving the spiritual health of the elderly can affect their happiness and hope, ultimately leading to the improvement of their quality of life. Therefore, it is suggested to design interventions based on spiritual health with the aim of promoting happiness and hope in them.

**Keywords:** spiritual health, happiness, hope, elderly

