

Improving Spiritual Well-Being in Adolescents: A Pre-Post Study of a Multimodal Stress Management Training

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Background

Adolescence represents a period distinguished by increased stress levels with discernible consequences for wellbeing. Challenges encountered include post-pandemic anxiety disorders or exam-related anxiety. According to the COPSY study, the COVID-19 pandemic resulted in reduced quality of life in 40.2% of 11- to 17-year-olds and mental health problems in 31.0% of 7- to 17-year-olds [1]. Results among 10–17-year-olds showed that 18.0% frequently worried about the impact of the COVID-19- pandemic on society, school or economic consequences [2]. Students are considered to have more and more difficulties in coping with life situations and thus become overburdened [3]. A vicious cycle for adolescents occurs when maladaptive coping strategies are met with psychosocial health problems. Therefore, a conceptual framework centered on spirituality, encompassing multidimensional life satisfaction, compassion, awe, gratitude, and anxiety suggests the significance of self-compassion and gratitude as important factors in enhancing wellbeing and reducing anxiety

Aim

The ongoing study examines the effects of multimodal stress management training on adolescents' wellbeing, focusing specifically on dimensions of spirituality. To date, 28 out of 120 students between 17 to 20 years from graduation classes have voluntarily enrolled in this in-school program, honored with a certificate endorsement.

Method

This 10-week intervention study adheres to a post hoc design with three distinct measurement points (t0, t1, t2). The intervention program includes yoga, meditation, and experiential-based learning and relaxation techniques. We collect data using standardized questionnaires addressing perceived stress, life satisfaction, mindfulness, compassion, awe/gratitude, and exam-related anxiety.

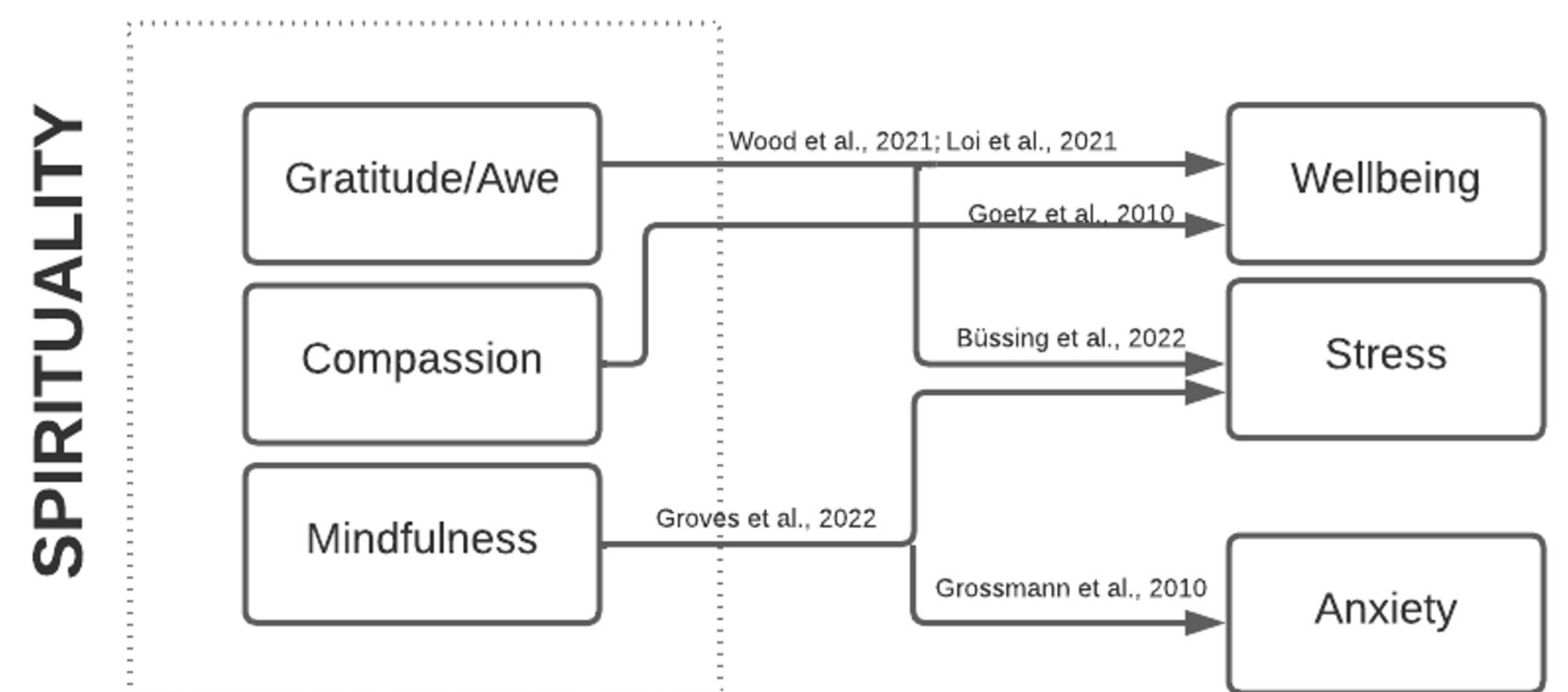
Primary Outcome: Enhancement of Stress Perception Metrics using Perceived Stress Scale (PSS) and Visual Analog Scale (VAS).

Secondary Outcomes: Reduction in Test Anxiety Levels, Increase in Mindfulness.

Additional Parameters: Multidimensional Life Satisfaction, Conscious Presence in Daily Activities (Situational Mindfulness), Levels of Compassion, Awe, and Gratitude, Internal Consistency with Exercises (Inner Congruence).

Conceptual

Model



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Results

Study is still ongoing. First results show, that students expressed motivation and commitment to the program, driven by their enjoyment for the diverse elements that helped to manage self-imposed stress. Our study enriches the landscape of interventions tailored for adolescents by adopting a multifaceted approach, addressing stress management and encompassing techniques that focus on aspects of a gratifying life with an emphasis on non-religious spirituality. The program aims to enhance adolescents' resources, empower them to cope with their school-related stressors, and thereby help them develop as responsible and caring individuals.

Conclusions

This research endeavors to offer a nuanced perspective on the efficacy of our intervention program compared to interventions such as mono-interventions (i.e. yoga or sporting activities). We aspire to uncover the distinctive advantages inherent in a multimodal stress management program that incorporates non-religious forms of spirituality within the educational settings for adolescents.