



The Effects of the Spiritual Journal Program on Spiritual Growth, Psychological and Physical Well-Being for Christian Adults

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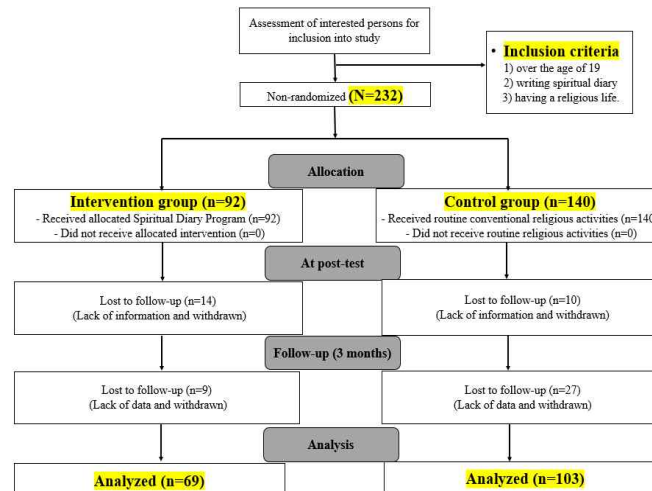
Background

- Despite the importance of spirituality, people have focused primarily on the body and well-being, and confining human desires to only the physical realm excluding spirituality.
- Many churches transformed traditional worship to online services using different forms of social media, websites, and TV in the COVID-19 Pandemic.
- Spiritual diaries use an internet websites and applications to write diaries and share them with church members so that people can communicate with God and others in cyberspace.
- However, there are few studies have verified the effects of spirituality journal programs on spirituality and health.

Purposes

- To implement and evaluate the effectiveness and a 3-month long-term effects of a **Spiritual Journal Program** on **spiritual growth**, **psychological**, and **physical well-being** of 232 Christian adults in Korea.

Participants : Flow chart



Conclusion

- Results indicated that the intervention group after spiritual journal program showed significant improvement in spiritual growth, psychological well-being until the 3-month follow-up.
- These findings suggested that spiritual journal can be effective method of spiritual self-care to promote spiritual growth and psychological well-being.

Result

<Long-term Effects of Spiritual Journal Programs> (N = 172)

Variables	Time	Intervention group M±SD	Control group	Source	χ ² or F(p)
❖ Spiritual growth					
DUREL	baseline	23.65±1.81	23.53±2.22	Time	3.20(.042)
	Post-intervention	24.25±1.71	23.68±2.28	Group	1.06(.347)
	After 3 months	24.06±1.76	23.71±2.13	GxT	1.71(.192)
SPS	baseline	54.35±5.40	53.85±4.55	Time	5.10(.007)
	Post-intervention	56.10±4.03	53.90±5.24	Group	7.33(.007)
	After 3 months	56.11±3.63	53.72±4.54	GxT	5.63(.004)
STS	baseline	47.46±5.09	47.75±5.21	Time	8.88(<.001)
	Post-intervention	49.24±6.17	48.33±5.27	Group	0.97(.327)
	After 3 months	49.75±4.79	48.21±5.70	GxT	3.50(.033)
❖ Psychological well-being					
DSES	baseline	67.85±14.04	66.38±11.84	Time	5.15(.006)
	Post-intervention	72.84±13.17	65.92±11.75	Group	6.12(.002)
	After 3 months	72.26±11.61	66.53±12.35	GxT	7.84(.006)
SWLS	baseline	22.43±6.64	22.21±7.20	Time	0.98(.376)
	Post-intervention	23.30±7.09	22.26±7.16	Group	0.13(.723)
	After 3 months	22.72±6.20	22.95±6.97	GxT	1.28(.280)
MIL	baseline	101.72±18.39	100.10±13.91	Time	3.35(.036)
	Post-intervention	106.11±16.25	100.17±14.76	Group	3.20(.076)
	After 3 months	104.36±14.20	100.29±15.35	GxT	3.07(.048)
CES-D	baseline	12.72±10.13	10.60±7.64	Time	7.53(.001)
	Post-intervention	8.59±7.48	10.08±8.98	Group	0.05(.816)
	After 3 months	10.21±8.05	10.09±8.06	GxT	4.41(.013)
❖ Physical well-being					
PSC	baseline	24.42±11.41	23.81±9.12	Time	0.24(.786)
	Post-intervention	22.91±10.43	24.71±10.32	Group	0.11(.739)
	After 3 months	24.01±10.90	24.30±9.81	GxT	2.51(.083)