

Abstract

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

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Background: Adolescence is a period characterized by elevated stress levels with identifiable consequences for well-being. Challenges include post-pandemic anxiety disorders or test anxiety. A spirituality-centered conceptual framework that includes multidimensional life satisfaction, compassion, awe, gratitude, and anxiety suggests the importance of self-compassion and gratitude as important factors in enhancing wellbeing and reducing anxiety.

Aim: This ongoing study examines the effects of a multimodal stress management training on adolescent well-being, focusing specifically on dimensions of spirituality. To date, 44 out of 120 students between the ages of 17 and 20 have voluntarily enrolled in this in-school program.

Methods: This 10-week intervention study follows a post hoc design with three distinct measurement points (t0, t1, t2). The intervention program includes yoga, meditation, experiential learning, and relaxation techniques. Data will be collected using standardized questionnaires addressing

perceived stress, life satisfaction, mindfulness, compassion, awe/gratitude, and test anxiety.

Results: Students expressed motivation and commitment to the program, driven by their enjoyment of the various elements that helped manage self-imposed stress. Our study enriches the landscape of interventions tailored for adolescents by adopting a multifaceted approach that addresses stress management and includes techniques that focus on aspects of a grateful 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 seeks to provide a nuanced perspective on the efficacy of our intervention program compared to interventions such as mono-interventions (i.e., yoga or sports activities). We seek to uncover the unique benefits of a multimodal stress management program that incorporates non-religious forms of spirituality within the educational setting for adolescents.

Keywords: spirituality, adolescents, well-being, gratitude, awe, compassion