DESCRIPTIVE STATISTICS

Univariate Analysis

Frequency Table for Demographic Variables

How old are you?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	25 to 34	13	11.3	11.7	11.7
	35 to 44	29	25.2	26.1	37.8
	45 to 54	39	33.9	35.1	73.0
	55 to 64	26	22.6	23.4	96.4
	65 or over	4	3.5	3.6	100.0
	Total	111	96.5	100.0	
Missing	System	4	3.5		
Total		115	100.0		

What is your Gender?

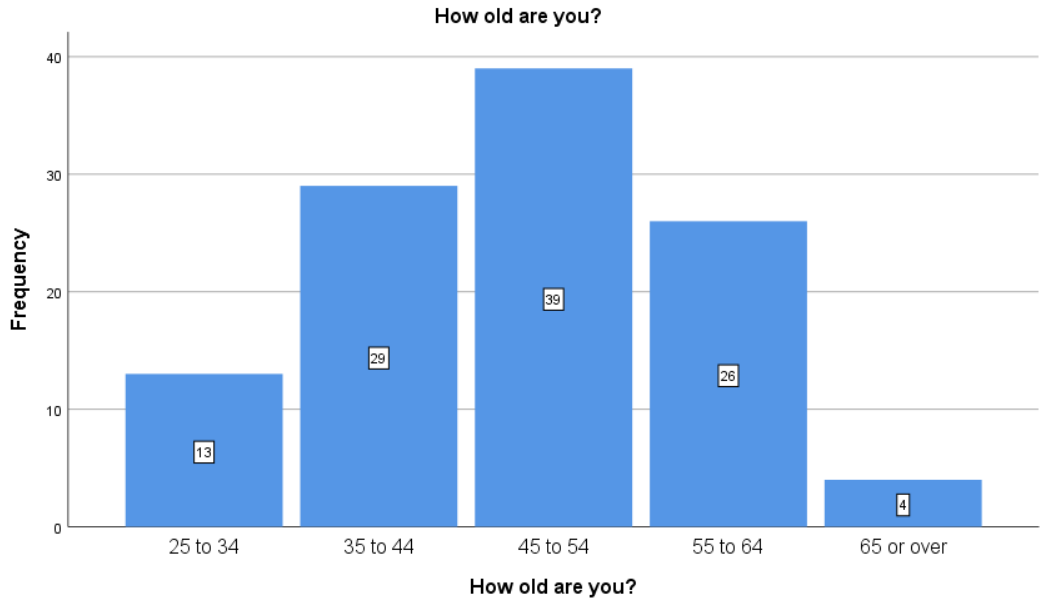
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Female	20	17.4	18.0	18.0
	Male	91	79.1	82.0	100.0
	Total	111	96.5	100.0	
Missing	System	4	3.5		
Total		115	100.0		

What is your Marital Status?

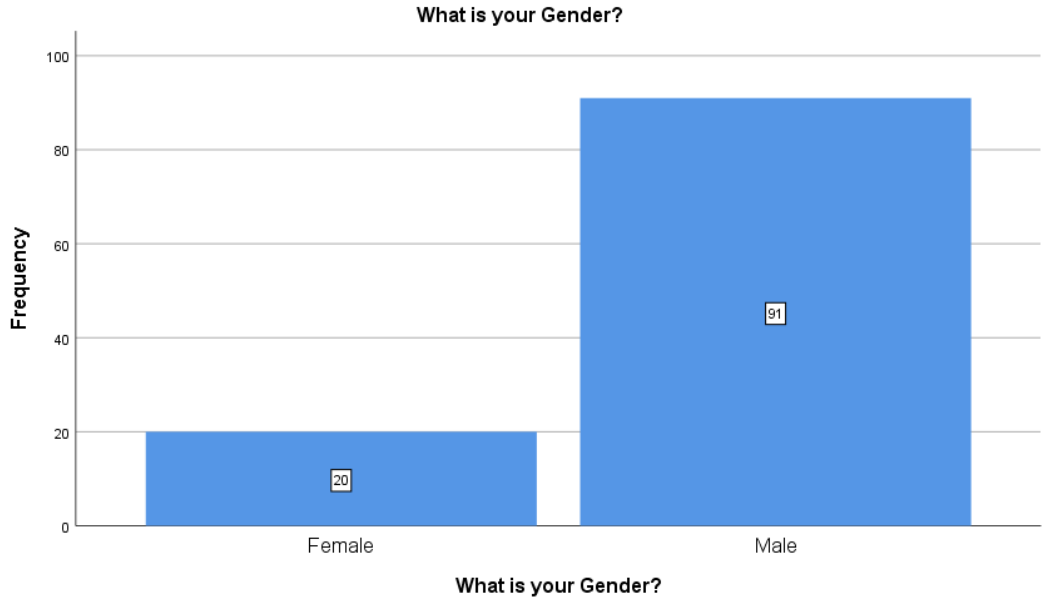
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Unmarried	18	15.7	16.2	16.2
	Married	89	77.4	80.2	96.4
	Widowed	4	3.5	3.6	100.0
	Total	111	96.5	100.0	
Missing	System	4	3.5		
Total		115	100.0		

Bar Chart for Demographic Variables - Count

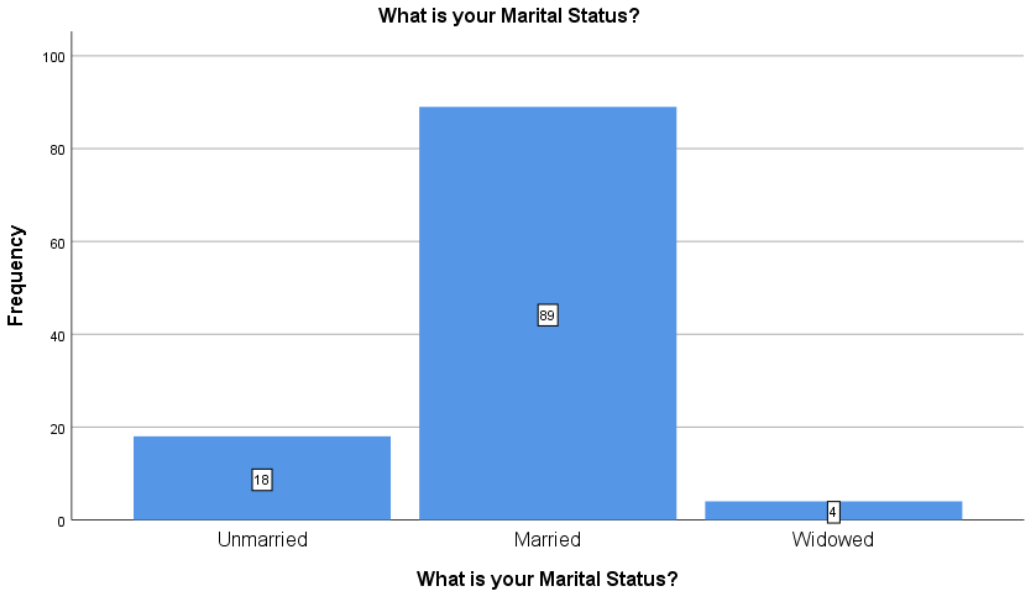
Age Category



Gender

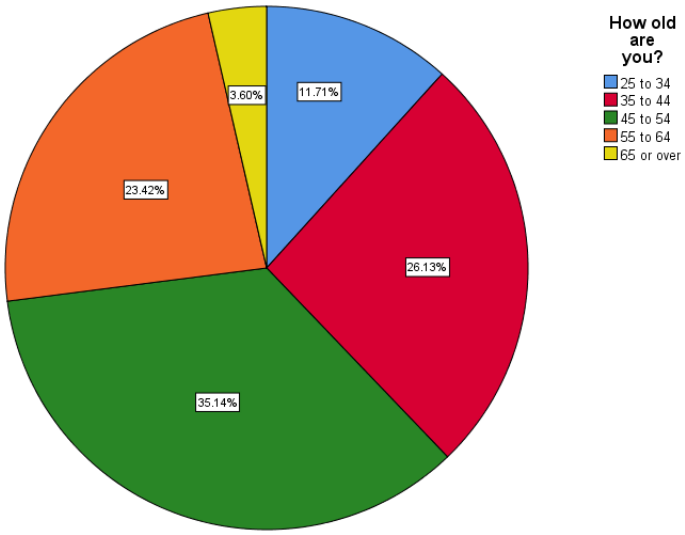


Marital Status

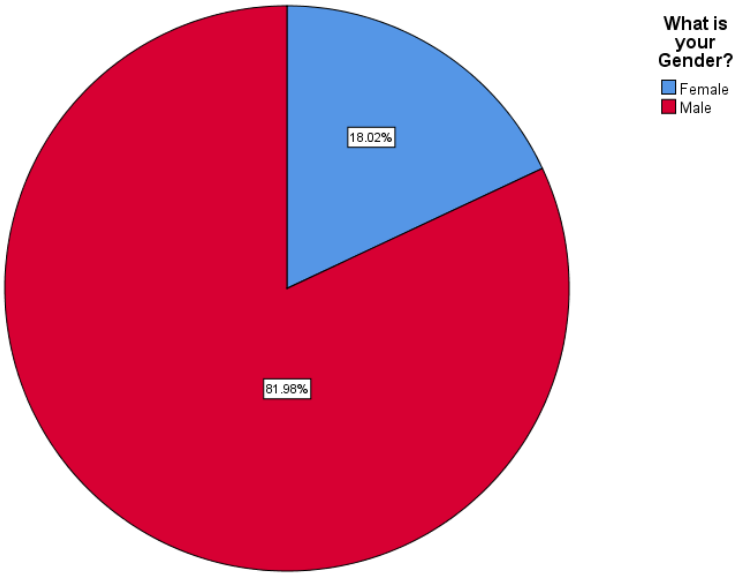


Pie Chart for Demographic Variables - Percentage

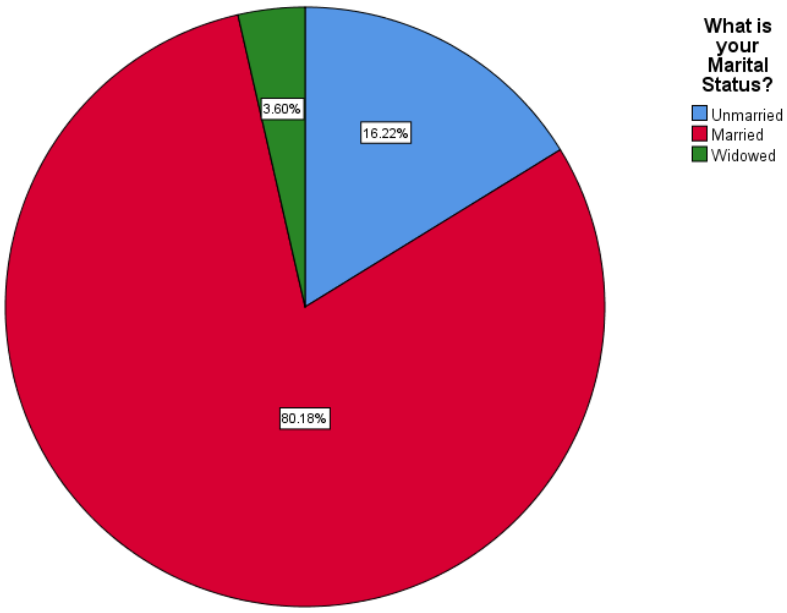
Age Category



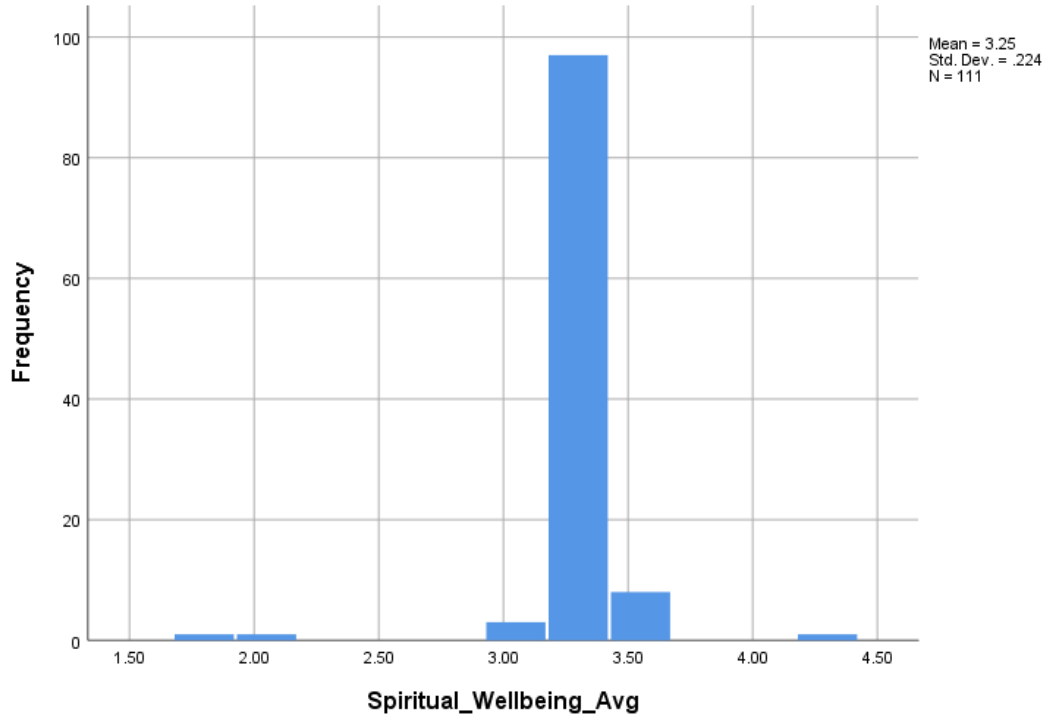
Gender



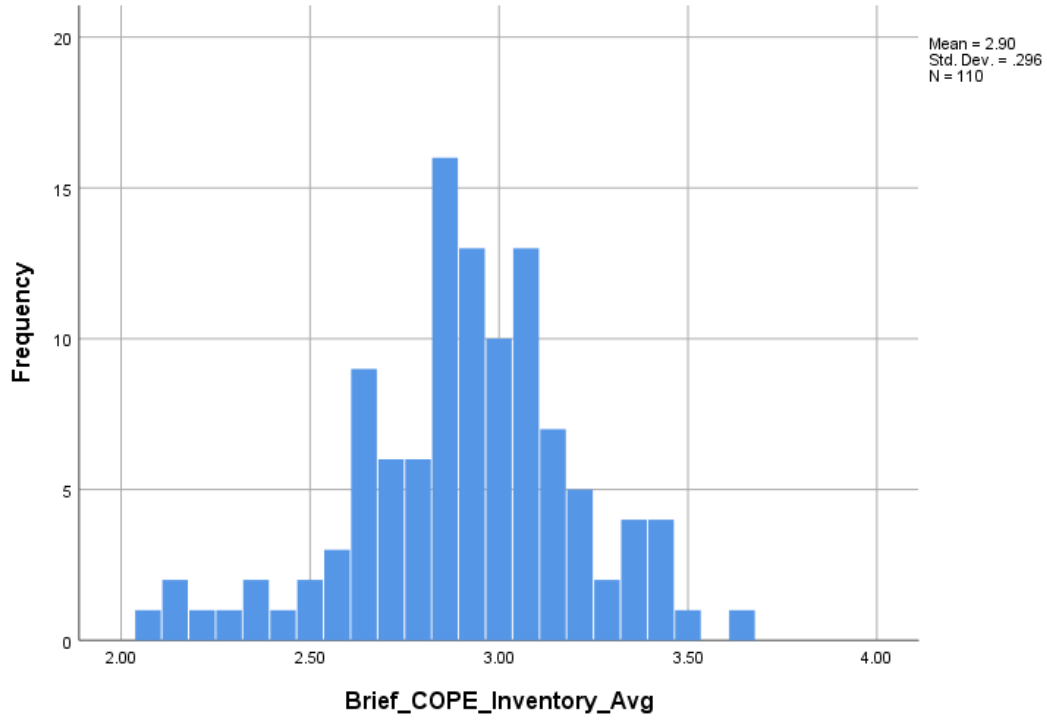
Marital Status



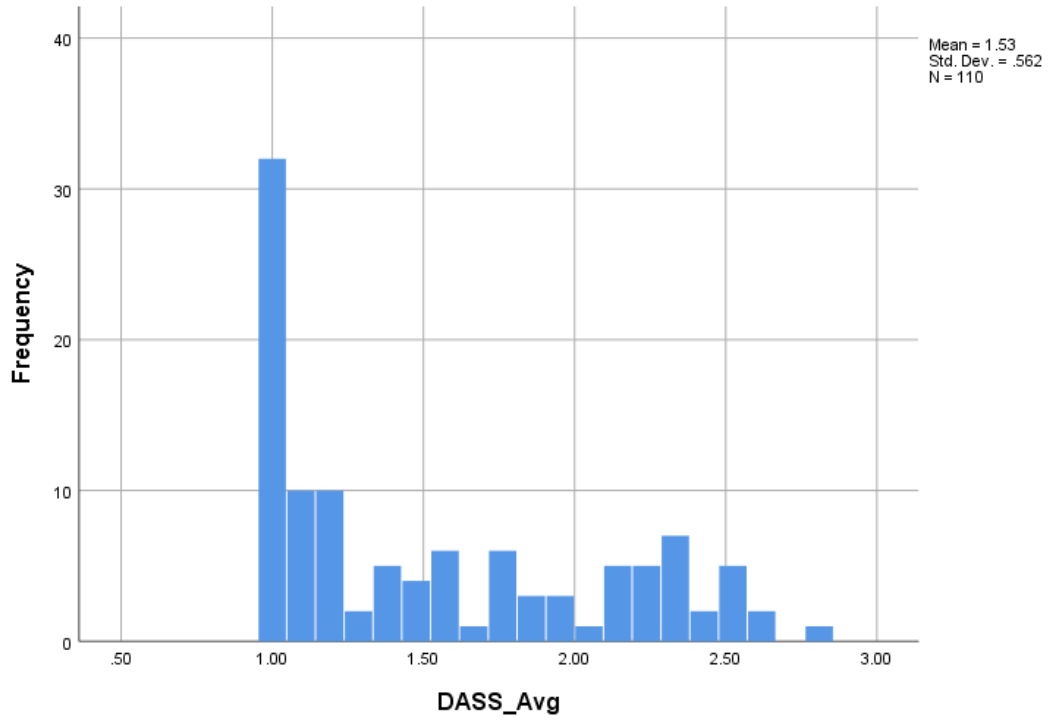
Histogram for Average Spiritual wellbeing



Histogram for Average COPE



Histogram for Average DASS

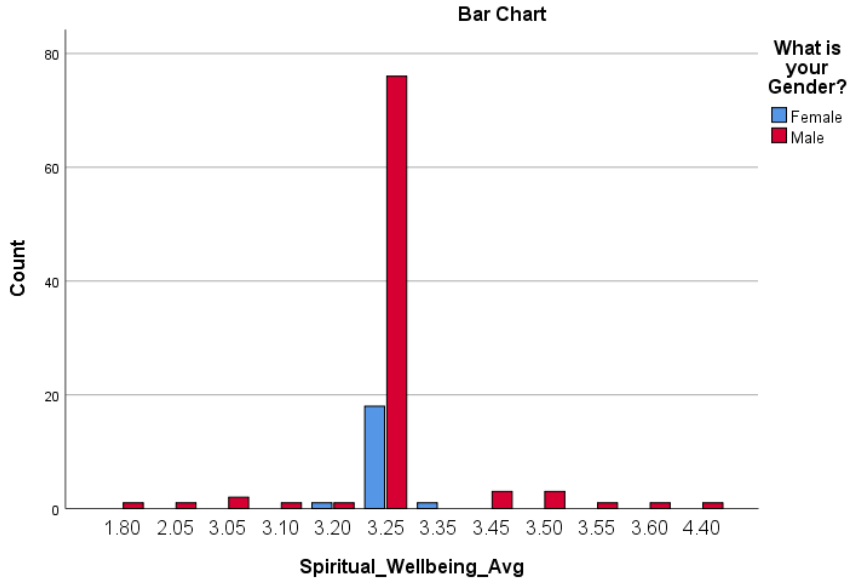


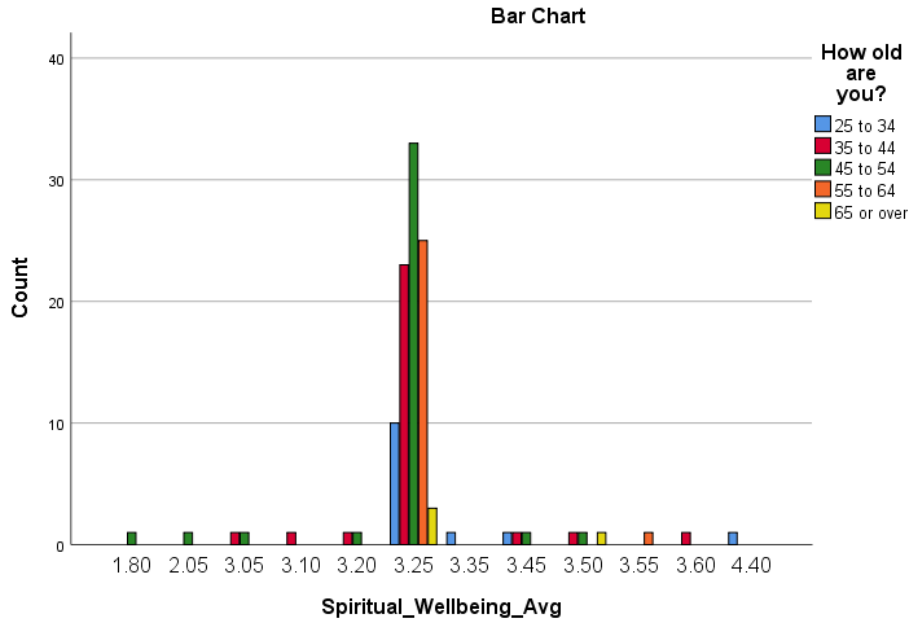
Descriptive statistics for spiritual well-being, coping strategies, and mental health variables

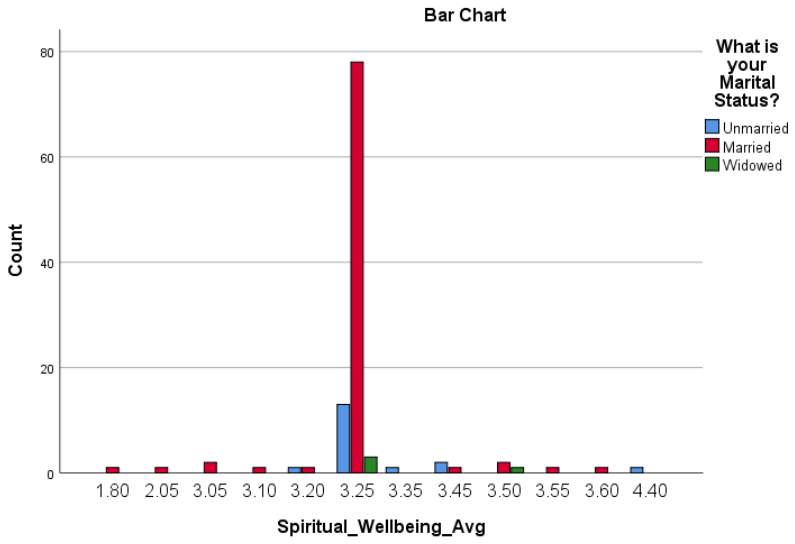
Descriptive Statistics

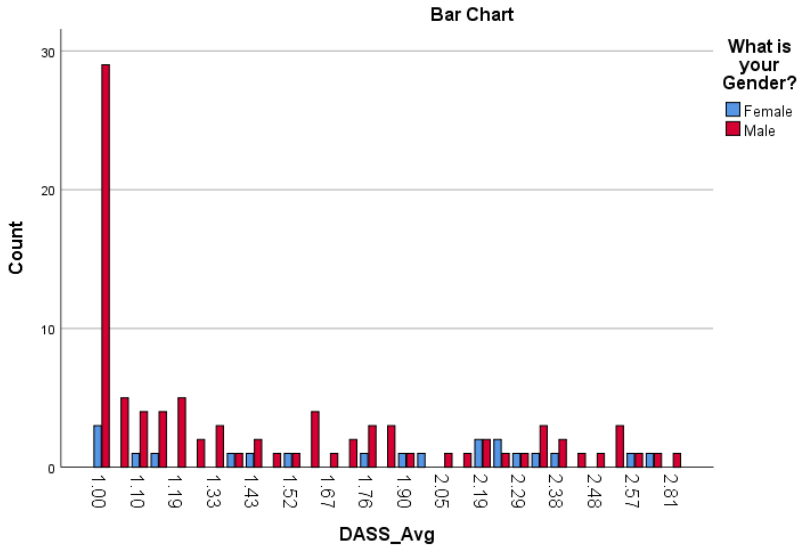
	N	Range	Minimum	Maximum	Mean	Std. Deviation	Variance	Skewness		Kurtosis	
	Statistic	Statistic	Statistic	Statistic	Statistic	Statistic	Statistic	Statistic	Std. Error	Statistic	Std. Error
Spiritual_Wellbeing_Avg	111	2.60	1.80	4.40	3.2495	.22366	.050	-2.587	.229	28.688	.455
Brief_COPE_Inventory_Avg	110	1.54	2.07	3.61	2.8971	.29573	.087	-.289	.230	.400	.457
DASS_Avg	110	1.81	1.00	2.81	1.5312	.56196	.316	.669	.230	-1.037	.457
Valid N (listwise)	110										

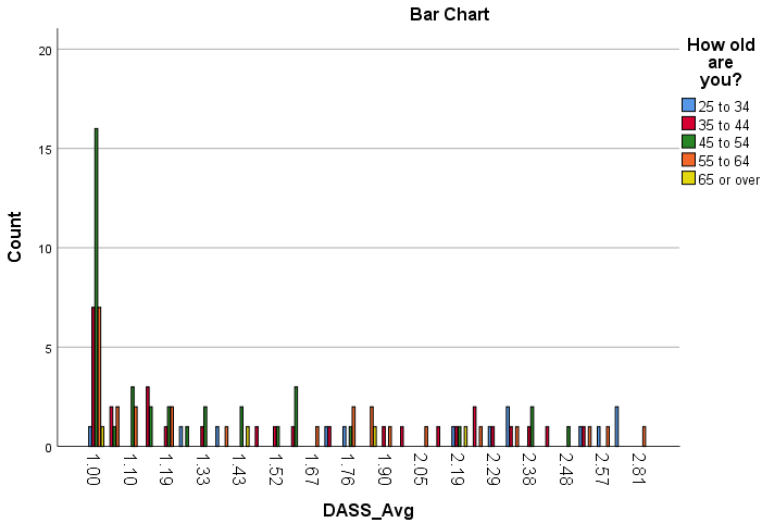
Bivariate Analysis

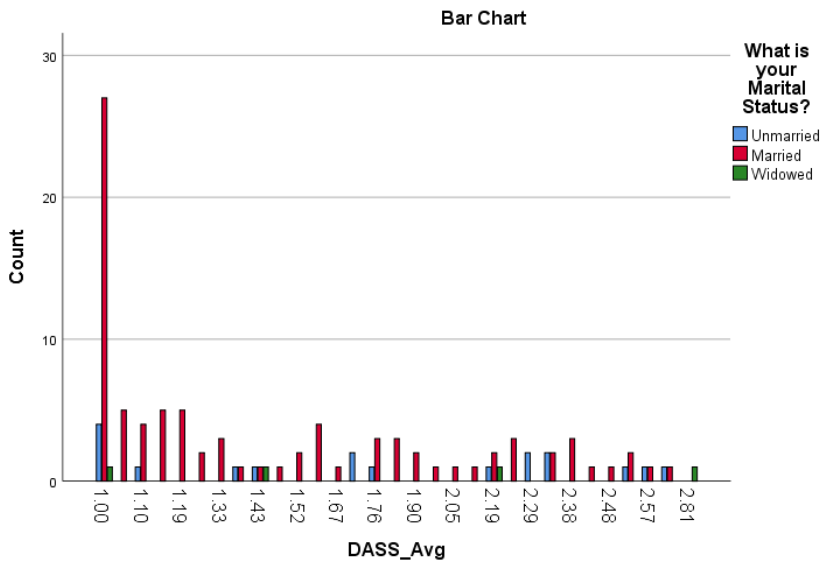





Bar Chart
What is your Marital Status?
Unmarried
Married
Widowed
Count
0
20
40
60
80
1.80
2.05
3.05
3.10
3.20
3.25
3.35
3.45
3.50
3.55
3.60
4.40
Spiritual_Wellbeing_Avg


Bar Chart
What is your Gender?
Female
Male
Count
0
10
20
30
1.00
1.10
1.19
1.33
1.43
1.52
1.67
1.76
1.90
2.05
2.19
2.29
2.38
2.48
2.57
2.81
DASS_Avg


Bar Chart
How old are you?
25 to 34
35 to 44
45 to 54
55 to 64
65 or over
Count
0
5
10
15
20
1.00
1.10
1.19
1.33
1.43
1.52
1.67
1.76
1.90
2.05
2.19
2.29
2.38
2.48
2.57
2.81
DASS_Avg


Bar Chart
What is your Marital Status?
Unmarried
Married
Widowed
Count
30
20
10
0
1.00
1.10
1.19
1.33
1.43
1.52
1.67
1.76
1.90
2.05
2.19
2.29
2.38
2.48
2.57
2.81
DASS_Avg

Correlation relationship

Correlation relationship among spiritual well-being, coping strategies, and mental health variables

Correlations

		Spiritual_Wellbeing_Avg	Brief_COPE_Inventory_Avg	DASS_Avg
Spiritual_Wellbeing_Avg	Pearson Correlation	1	.014	.060
	Sig. (2-tailed)		.881	.536
	N	111	110	110
Brief_COPE_Inventory_Avg	Pearson Correlation	.014	1	-.209*
	Sig. (2-tailed)	.881		.029
	N	110	110	110
DASS_Avg	Pearson Correlation	.060	-.209*	1
	Sig. (2-tailed)	.536	.029	
	N	110	110	110

*. Correlation is significant at the 0.05 level (2-tailed).

Correlation relationship of spiritual well-being, coping strategies, and mental health across demographic variable – Age Group

Correlations

		How old are you?	Spiritual_Wellbeing_Avg	Brief_COPE_Inventory_Avg	DASS_Avg
How old are you?	Pearson Correlation	1	-.098	.169	-.216*
	Sig. (2-tailed)		.306	.077	.024
	N	111	111	110	110
Spiritual_Wellbeing_Avg	Pearson Correlation	-.098	1	.014	.060
	Sig. (2-tailed)	.306		.881	.536
	N	111	111	110	110
Brief_COPE_Inventory_Avg	Pearson Correlation	.169	.014	1	-.209*
	Sig. (2-tailed)	.077	.881		.029
	N	110	110	110	110
DASS_Avg	Pearson Correlation	-.216*	.060	-.209*	1
	Sig. (2-tailed)	.024	.536	.029	
	N	110	110	110	110

*. Correlation is significant at the 0.05 level (2-tailed).

Correlation relationship of spiritual well-being, coping strategies, and mental health across demographic variable – Gender Group

Correlations

		What is your Gender?	Spiritual_Wellbeing_Avg	Brief_COPE_Inventory_Avg	DASS_Avg
What is your Gender?	Pearson Correlation	1	-.006	.233*	-.237*
	Sig. (2-tailed)		.948	.014	.013
	N	111	111	110	110
Spiritual_Wellbeing_Avg	Pearson Correlation	-.006	1	.014	.060
	Sig. (2-tailed)	.948		.881	.536
	N	111	111	110	110
Brief_COPE_Inventory_Avg	Pearson Correlation	.233*	.014	1	-.209*
	Sig. (2-tailed)	.014	.881		.029
	N	110	110	110	110
DASS_Avg	Pearson Correlation	-.237*	.060	-.209*	1
	Sig. (2-tailed)	.013	.536	.029	
	N	110	110	110	110

*. Correlation is significant at the 0.05 level (2-tailed).

Correlation relationship of spiritual well-being, coping strategies, and mental health across demographic variable – Marital Status

Correlations

		What is your Marital Status?	Spiritual_Wellbeing_Avg	Brief_COPE_Inventory_Avg	DASS_Avg
What is your Marital Status?	Pearson Correlation	1	-.129	.130	-.128
	Sig. (2-tailed)		.179	.175	.183
	N	111	111	110	110
Spiritual_Wellbeing_Avg	Pearson Correlation	-.129	1	.014	.060
	Sig. (2-tailed)	.179		.881	.536
	N	111	111	110	110
Brief_COPE_Inventory_Avg	Pearson Correlation	.130	.014	1	-.209*
	Sig. (2-tailed)	.175	.881		.029
	N	110	110	110	110
DASS_Avg	Pearson Correlation	-.128	.060	-.209*	1
	Sig. (2-tailed)	.183	.536	.029	
	N	110	110	110	110

*. Correlation is significant at the 0.05 level (2-tailed).

Normality Test

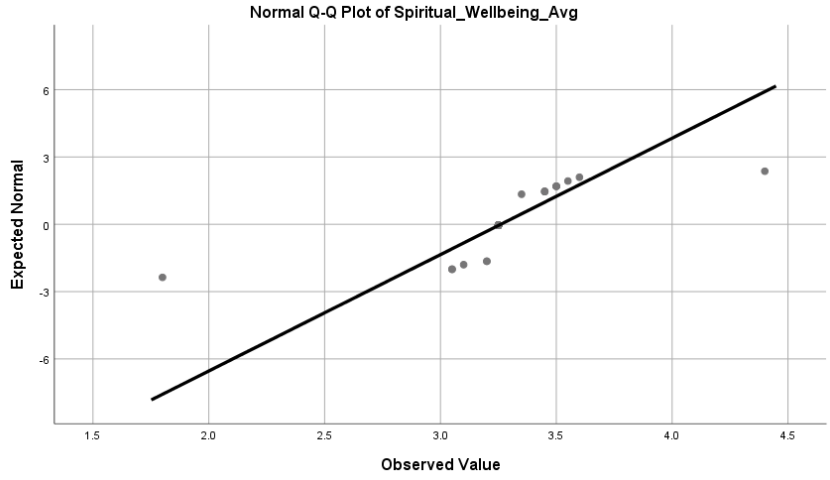
Normality Test for spiritual well-being, coping strategies, and mental health

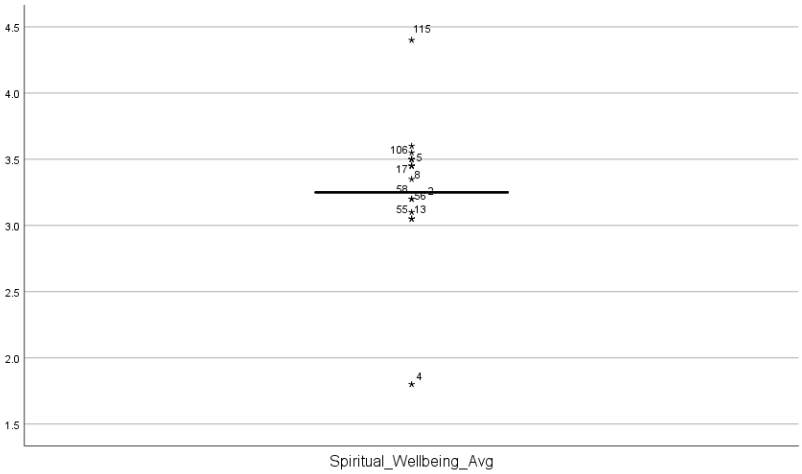
Tests of Normality

	Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Spiritual_Wellbeing_Avg	.431	110	.000	.332	110	.000
Brief_COPE_Inventory_Avg	.090	110	.029	.884	110	.021
DASS_Avg	.201	110	.000	.840	110	.000

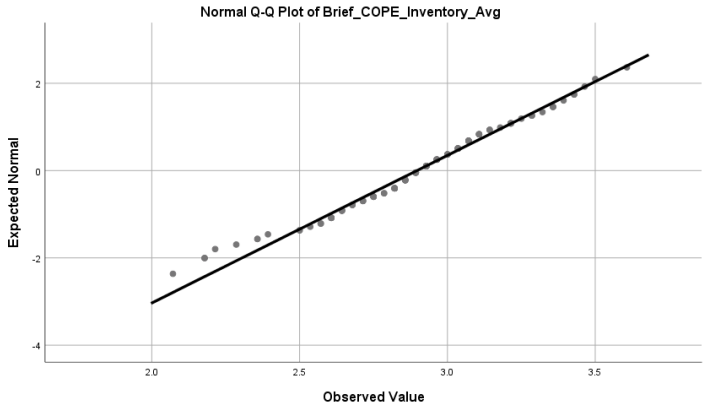
a. Lilliefors Significance Correction

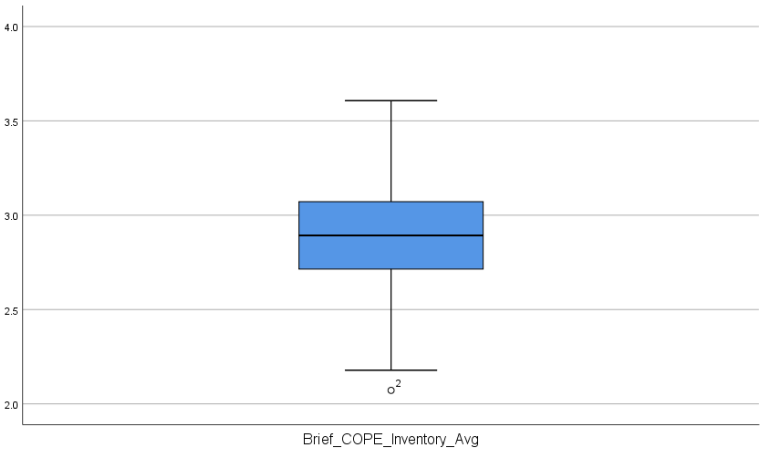
spiritual well-being



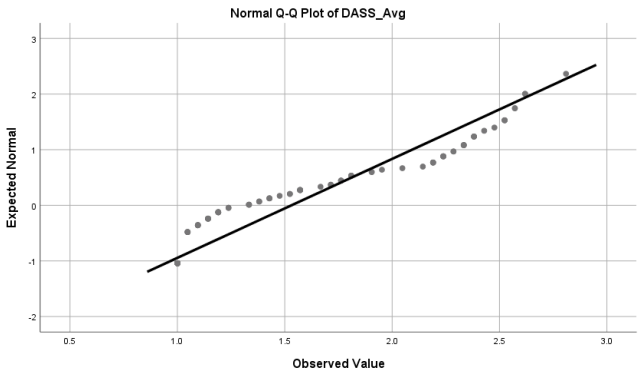


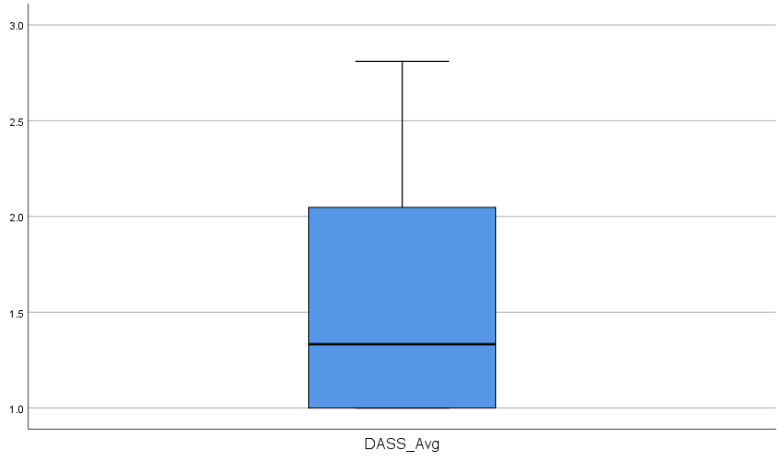
coping strategies





Mental health




3.0
2.5
2.0
1.5
1.0
DASS_Avg

t-tests and One Way Anova

POTENTIAL DIFFERENCES IN SPIRITUAL WELL-BEING, COPING STRATEGIES, AND MENTAL HEALTH ACROSS DEMOGRAPHIC VARIABLES

Independent t-tests: To compare the means of two groups - male vs. female

Group Statistics

	What is your Gender?	N	Mean	Std. Deviation	Std. Error Mean
Spiritual_Wellbeing_Avg	Female	20	3.2525	.02552	.00571
	Male	91	3.2489	.24698	.02589
Brief_COPE_Inventory_Avg	Female	20	2.7518	.37160	.08309
	Male	90	2.9294	.26801	.02825
DASS_Avg	Female	20	1.8119	.56586	.12653
	Male	90	1.4688	.54476	.05742

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
									95% Confidence Interval of the Difference	
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower	Upper
Spiritual_Wellbeing_Avg	Equal variances assumed	1.343	.249	.065	109	.948	.00360	.05549	-.10637	.11357
	Equal variances not assumed			.136	97.863	.892	.00360	.02651	-.04901	.05621
Brief_COPE_Inventory_Avg	Equal variances assumed	3.351	.070	-2.486	108	.014	-.17758	.07143	-.31916	-.03600
	Equal variances not assumed			-2.023	23.579	.055	-.17758	.08776	-.35889	.00373
DASS_Avg	Equal variances assumed	.229	.633	2.530	108	.013	.34312	.13560	.07434	.61191
	Equal variances not assumed			2.469	27.384	.020	.34312	.13895	.05820	.62804

One-way ANOVA: To compare the means of three or more groups - Age groups

ANOVA

		Sum of Squares	df	Mean Square	F	Sig.
Spiritual_Wellbeing_Avg	Between Groups	.340	4	.085	1.747	.145
	Within Groups	5.162	106	.049		
	Total	5.502	110			
Brief_COPE_Inventory_Avg	Between Groups	.434	4	.108	1.251	.294
	Within Groups	9.099	105	.087		
	Total	9.532	109			
DASS_Avg	Between Groups	5.662	4	1.415	5.167	.001
	Within Groups	28.761	105	.274		
	Total	34.423	109			

Multiple Comparisons

Dependent Variable: DASS_Avg

LSD

(I) How old are you?	(J) How old are you?	Mean Difference (I-J)	Std. Error	Sig.	95% Confidence Interval Lower Bound	95% Confidence Interval Upper Bound
25 to 34	35 to 44	.45939*	.17469	.010	.1130	.8058
	45 to 54	.74947*	.16816	.000	.4160	1.0829
	55 to 64	.49451*	.17778	.006	.1420	.8470
	65 or over	.43681	.29925	.147	-.1565	1.0302
35 to 44	25 to 34	-.45939*	.17469	.010	-.8058	-.1130
	45 to 54	.29008*	.12905	.027	.0342	.5460
	55 to 64	.03511	.14135	.804	-.2452	.3154
	65 or over	-.02258	.27915	.936	-.5761	.5309
45 to 54	25 to 34	-.74947*	.16816	.000	-1.0829	-.4160
	35 to 44	-.29008*	.12905	.027	-.5460	-.0342
	55 to 64	-.25496	.13320	.058	-.5191	.0092
	65 or over	-.31266	.27511	.258	-.8582	.2328
55 to 64	25 to 34	-.49451*	.17778	.006	-.8470	-.1420
	35 to 44	-.03511	.14135	.804	-.3154	.2452
	45 to 54	.25496	.13320	.058	-.0092	.5191
	65 or over	-.05769	.28109	.838	-.6151	.4997

65 or over	25 to 34	-.43681	.29925	.147	-1.0302	.1565
	35 to 44	.02258	.27915	.936	-.5309	.5761
	45 to 54	.31266	.27511	.258	-.2328	.8582
	55 to 64	.05769	.28109	.838	-.4997	.6151

*. The mean difference is significant at the 0.05 level.

One-way ANOVA: To compare the means of three or more groups - Marital status

ANOVA

		Sum of Squares	df	Mean Square	F	Sig.
Spiritual_Wellbeing_Avg	Between Groups	.198	2	.099	2.020	.138
	Within Groups	5.304	108	.049		
	Total	5.502	110			
Brief_COPE_Inventory_Avg	Between Groups	.162	2	.081	.926	.399
	Within Groups	9.370	107	.088		
	Total	9.532	109			
DASS_Avg	Between Groups	2.047	2	1.023	3.382	.038
	Within Groups	32.376	107	.303		
	Total	34.423	109			

-
-

Multiple Comparisons

Dependent Variable: DASS_Avg

LSD

(I) What is your Marital Status?	(J) What is your Marital Status?	Mean Difference (I-J)	Std. Error	Sig.	95% Confidence Interval Lower Bound	95% Confidence Interval Upper Bound
Unmarried	Married	.32780*	.14230	.023	.0457	.6099
	Widowed	-.06614	.30406	.828	-.6689	.5366
Married	Unmarried	-.32780*	.14230	.023	-.6099	-.0457
	Widowed	-.39394	.28122	.164	-.9514	.1635
Widowed	Unmarried	.06614	.30406	.828	-.5366	.6689
	Married	.39394	.28122	.164	-.1635	.9514

*. The mean difference is significant at the 0.05 level.

Chi-square test

The chi-square test for determine if there are significant associations between demographic variables and mental health outcomes, as well as spiritual well-being.

SPIRITUAL WELLBEING AND GENDER

Chi-Square Tests

	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	9.093[a]	11	.613
Likelihood Ratio	10.123	11	.519
Linear-by-Linear Association	.004	1	.948
N of Valid Cases	111		

a. 22 cells (91.7%) have expected count less than 5. The minimum expected count is .18.

SPIRITUAL WELLBEING AND Age

Chi-Square Tests

	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	41.552[a]	44	.577
Likelihood Ratio	32.976	44	.888
Linear-by-Linear Association	1.058	1	.304
N of Valid Cases	111		

a. 56 cells (93.3%) have expected count less than 5. The minimum expected count is .04.

SPIRITUAL WELLBEING AND Marital Status

Chi-Square Tests

	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	27.788[a]	22	.183
Likelihood Ratio	19.771	22	.597
Linear-by-Linear Association	1.817	1	.178
N of Valid Cases	111		

a. 34 cells (94.4%) have expected count less than 5. The minimum expected count is .04.

MENTAL HEALTH OUTCOMES AND Gender

Chi-Square Tests

	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	30.552[a]	30	.438
Likelihood Ratio	31.755	30	.379
Linear-by-Linear Association	6.100	1	.014
N of Valid Cases	110		

a. 60 cells (96.8%) have expected count less than 5. The minimum expected count is .18.

MENTAL HEALTH OUTCOMES AND Age Group

Chi-Square Tests

	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	129.133[a]	120	.268
Likelihood Ratio	124.669	120	.367
Linear-by-Linear Association	5.066	1	.024
N of Valid Cases	110		

a. 152 cells (98.1%) have expected count less than 5. The minimum expected count is .04.

MENTAL HEALTH OUTCOMES AND Marital Status

Chi-Square Tests

	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	82.278[a]	60	.030
Likelihood Ratio	56.115	60	.618
Linear-by-Linear Association	1.782	1	.182
N of Valid Cases	110		

a. 91 cells (97.8%) have expected count less than 5. The minimum expected count is .04.

Annexes