

**SPIRITUALITY AND PSYCHOLOGICAL WELL-BEING AS  
PREDICTORS OF ANXIETY AMONG ADOLESCENTS  
FROM THE SELECTED AREAS OF  
DASMARIÑAS CITY, CAVITE**

**THESIS**

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DASMARIÑAS CITY, CAVITE**

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## **ABSTRACT**

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The study sought to determine the level of spirituality of the adolescents, their level of psychological well-being in terms of autonomy, environmental mastery, personal growth, positive relation with others, purpose in life and self-acceptance; the level of anxiety of the adolescents as spirituality and psychological well-being as predictors of anxiety.

The study made to use descriptive-correlational method of research and prediction. Instrument used in data gathering were the 16-item Daily Spiritual Experience Scale (DSES) by Lynn Underwood, Ryff's Psychological Well-Being Scale by Carol Ryff and Beck Anxiety Inventory Scale by Aaron T. Beck.

Participants consisted of 400 adolescents. The statistical measures employed were mean and standard deviation, Pearson Correlation Coefficient and Regression.

Based on the findings, the majority of the adolescents obtained a moderate level of spirituality. The study revealed that the adolescents were seen to have a satisfying and a happy life and had a high level of psychological well-being in terms of environmental mastery, personal growth, positive relations with others, purpose in life and self-acceptance and a low level in autonomy. Results also revealed that the adolescents had a moderate level of anxiety.

The study further determined that the two hypotheses were accepted where it was found that spirituality and psychological well-being has not predictors of anxiety among adolescents.

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## **INTRODUCTION**

The Philippines proudly boasts to be the only Christian nation in Asia. More than 86 percent of the population is Roman Catholic, six percent belongs to various nationalized Christian cults, and another two percent belong to well over 100 Protestant denominations (Miller, 2018). For hundreds of years, Filipino Catholics have drawn strength from a wide variety of Catholic and Christian practices and attitudes to help them manage daily challenges and hardships. In this note, it can be implied that religion and the religious practices itself greatly affect the Filipino's daily lives and coping. With this, it has been very evident throughout the generation that most of the Filipinos find hope with the belief that there is someone higher than us, a deity or a supernatural being, who is omnipotent enough to interfere and make impossible things, possible.