

Impact of Resilience and Spirituality on Life Satisfaction among Women: Mediating Role of Self Esteem

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Abstract

There is a dearth of research examining the link between life satisfaction and its antecedents (spirituality) through self-esteem as a mediator. Spirituality and resiliency are positively associated with life satisfaction in Western nations, according to a large body of current research. However, few researches have studied the effects of both resilience and spirituality on life happiness, with self-esteem serving as a mediator, among Indian women. This research used a quantitative approach comprising 513 questions as a sample. For data collection, an online survey was administered to working women in various sectors in the Kashmir portion of the Union Territory of J&K. Prior to data analysis, data cleaning was performed. SEM analysis validates all seven assumptions (structural equation modelling). This work has important academic and practical suggestions for many stakeholders.

Keywords: Life Satisfaction, Self-esteem, Resilience, Spirituality, Women.

1. INTRODUCTION

Psychological discomfort has dominated most research disciplines, but some researchers propose that physical and mental health criteria should be widened to include health promotion and well-being, in addition to the absence of physical or psychological sickness (Kazdin, 1993; Seligman & Csikszentmihalyi, 2000). Frisch (2000), for example, argued that practitioners interested in enhancing health should evaluate changes in positive indicators (such as life satisfaction). As a result of this new understanding, researchers have started to concentrate their efforts on creating positive indicators that may be used in extensive studies (Zullig et al., 2006). Life satisfaction is described as a person's conscious, cognitive assessment of the quality of their life (Headey & Wearing, 1992). Life satisfaction is viewed as a vital indicator of an individual's ability to successfully adapt to changes in life

circumstances (Diener et al., 1999) which makes it essential to study across various settings. According to the research, many variables promote and hinder life satisfaction (Esteban et al., 2021). Of particular interest for this study is spirituality, regarded as a psychosocial resource favourably connected with psychological well-being (Barreto et al., 2015). Spirituality is a human situation in which a higher being is sought for meaning and purpose (Canteros, 2016). Similarly, resilience is another dynamic construct related to life satisfaction. Resilience refers to the positive adaptation in the face of adversity (Luthar et al., 2000) and the aptitude and capacity to cope successfully with risk (Stewart et al., 1997). However, many authors argue that the link between life satisfaction and its antecedent (spirituality) may not always be direct as it can be mediated by self-esteem (Joshnloo & Afshari, 2011). Similarly, the relationship

between resilience and life satisfaction can be mediated by emotions (Abolghasemia & Varaniyaba, 2010). Literature also shows the relationship between resilience and self-esteem (Liu et al., 2021) and between self-esteem and life satisfaction (Aziz et al., 2021; Zhang et al., 2018). This also suggests that self-esteem can mediate resilience and life satisfaction. Moreover, the literature is deficient concerning study the relationship between life satisfaction and both antecedents (spirituality) with self-esteem as a mediator. There is currently abundant evidence that spirituality and resilience are favourably connected with life satisfaction in Western societies.

However, limited studies have examined the impact of both resilience and spirituality on life satisfaction with self-esteem as a mediator amongst women in India. This particular study was conducted in Kashmir Region in India which has witnessed political uncertainty since 1990's. Related studies on women have also been conducted in other politically unstable regions such as in Cyprus (Gokdemir & Tahsin, 2014). But such studies are scant within India and therefore, this study will provide important insights into the life satisfaction of women in such a region. As a result, it's critical to look at these four factors together. In addition, it is also vital to look at some of the demographic variables (age and marital status) in relation to life satisfaction in women.

2. Literature Review

2.1 Spirituality

Spirituality is defined as the human desire for transcendence, introspection, interconnectedness, and the quest for meaning in life (Benson & Roehlkepartain, 2008), and it is operationalized as the human desire for transcendence, introspection, interconnectedness, and the quest for meaning in life (King & Boyatzis, 2015). It may be felt both inside and outside of a religious environment (Benson et al., 2005).

2.2 Resilience

Researchers have been defined psychological resilience in two ways: as a process of adapting well during stress or as a psychological ability or resource that moderates the adverse effects of stress and contributes to individual adaptation (MacLeod et al., 2016; Wild et al., 2013). Smith et al. (2008) and Lamond et al. (2008) have defined psychological resilience as the capacity to adapt to or recover from stress or adversity.

2.3 Life Satisfaction

Morale, adaptability, and psychological well-being are linked to life satisfaction (McDowell, 2010). Life satisfaction is a subjective assessment of one's quality of life that is an important component of personal well-being (Yap & Baharudin, 2016). The primary feature of a person's subjective well-being is life satisfaction, which incorporates people's cognitive evaluations of their own lives (Joshanloo, 2013). A person's internal personal judgment of life quality is referred to as life satisfaction.

2.4 Self Esteem

Self-esteem is also a valuable internal resource (Gao et al., 2019). It is the individual's self-evaluation that they create and maintain (Rosenberg, 2015). Self-esteem is an inner mentality that contributes to developing adaptive processes throughout life (Dore, 2017). It is at the heart of personality development and psychological stability. People with poor self-esteem may lack the ability to cope with everyday stress. As a result, they are vulnerable to emotional breakdown and social maladjustment (Gao et al., 2019).

2.5 Theoretical Framework

2.5.1 Spirituality and Life Satisfaction

A number of researches have demonstrated a favourable association between spirituality, religion, and life satisfaction in the cognitive component of well being (Yoon & Lee, 2004). To explain these results, it has been proposed that those who feel more connected to and directed by a higher power, i.e., people who

engage in religious and spiritual activities, have a more positive view of their life (Vishkin et al., 2019; Ramsay et al., 2019). The sensation of being connected to a greater power, people, and life in general is an effective approach to preserve a positive perspective on one's life, despite all the probable unpleasant situations that one may face. Furthermore, religious and spiritual participation may help people's lives by boosting both internal (e.g., a sense of self-worth) and social (e.g., a sense of belonging to a community) resources (Lim & Putnam, 2010).

The following hypothesis may be inferred based on the preceding discussion.

H1: Spirituality is positively related to life satisfaction.

2.5.2 Resilience and Life Satisfaction

There is a well-established link between psychological resilience and quality of life or well-being in older persons (Zheng et al., 2020). Researchers have found that psychological resilience was substantially and positively linked with subjective assessments of effective ageing among community-dwelling older persons (Montross et al., 2006). Others also discovered that psychological resilience was favorably connected with happiness and life satisfaction and adversely associated with depression in older persons (Smith & Hollinger-Smith, 2015).

The following hypothesis may be inferred based on the preceding discussion.

H2: Resilience is positively related to life satisfaction.

2.5.3 Spirituality and Self Esteem

Papazisis et al. (2014) looked at how spiritual beliefs interact with self-esteem and found a positive link between the two variables. In another study conducted by Hayman et al. (2007) in the United States found a positive association between spirituality and self-esteem.

The following hypothesis may be inferred based on the preceding discussion.

H3: Spirituality is positively related to self-esteem

2.5.4 Resilience and Self Esteem

According to the study, resilience seems important in boosting self-esteem (Liu et al., 2021). Self-esteem is supposed to maintain strength, whereas resilience enhances self-esteem. It shows a symbiotic relationship between resilience and self-esteem (Bin & Wei, 2007).

The following hypothesis may be inferred based on the preceding discussion.

H4: Resilience is positively related to self-esteem

2.5.4 Self Esteem and Life Satisfaction

Self-esteem has been robustly correlated with life satisfaction for people of all cultures and genders (Chen et al., 2006; Diener & Diener, 1995). As an illustration, Diener and Diener (1995) carried out a large-scale international investigation and found out that self-esteem and life satisfaction were significantly connected.

The following hypothesis may be inferred based on the preceding discussion.

H5: Self-esteem is positively related to life satisfaction.

2.5.6 Mediating Role of Self Esteem

Through the mediation effects of self-esteem, resilience positively impacts life satisfaction and psychological suffering (Benetti & Kambouropoulos, 2006; Liu et al., 2014). A study conducted in Iran shows the mediating role of self-esteem in the relationship between spirituality and well-being (Joshi et al., 2015). In this we have also assumed that self-esteem mediates the association between life satisfaction and two variables, i.e. resilience and spirituality.

The following hypothesis may be inferred based on the preceding discussion.

H6: Self-esteem mediates the relationship between resilience and life satisfaction.

H7: Self esteem mediates the relationship between spirituality and life satisfaction.

2.5.7 Life Satisfaction in relation to age and gender

Literature suggests that age and marital status are important demographic factors in relation to various psychological factors among women. Therefore, in this study we assumed the following:

H8: Life satisfaction in women varies with age

H9: Life satisfaction in women varies with marital status

3. Research Methodology

3.1 Research Design

In this study, a quantitative and causal design was used. This study included a sample of 513 questions. An online survey was used to target working women across different sectors in the Kashmir region of the Union Territory of J&K for data collection. Data cleaning was performed prior to data analysis.

Measures

In this study, 6 items were used to assess self-esteem adapted from Ju and Lee (2018). 6 items of spirituality were adopted from the work of Kass and Kass (2000). 5 items of life satisfaction were adopted from the work of Diener et al. (1985). Resilience was measured with 6 items adapted from the work of Smith et al. (2008).

Objectives

- To study the influence of resilience on life satisfaction among women.
- To study the influence of spirituality on life satisfaction among women.
- To study the influence of self-esteem on life satisfaction among women.
- To study the mediating role of self-esteem between life satisfaction and, resilience and spirituality among women.

- To study the relationship of women's life satisfaction with age and marital status.

3.1 Factor Analysis

Because the questionnaire was subjected to certain small language adjustments in order to fit the local context, "exploratory factor analysis" (EFA) was used in SPSS 21.0 to investigate the factor structure (Hair et al., 2006). Cronbach's alpha (Table 1) was used to test reliability, and it was found to be higher than the suggested value of 0.60 (Hair et al., 2006). Both "Kaiser-Meyer-Olkin (KMO)" and "Bartlett's test of Sphericity" scores were above recommended values (0.87 and 15161 respectively) in terms of sample adequacy. The percentage of variance explained by four factors is 81.3%. Items with a loading greater than 0.50 were retained in the data set (Hair et al., 2006).

4. Data Analysis

4.1 Respondent Profile

The demographic profile of the respondents is shown in Table 1 in terms of age, income, occupation, marital status, and education.

Table 1 *Respondent Profile*

Variable	Group	Frequency
Marital Status	Married	293
	Not Married	214
	Separated/Divorced	6
Age Groups (Years)	18-34	291
	35-49	194
	50 years & above	28
Education	Graduate	346
	Post Graduate	140
	Others	27
Occupation	Private	233
	Government	279
Annual Income (In Rupees)	1-3 lac	284
	3-5 lac	148
	More than 5 lac	81

4.2 Measurement Model

After executing CFA (Confirmatory Factor Analysis) in AMOS 22.0, the measurement model (Figure 2) was obtained. The findings show that the model fit values are adequate:

CMIN/DF= 4.7; CFI = 0.951, GFI= 0.860, RMSR=0.057, NFI =0.943 and RMSEA=0.077 (Hu & Bentler, 1999).

Reliability and Validity

C.R. (composite reliability) scores greater than 0.60 were used to the instrument's reliability (Table 2). AVE (average variance extracted) scores above 0.50 (Table 2) (Fornell & Larcker, 1981) and standard loadings above 0.50 were used to assess for convergent validity (Table 6). The study also established discriminant validity (Table 2) because the correlation coefficient is less than the AVE square root scores (Fornell & Larcker, 1981).

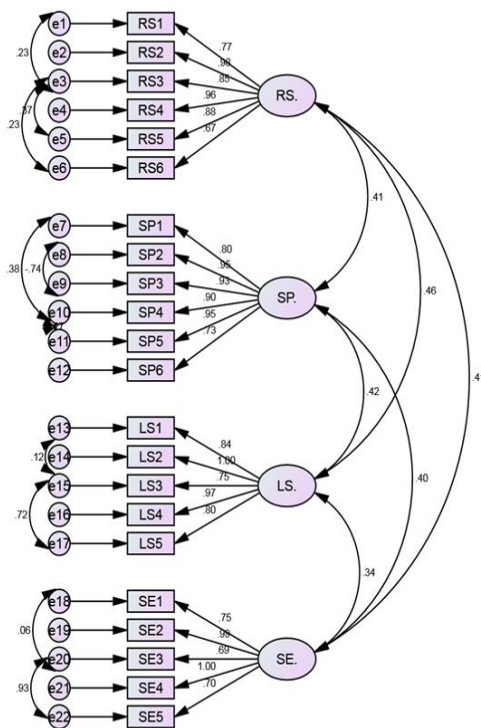


Figure 1 *Measurement Model*

Source: Author's Own

Table 2 *Reliability and Validity*

	CR	AVE	LS	RS	SP	SE
LS	0.943	0.771	0.878			
RS	0.942	0.733	0.457	0.856		
SP	0.953	0.774	0.422	0.414	0.880	
SE	0.919	0.700	0.338	0.411	0.396	0.837

Note1: The values (highlighted) in the diagonal of the above matrix are the square root of the AVE.

Note: L.S.- Life Satisfaction; RS-Resilience; SP-Spirituality; SE-Self Esteem

Source: Author's Own

4.3 Structural Model

The structural model was used to investigate the relationship between predictor and outcome variables. Model fit has a decent fit with the following values:

CMIN/df=4.24, GFI=.808, CFI=.910, RMSEA=.042, NFI=.904.

The findings of the path analysis are shown in Table 3. In addition, Table 4 illustrate the results obtained after running mediation analysis.

Table 3 *Structural Model Estimates*

Hypo-Theses	From	To	Standard (β)	Un-Standard (β)	Error	t-value	P	Result
H1	Spirituality	Life Satisfaction	0.29	.278	.039	7.034	***	Supported
H2	Resilience	Life Satisfaction	0.35	.400	.049	8.233	***	Supported
H3	Spirituality	Self Esteem	0.28	.197	.030	6.571	***	Supported
H4	Resilience	Self Esteem	0.31	.256	.036	7.030	***	Supported
H5	Self Esteem	Life Satisfaction	0.32	.464	.063	7.316	***	Supported

Note: Source: Author's Own

P=.001

Mediation

The influence of resilience on life satisfaction was lowered from 0.35 (direct link between resilience and life satisfaction) to 0.32 (with self esteem as a mediator) in the mediation analysis (Table 4), indicating that this relationship (resilience and life satisfaction) is

partly mediated by self esteem. The influence of spirituality on life satisfaction was lowered from 0.29 (direct link between spirituality and life satisfaction) to 0.26 (with self esteem as a mediator) in the mediation analysis (Table 4), indicating that this relationship (spirituality and life satisfaction) is partly mediated by self esteem.

Table 4 *Mediation Results*

Hypotheses	Relationship I.V. (M.V.) D.V.	Direct Without Mediation	Direct with Mediation	Indirect	Result(s)
H6	R.S. (S.E.) LS	0.35 (.001)	0.32 (.001)	0.012	Supported
H7	S.P. (S.E.) LS	0.29 (.001)	0.26 (.001)	0.013	Supported

Source: The authors.

Note1: I.V- Independent Variable; (M.V) - Mediating Variable; D.V- Dependent Variable.

Note2: 1. L.S.— Life satisfaction, SP- Spirituality; RS-Resilience; SE-Self Esteem.

ANOVA

Table 5 *ANOVA (Age)*

	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	6.620	18	.368	1.024	.431
Within Groups	177.454	494	.359		
Total	184.074	512			

Table 6 ANOVA (*Marital Status*)

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	7.046	2	3.523	2.728	.066
Within Groups	658.635	510	1.291		
Total	665.681	512			

Conclusion & Discussions

All 7 hypotheses are supported by SEM analysis (structural equation modelling). H1 is statistically significant, indicating that spirituality positively impacts life satisfaction ($\beta=0.29$; $R^2=0.21$). This result is in congruence with some of the previous studies (). As a result, having spirituality in one's life is crucial in predicting life satisfaction. H2 is also supported, indicating that resilience may positively influence life satisfaction ($\beta =0.35$; $R^2=0.21$). This implies that being resilient to different situations in one's life is also necessary for happiness in life. Similarly, both spirituality and resilience positively influence self-esteem, which means H3 ($\beta =0.28$; $R^2=0.17$) and H4 ($\beta =0.31$; $R^2=0.17$) are supported. The relationship between self-esteem and life satisfaction is also positive and significant, thus, supporting H5 ($\beta =0.35$; $R^2=0.22$). Moreover, H6 and H7 are also supported as self-esteem mediates the association between life satisfaction and two antecedents (resilience and spirituality). However, H8 and H9 are not supported as one-way ANOVA show that life satisfaction amongst women does not vary with age or marital status.

Implications

Spirituality predicts life satisfaction directly and thus, it can be assumed that spirituality among women can help improve their life situations. This conclusion is consistent with earlier research that shows women are more committed to spirituality (Nelson, 2009). Self-esteem is defined as a person's perception of their own good attitude in social situations. It indicates if a person has favourable emotional experiences as a result of healthy interpersonal interactions (Liu et al., 2020). Self-esteem is an important aspect of maintaining mental health,

leading to enhanced life satisfaction. Self-esteem was shown to be a partial mediator of the connection between spirituality and life satisfaction in the study. Spirituality helps individuals to become self-aware will improve their life satisfaction. Thus, women should focus on their spiritual beliefs, enhancing their self-worth and ultimately leading to life satisfaction. Moreover, the association between psychological resilience and life satisfaction directly and via self-esteem suggests that building resilience should allow one to have better contentment in one's life.

For women who feel excluded, self-esteem and resilience might be valuable in developing intervention programmes aimed at enhancing their life satisfaction. Some tactics, such as positive reinforcement, should be included in these programmes. Self-evaluation and self-strengthening may be employed in counselling sessions for women who feel less contented with their lives. Women who feel less content can benefit from interventions that are designed to boost self-esteem, such as physical exercise and mindfulness-based programmes, which have resulted in favourable improvements in outcomes like life satisfaction (Orth & Luciano, 2015). In light of the above research, our results are critical in the welfare of women. This study demonstrated that resilience and spirituality can improve self-esteem that can increase life satisfaction.

Future Research

The sample is made up entirely of women, but future researchers may also add other genders. In future investigations, the sample size may potentially be enhanced. Furthermore, the research may be expanded to other parts of India, particularly major cities and rural areas. Future research should look at the mediating and moderating effects of other variables such as hope, social support, and demographic aspects. Future studies can also target

respondents directly and using interview method as online survey has some limitations.

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