

A Study on the Differences between Spiritual Wellbeing and Sexual Attitude Considering the Type of University

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Abstract

This study focuses on the provision of baseline data for the intervention programs of building proper sexual attitudes through understanding of the differences between spiritual wellbeing and sexual attitudes of healthcare department students from Christian university and non-Christian university. The survey was carried with questionnaire to the junior and senior students from Christian university and non-Christian university located in the C and D province during period between 24th of March, 2014 and 11th of April, 2014. The results are as follows. Students from Christian university show higher spiritual wellbeing, which is statistically significant ($t=5.920$, $p=0.001$). Also, in views of sexual attitude, Christian university students have more affirmative awareness. Except ambivalent sexual values from questionnaire subcategories, they showed statistically significant differences in all other subcategories of sexual opinion, sexual behavior, virginity, and pornographic media. When we examine the correlation of subcategory between spiritual wellbeing and sexual attitude, religious wellness is found to be correlated with existential wellness, sexual opinion, sexual behavior, virginity, ambivalent sexual values, and pornographic media. For the case of existential wellness, it is correlated with religious wellness, sexual opinion, virginity, and pornographic media. Therefore, in the development of intervention program to reduce sex-related problematic behavior, it is required to include contents of spiritual wellbeing improvement for university students to have appropriate sexual attitude.

Keywords: Spiritual Wellbeing, Sexual Attitude, University Student

1. Introduction

In the rapidly changing social context, aspects of sexual behavior is changing very fast and subsequently university students who belong to adolescence or initial adulthood have difficulties in the sexual values and self direction¹. The time of university student is a preparation period for adulthood in the sense of a development stage and socialization of sex role becomes apparent in this period. So, university students need to be accustomed to appropriate sexual identity and sexual culture and thus

they can lead a more stable sexual life afterwards. They also can convert their sexual knowledge into action and have a strong position to impact on change of sexual culture in our society. Therefore, it is very important for university students to have a healthy consciousness and sound attitude toward a sex².

In the study by Oh³, 91.2% of woman college students answered that they need to have sexual education and the education contents are related to contraception, pregnancy, sexual behavior, psychosexuality, and etc. Among these, their knowledge about contraception is the

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lowest but they required the education about it mostly. Attitudes and activities toward sex before marriage are affected by the following changes of expansion of woman's social activities, extension of adolescence, advances of commercial sex culture, and trans valuation of gender equality. Adolescence (16~25 years old) advocated by Erikson is the period of dating, marrying, and having works after graduation so they get to have affection on others sexually and socially. But, today's adolescence is extended and its conversion into adulthood gets to be late due to premature sexual development and the late age of employment and marriage. Therefore, when the changed adolescence with strong sexual desire is prohibited to have premarital sex by the society, it gets to conflict with social norms. That is, the extension of adolescence can conflict with new sexual attitudes and cause sexual problems in the current situation without agreed norms for a premarital sex⁴.

But, there are no proper consultations about their sexual distress and sexual educations for them in the school and home⁵. Accordingly, what they can experience in this period are dissolute eroticization, excessive body exposure, and programs arousing sexual interest from Internet sites and mass media so these causes to form a negative sexual attitudes to university students who have not established their own discernment yet⁶. As a result, the distorted sexual attitude can cause deviated sexual cultures⁷. In these environments with various risks scattered around us, modern society requests university students in the present generation more sexual knowledge and affirmative sexual attitude than the previous generation and it is required to make efforts to reduce sex-related problematic behaviors through appropriate communications regarding sexual issues⁸⁻¹⁰.

On the other hand, when we call spirituality as an energy cultivating whole humanity for a general being, it is an essential element making people full of energy as an integrated being with overall internal human resources in the meaning above a religious belief or activity¹¹. Spiritual wellbeing means that a spirit as a human nature is revealed to the maximum and thereby human gets to the state feeling happy. This state provides the meaning and objective of life in a current environment with the harmonized relations among God, neighbor, natural environment and human's own self. In addition, as the level of spiritual wellbeing

is higher, people have affirmative attitudes toward life and have a feature of realizing inner harmony and peace, gratitude and satisfaction, and supportive relations with others in spite of their currently negative situations¹². In other words, spiritual wellbeing represents the state when hopes for an affirmative future and the related spiritual requirements are satisfied⁷, and it means overall healthy state with internal resources through living a harmonized life with the relations of environments⁸. Therefore, it can be reasoned more possibly that people in a spiritual wellbeing have a proper sexual identity and a sexual attitude. Until now, few research papers are found regarding relations between a spiritual wellbeing and a sexual attitude with research subjects of university students. Thus, we contribute to prepare baseline data and materials for the intervention program to rebuild appropriate sexual attitude and to correct a distorted sexual culture in the age of adolescence with a research on adolescent's sexual problems in a rapidly changing society.

2. Research Objects and Research Method

2.1 Research Objects

The subjects of this study are junior and senior university students in nursing department of 4 year universities located in the C and D provinces. The number of participating students is 299 and the survey was carried by research assistants under the permission of a department chairman. The number of distributed and returned questionnaires is 320 and 21 of insufficient questionnaires are excluded. Thus, a total of 299 questionnaires (93.4%) were analyzed in final.

2.2 Research Tool

Spiritual wellbeing was measured with translated scale by Choi¹³ which were developed by Paloutzian and Eillison¹⁴. And the scale is intended to measure the spiritual wellbeing subjectively and consists of two sub-scales to measure the religious wellness and the existential wellness. During the development, the scale of a spiritual wellbeing has Cronbach's $\alpha=0.91$ and there is Cronbach's $\alpha=0.87$ in this study.

We used the scale measuring sexual attitude which was developed by Kang¹⁵. The sub-variables of this scale are sexual opinion, sexual behaviour, virginity, ambivalent sexual values, and pornographic media. During the development, the scale for sexual attitude has Cronbach's $\alpha = 0.87$ and there is Cronbach's $\alpha = 0.85$ in this study.

2.3 Data Analysis

The collected data is analyzed with statistical techniques of T-test and Pearson Correlation Coefficient in the program of SPSSWIN (ver. 18.0).

3. Research Findings

General characteristics of the subjects are shown in Table 1. Students in Christian university consist of 94.7% female students and 5.3% male students. And thus, the ratio of female students is larger than that of male students. In views of grade ratio, 52.6% junior students and 47.4% senior students participated in the subjects. Gender ratios of non-Christian university are 90.3% female students and 9.7% male students. And the grade distribution consists of 49.2% junior students and 50.8% senior students.

Table 1. General characteristics of the subjects (N=299)

Characteristics	Category	Christian University N(%)	Non Christian University N(%)
Sex	Male	6(5.3)	18(9.7)
	Female	108(94.7)	167(90.3)
Grade	3	60(52.6)	91(49.2)
	4	54(47.4)	94(50.8)
Religion	Protestant	70(61.4)	50(27.0)
	Catholic	5(4.4)	22(11.9)
	Buddhism	1(0.9)	10(5.4)
	Others	38(33.3)	103(55.7)

The differences of spiritual wellbeing between students from Christian university and non-Christian university are shown in Table 2. It is found that a spiritual wellbeing of students from Christian university is higher than the case of non-Christian university and statistical significances are found in both of a spiritual wellbeing

and its subcategories of religious wellness and existential wellness.

Table 2. Degree of spiritual wellbeing (N=299)

	Christian University (n=114)	Non Christian University (n=185)	t
	M±SD	M±SD	
Religious Wellness	32.78±12.04	24.05±11.61	6.224**
Existential Wellness	34.56±5.97	32.36±6.77	2.840*
Spiritual Wellbeing	67.35±15.45	56.42±15.52	5.920**

* $p < 0.05$, ** $p < 0.001$

Students from Christian university and non-Christian university show different sexual attitudes and it is shown in Table 3. Christian university students who have higher scores of a spiritual wellbeing show more positive sexual attitudes and statistical significances are found in all the subcategories of sexual opinion, sexual behaviour, virginity, and pornographic media except the ambivalent sexual values.

Table 3. Degree of sexual attitude (N=299)

	Christian University (n=114)	Non Christian University (n=185)	t
	M±SD	M±SD	
Sexual Opinion	29.42±5.77	31.63±5.32	-3.365*
Sexual Behaviour	28.47±7.98	30.39±5.77	-2.228*
Virginity	18.16±4.94	20.13±3.93	-3.591**
Ambivalent Sexual Values	18.04±3.96	18.69±3.26	-1.542
Pornographic Media	7.86±2.28	8.71±2.20	-3.190*
Sexual Attitude	102.23±13.13	109.50±13.26	-4.621**

* $p < 0.05$, ** $p < 0.001$

The correlation between spiritual wellbeing and sexual attitude for all the students is found in Table 4. Religious wellness is found to be correlated with existential wellness, sexual opinion, sexual behaviour, virginity, ambivalent sexual values, and pornographic media and existential wellness is correlated with religious wellness, sexual opinion, virginity, and pornographic media

Table 4. Correlation among spiritual wellbeing and sexual attitude (N=299)

Variables	Religious wellness	Existential wellness	Sexual Opinion	Sexual Behaviour	Virginity	Ambivalent Sexual Values	Pornographic Media
Religious wellness		.415**	-.281**	-.166**	-.302**	-.321**	-.242**
Existential wellness	.415**	1	-.158**	.083	-.226**	-.105	-.271**
Sexual Opinion	-.281**	-.158**	1	.176**	.234**	.206**	.356**
Sexual Behavior	-.166**	.083	.176**	1	-.028	.068	.040
Virginity	-.302**	-.226**	.234**	-.028	1	.579**	.312**
Ambivalent Sexual Values	-.321**	-.105	.206**	.068	.579**	1	.171**
Pornographic Media	-.242**	-.271**	.356**	.040	.312**	.171**	1

** $p < 0.001$

4. Evaluation and Conclusion

With this study, we carried out to provide baseline data for an intervention program to build appropriate sexual attitudes by the way of verifying differences between a spiritual wellbeing and a sexual attitude for the participation subjects of nursing department students from Christian university and non-Christian university¹. As the results, students from Christian university show higher level of a spiritual wellbeing and they also have more positive sexual attitudes. When we examine two subcategories of a spiritual wellbeing and five subcategories of sexual attitudes, religious wellness is found to be correlated with all the subcategories of existential wellness, sexual opinion, sexual behaviour, virginity, ambivalent sexual values, and pornographic media and existential wellness is correlated with religious wellness, sexual opinion, virginity, and pornographic media. In the research by Oh³, the case without religion shows affirmative attitudes toward male responsibility of premarital pregnancy and miscarriage before and after marriage than the case with religion ($p < .05$), and study by Nam⁶ also shows that the case without religion is open to the sexual attitude than the case with religion. That is, these studies support the results of this study which represents that the college students with religion are more affirmative toward sexual attitude. According to the research by Suh¹⁶ which finds spiritual wellbeing of college students, this study has the similar meaning that existential and religious wellness shows an overall positive relation with psychological wellness.

Based on the results above, more spiritual wellbeing can make affirmative sexual attitudes. And for nurses to

fulfill a total and holistic nursing, it is required for them to establish a proper nursing values and these values can be obtained through keeping higher spiritual wellbeing and healthy spirit¹⁷. Therefore, we suggest developing and verifying education program to enhance spiritual wellbeing of nursing college students as nurse candidates for the establishment of affirmative sexual attitudes.

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