

SPIRITUALITY AND ITS IMPACT ON STRESS AND SUBJECTIVE WELL-BEING AMONG HEALTHCARE PROFESSIONALS

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[dx.doi.org/10.18374/EJM-21-1.5](https://doi.org/10.18374/EJM-21-1.5)

ABSTRACT

Levels of stress are anticipated to present ongoing challenges for healthcare workers' well-being and life satisfaction. The purpose of this exploratory study was to (a) create awareness among healthcare executives and nursing leadership of the increasing levels of stress being experienced by healthcare staff and the possibility that spirituality could assist in mitigating stress in the healthcare setting, and (b) explore, via online survey, the association between spirituality, stress, and well-being as significant variables that impact doctors, nurses, and other members of the direct care team and the patients they serve. Findings of this study reveal significant correlations between spirituality, stress, and subjective well-being. The present study provides evidence to support the call to embrace spirituality in healthcare settings and to view spirituality as an asset to the delivery of effective care for both caregiver and patient alike.

Keywords: *Spirituality, Stress, Subjective Well-Being, Doctors, Nurses, Healthcare, Burnout*