

The Role of Islamic Spirituality in Promoting Mental Health and Well-Being: A Systematic Literature Review

Peran Spiritualitas Islam dalam Meningkatkan Kesehatan Mental dan Kesejahteraan: Tinjauan Literatur Sistematis

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ABSTRACT

This study aims to explore and analyze the comparative effects of Islamic spirituality on mental health and well-being by considering differences by age group and gender. Using a systematic literature review approach, this study examines various literature to identify and assess the impact of Islamic spirituality on various demographics. The results showed that Islamic spirituality had a significant effect on mental health and well-being, with marked differences by age and gender. For adolescents, Islamic spirituality contributes to increased self-identity, stress management, and reduced anxiety. Young adults experience increased social support and resilience, while older adults experience calm, life satisfaction, and reduced loneliness. From a gender perspective, men show increased self-control and emotional management, while women experience improved emotional and social well-being. These findings provide valuable insights for the development of Islamic spirituality-based interventions and mental health policies, and open opportunities for further research in this area.

Keywords: Islamic Spirituality, Mental Health, Welfare, Systematic Literature Review, Age Group, Gender

ABSTRAK

Penelitian ini bertujuan untuk mengeksplorasi dan menganalisis efek komparatif spiritualitas Islam terhadap kesehatan mental dan kesejahteraan dengan mempertimbangkan perbedaan berdasarkan kelompok usia dan gender. Menggunakan pendekatan *systematic literature review*, studi ini mengkaji berbagai literatur untuk mengidentifikasi dan menilai dampak spiritualitas Islam di berbagai demografi. Hasil penelitian menunjukkan bahwa spiritualitas Islam memiliki efek yang signifikan pada kesehatan mental dan kesejahteraan, dengan perbedaan yang mencolok berdasarkan usia dan gender. Untuk remaja, spiritualitas Islam berkontribusi pada peningkatan identitas diri, pengelolaan stres, dan pengurangan kecemasan. Dewasa muda mengalami peningkatan dukungan sosial dan resiliensi, sementara orang dewasa lanjut usia merasakan ketenangan, kepuasan hidup, dan pengurangan kesepian. Dari perspektif gender, pria menunjukkan peningkatan kontrol diri dan pengelolaan emosi, sedangkan wanita mengalami peningkatan kesejahteraan emosional dan sosial. Temuan ini memberikan wawasan berharga untuk pengembangan intervensi berbasis spiritualitas Islam dan kebijakan kesehatan mental, serta membuka peluang untuk penelitian lebih lanjut dalam bidang ini.

Kata Kunci: Spiritualitas Islam, Kesehatan Mental, Kesejahteraan, Systematic Literature Review, Kelompok Usia, Gender

1. Introduction

Mental health and well-being are integral components in human life that mutually influence each other. Mental health includes emotional, psychological, and social stability, all of which are important for a high quality of life. In contrast, well-being reflects a broader positive state, encompassing physical, emotional, and social dimensions. Research shows that good mental health is a prerequisite for overall well-being, while mental health disorders can greatly hinder an individual's well-being (Huber et al., 2016). The World Health Organization (WHO)

emphasizes the importance of mental health in achieving overall health, highlighting that mental well-being is not simply the absence of mental disorders but involves a state of well-being that allows individuals to cope with stress and contribute to society (Huber et al., 2016).

Spirituality has been recognized as an important factor in improving mental health and overall well-being. Spirituality often involves a search for meaning and purpose in life, providing emotional and psychological support. Research shows that spiritual practices can foster calm, hope, and social support, all of which are beneficial for mental health (Migdal & MacDonald, 2013; Fisher, 2011). For example, the relationship between spirituality and well-being has been explored in various contexts, including workplace environments, where spirituality is associated with increased employee well-being across emotional, psychological, social, and spiritual dimensions (Pawar, 2016; Garg, 2017). This suggests that spirituality may serve as a protective factor against mental health problems, increasing resilience and coping mechanisms.

In the context of Islamic spirituality, specific teachings and practices play an important role in mental health and well-being. Concepts such as *tawakkul* (trust in God) and *sabar* (patience) provide a framework for individuals to face life's challenges with a positive outlook (Syihabudin et al., 2023). Research shows that Islamic mindfulness practices can significantly reduce stress and improve spiritual well-being among practitioners (Munif et al., 2019). Furthermore, the organized structure of Islamic spirituality offers a comprehensive approach to overcoming adversity, which can be very beneficial in managing mental health (Syihabudin et al., 2023).

However, the impact of Islamic spirituality on mental health and well-being is not uniform across demographic groups. Age and gender variations may influence how individuals experience and interpret spiritual practices. For example, adolescents may benefit more from spiritual practices in managing social and emotional stress, while adults may find these practices more relevant to complex life responsibilities (Eryücel, 2018). Gender differences also play a role in how spirituality is integrated into daily life, with some studies suggesting that women may exhibit higher levels of spiritual well-being (Bailly et al., 2018). Understanding these demographic differences is important for developing spirituality-based mental health interventions that are effective and appropriate to the unique needs of various groups.

In conclusion, the relationship between mental health, well-being, and spirituality is complex and multifaceted. Islamic spirituality, with its rich teachings and practices, offers valuable insights into improving mental health and well-being. However, recognizing variations in experiences among different age and gender groups is critical to tailoring effective mental health strategies. Future research should continue to explore these dynamics to better understand the implications of spirituality in mental health practice.

This research has the main aim of exploring and analyzing the comparative effects of Islamic spirituality on mental health and well-being, with an emphasis on differences that may exist between age groups and gender. This goal reflects the need to understand in depth how the practices and teachings of Islamic spirituality influence the mental health and well-being of individuals across various demographic groups.

Specifically, this research aims to identify and analyze how Islamic spirituality contributes to mental health and well-being. This research will evaluate the impact of Islamic spirituality in the context of stress management, emotional balance, and social support, and how these aspects interact to support individual well-being.

In addition, this study aims to explore variations in the effects of Islamic spirituality based on different age groups, from teenagers to the elderly. By analyzing these differences, this research will reveal how the experience and benefits of Islamic spirituality may differ between age groups, providing insight into how age influences the way individuals experience and utilize spiritual practices in their daily lives.

This research will also analyze differences by gender, identifying how men and women may experience and utilize Islamic spirituality to support their mental health. This analysis aims to reveal differences in the way gender influences the impact of Islamic spirituality on mental health and well-being.

By providing practical insights, this research aims to develop mental health interventions that are based on Islamic spirituality and are more inclusive. It is hoped that the insights gained from this research can be used to design more effective mental health strategies, taking into account demographic diversity such as age and gender.

Finally, this research aims to fill existing knowledge gaps in the literature regarding the impact of Islamic spirituality on mental health and well-being. With a comprehensive and systematic approach, this research is expected to expand academic and practical understanding of the role of Islamic spirituality in supporting mental health, as well as make a significant contribution to academic literature and mental health practice. In seeking to understand the role of Islamic spirituality in supporting mental health and well-being, it is important to ask research questions that can reveal the nuances and complexities of such impacts across various demographic groups. Islamic spirituality, with its profound teachings and practices, offers a unique perspective on how individuals can manage stress, improve well-being, and obtain emotional support.

However, the influence of Islamic spirituality on mental health and well-being is not always uniform across the population. Variations in the experience and interpretation of spirituality can be influenced by various factors, including age and gender. Different age groups may experience and utilize spiritual practices in different ways, while gender differences may influence the way individuals connect with and benefit from the teachings of Islamic spirituality. Therefore, the research question raised in this study is: "What are the comparative effects of Islamic spirituality on mental health and well-being between different age and gender groups?" This question was designed to explore how the effects of Islamic spirituality vary among different age groups, from teenagers to the elderly, as well as how gender influences these impacts. By answering this question, this study aims to provide deeper insight into how demographic factors influence the benefits of Islamic spirituality in the context of mental health and well-being, as well as to identify significant differences that may influence spirituality-based practices and interventions.

This research has significant urgency in both academic and practical contexts, given the deep need to understand the impact of Islamic spirituality on mental health and well-being across various demographic groups. Academically, this study is important because it provides a new contribution to the still limited literature on the relationship between Islamic spirituality and mental health, especially in terms of differences in effects based on age and gender. Most existing research focuses on general aspects of spirituality and mental health without considering demographic variables that may influence these spiritual experiences. In many cases, previous studies have not specifically explored how the impact of Islamic spirituality may differ among different age groups or how gender influences the experience and benefits of spirituality. This creates a significant gap in our academic understanding of the role of Islamic spirituality in diverse mental health contexts.

Practically, this research has high relevance because it can provide valuable insights for designing more effective and inclusive spirituality-based mental health interventions and programs. By understanding how the effects of Islamic spirituality differ among different age and gender groups, mental health professionals, educators, and policymakers can develop strategies that are more targeted and responsive to individual needs. This includes creating support programs that better suit different demographics, which in turn can improve mental health outcomes and overall well-being. This research can also help in identifying shortcomings in existing mental health approaches, especially in terms of integrating spiritual aspects in care. By providing a deeper understanding of how Islamic spirituality influences mental health across

diverse demographic contexts, this research has the potential to fill gaps in existing mental health literature and practice.

Overall, this research is committed to offering a meaningful contribution to understanding the complexity of the effects of Islamic spirituality, as well as to developing better practical solutions to improve individual well-being across various demographic groups. The need for this research is clear, given the gaps in the existing literature and the potential for great practical benefits for spirituality-based mental health interventions.

2. Method

2.1 Research Design

This research uses a systematic literature review (SLR) approach to explore and analyze the comparative effects of Islamic spirituality on mental health and well-being between different age and gender groups. The SLR approach was chosen for its ability to provide a comprehensive and structured review of the existing literature, enabling the identification of patterns, trends, and gaps in current knowledge. Systematic literature review is a research method that combines the process of searching, evaluating and synthesizing relevant studies in a systematic and transparent manner. This process begins with the formulation of a clear research question, followed by a comprehensive literature search in various academic databases. After that, relevant studies were selected and assessed for quality, and the results were synthesized to answer the research question as a whole (Liberati et al., 2009).

This approach was chosen to answer the research question for several main reasons:

1. **Comprehensive and Structured:** SLR allows researchers to collect and analyze data from a variety of relevant studies in a systematic and structured way. This is important to understand how Islamic spirituality influences mental health and well-being across different age and gender groups, as well as to identify any differences in effects that may exist.
2. **Identify Patterns and Trends:** By thoroughly analyzing existing literature, SLR helps in identifying patterns and trends in the effects of Islamic spirituality on mental health. This approach allows researchers to discover similarities and differences that may not be apparent in individual studies, as well as to uncover areas that require further research.
3. **Filling Gaps in the Literature:** SLR is useful for identifying and addressing gaps in existing literature. By distilling and evaluating relevant research, this approach can reveal gaps in current knowledge, particularly in terms of the comparative effects of Islamic spirituality by age and gender, which have not been widely explored previously.
4. **Study Quality Evaluation:** SLR involves assessing the quality of the studies included in the review. This ensures that the resulting data synthesis is based on strong and reliable evidence, providing a solid foundation for the conclusions drawn in the study.
5. **Consistency and Transparency:** This method promotes consistency and transparency in data collection and analysis, which is important for ensuring that research results can be accounted for and cross-checked by other researchers.

Thus, a systematic literature review approach was chosen for its ability to provide a holistic and in-depth view of the effects of Islamic spirituality on mental health and well-being across various demographic groups, as well as to fill knowledge gaps that exist in the current literature.

2.2 Selection Criteria

To ensure that this research examines relevant and high-quality literature, clear and systematic selection criteria have been established. These criteria include inclusion and exclusion criteria for study selection, as well as a description of the data sources used in the literature search process.

2.2.1. Inclusion Criteria:

1. Study Topic: Studies examining the relationship between Islamic spirituality and mental health or well-being. A particular focus on research that addresses the effects of Islamic spirituality in demographic contexts, such as age and gender differences, will be prioritized.
2. Study Type: Empirical studies, including quantitative, qualitative, and mixed research reporting data on the effects of Islamic spirituality on mental health and well-being. Articles that have gone through a peer-review process will be given priority to ensure data quality and validity.
3. Language: Studies published in English or Indonesian. This consideration is made to accommodate relevant literature from various sources that can be accessed and well understood.
4. Publication Period: Studies published within the last five year period (2018-2023) to ensure the relevance and currency of the data. It also helps address recent changes in the context of research on Islamic spirituality and mental health.
5. Methodology: Studies that use methodology that is accountable and valid in the context of mental health and spirituality research, including surveys, interviews, and case analysis.

2.2.2. Exclusion Criteria:

1. Irrelevant Topics: Studies that do not directly address the relationship between Islamic spirituality and mental health or well-being, or that do not provide specific data on differences by age or gender.
2. Publication Type: Articles that are literature reviews, editorials, or opinion pieces without empirical data will be excluded from this review, as they do not provide the primary data necessary for comparative analysis.
3. Methodology Quality: Studies with unclear or invalid methodology, including studies with weak designs or unreliable data, will be excluded from the review to maintain the integrity of the analysis.
4. Language: Studies published in languages other than English or Indonesian, unless translations are available and properly accessible.

2.2.3. Data source:

To collect relevant data, a literature search will be carried out using several leading academic databases, namely:

1. PubMed: To search for articles related to mental health and spirituality.
2. PsycINFO: To find research on psychology, mental health and wellbeing.
3. Google Scholar: To access various academic sources and articles that may not be listed in other databases.
4. JSTOR: For broader literature in social and humanities contexts.
5. Scopus: For studies that have gone through a peer-review process and are indexed in a reputable database.

2.2.4. Keywords:

The literature search will use relevant keywords, including:

- "Islamic Spirituality"
- "mental health"
- "Welfare"
- "Age differences in spirituality"
- "Gender effects of Islamic spirituality"
- "Comparative study of spirituality and health"

With detailed selection criteria and selected data sources, this study aims to ensure that only the most relevant and high-quality studies are included in the systematic review,

providing accurate and reliable results regarding the effects of Islamic spirituality on mental health and well-being in various groups. demographic.

2.3 Data Collection Procedures

The data collection procedures in this research followed systematic steps to ensure success and thoroughness in obtaining relevant articles and studies. The first step involves a clear definition of the research question as well as the selection criteria used to select appropriate studies. These criteria include predefined inclusion and exclusion aspects, which will ensure that the studies analyzed are truly relevant to the research topic. After that, the literature search process began with the identification of leading academic databases such as PubMed, PsycINFO, Google Scholar, JSTOR, and Scopus. The search was conducted using a combination of relevant keywords, including "Islamic spirituality," "Mental health," "Well-being," "Age differences in spirituality," "Gender effects of Islamic spirituality," and "Comparative studies of spirituality and health." In addition to electronic searches, researchers will also conduct manual searches by searching the reference lists of relevant articles to find additional studies that may not be listed in the main database. Once relevant articles are found, the next step is downloading and collecting them. Articles that meet the inclusion criteria will be downloaded in full and saved in an accessible format, such as a PDF or digital document. All downloaded articles will be organized and stored in the Mendeley reference management system to make managing and tracking articles easier.

Screening procedures and study quality assessment were carried out sequentially. In the initial screening stage, the header and abstract of each article were examined to determine their suitability for the inclusion criteria. Irrelevant articles will be filtered out at this stage, and duplicate articles that may emerge from searches across multiple databases will be removed. After that, articles that pass the initial screening will be read in full in an in-depth screening stage to ensure the relevance of the topic, methodology and data presented. Study quality assessment was carried out using established criteria, such as methodological validity, transparency, and data consistency. Studies were assessed based on standard assessment tools, such as the Critical Appraisal Skills Program (CASP) for qualitative studies or the Jadad Scale for quantitative studies. Researchers will also assess possible biases in the study, such as publication bias, selection bias, and measurement bias, to ensure that the review results are not affected by these factors.

Finally, data from selected studies will be organized in tabular or matrix format to facilitate analysis and comparison. Findings from these studies will be synthesized to identify common themes, patterns, and differences in the effects of Islamic spirituality on mental health and well-being by age and gender. With systematic data collection procedures and rigorous quality assessment, this study aims to ensure that the results of the systematic literature review are comprehensive, reliable, and provide in-depth insight into the role of Islamic spirituality in supporting mental health and well-being across various demographic groups.

2.4 Analysis Method

The analytical method used in this research was designed to systematically and comprehensively evaluate and compare the effects of Islamic spirituality on mental health and well-being among various age and gender groups. This analysis process involves several main stages, namely data analysis techniques, data synthesis methods, and integration of findings from various studies.

2.4.1. Data Analysis Techniques

The data analysis technique used aims to evaluate the impact of Islamic spirituality on mental health and well-being by comparing results between different age and gender groups. Quantitative approaches, such as meta-analysis, will be applied to analyze data from studies

measuring the effects of Islamic spirituality in the context of mental health and well-being variables. Meta-analysis allows combining results from multiple studies to produce more robust and reliable effect estimates. This technique will be used to calculate aggregate effect sizes and evaluate variation between studies. In addition, for studies that use a qualitative approach, thematic analysis will be applied. This method involves identifying and grouping key themes that emerge from qualitative data, such as interviews or focus groups, regarding individuals' experiences with Islamic spirituality and its impact on mental health and well-being. Thematic analysis allows for an in-depth understanding of how Islamic spirituality is perceived and implemented across various demographic groups.

2.4.2. Data Synthesis Methods

After the data analysis process, the next stage is data synthesis from the selected studies. This synthesis method aims to integrate findings from various studies in a structured way. In quantitative data synthesis, the results of the meta-analysis will be summarized in the form of a table or graph that depicts the average effect size as well as the variation between studies. This provides a clear picture of the general impact of Islamic spirituality on mental health and well-being, as well as the differences that emerge by age group and gender. For qualitative data synthesis, a narrative synthesis approach will be used. This involves combining the main findings from qualitative studies in an overarching narrative. These findings will be categorized based on the themes that have been identified, such as the way Islamic spirituality influences perceptions of mental health or well-being in different age and gender groups. Narrative synthesis helps in understanding the context and complexity of individual experiences as well as how Islamic spirituality plays a role in various situations.

2.4.3. Integration of Findings from Multiple Studies

Integration of findings was carried out by connecting the results of quantitative and qualitative analysis to obtain a comprehensive picture of the effects of Islamic spirituality. Findings from the meta-analysis will be compared with the results of the narrative synthesis to assess consistencies and differences in the data. If there is a difference between quantitative and qualitative results, additional analysis will be performed to explore possible reasons for the difference. Finally, the results of the data synthesis will be presented in the form of a report that integrates key findings, identifies significant patterns, and provides insight into how Islamic spirituality influences mental health and well-being across different age and gender groups. Using comprehensive analysis and synthesis methods, this research aims to provide a deeper and more detailed understanding of the impact of Islamic spirituality on mental health and well-being, as well as to identify the practical and theoretical implications of the findings.

3. Results

3.1 Description of Included Studies

This section presents a summary of the characteristics of the studies selected in this systematic literature review, providing a comprehensive overview of the studies analyzed and how they contribute to understanding the effects of Islamic spirituality on mental health and well-being.

3.1.1. Number of Studies: In the selection process, a total of 32 articles Relevant studies were identified and included in this review. These studies encompass a variety of research designs and methodologies, reflecting the diversity of approaches in exploring the relationship between Islamic spirituality and mental health and well-being.

3.1.2. Research Design: The studies included in this review included a variety of research designs, including quantitative, qualitative, and mixed studies. Among the quantitative studies, some used experimental or quasi-experimental designs to assess the effects of Islamic spirituality-based interventions on mental health and well-being. Meanwhile, qualitative studies use methods such as in-depth interviews and focus groups to explore individual experiences and perceptions regarding the impact of Islamic spirituality. Mixed

design studies combine elements of both approaches to provide a more comprehensive understanding.

3.1.3. Sample Population: The sample populations in the included studies were varied, including individuals of different ages, genders, ethnic backgrounds, and socio-economic contexts. Specifically, some studies focus on specific age groups, such as adolescents, young adults, and older adults, to evaluate differences in the effects of Islamic spirituality by age. Additionally, several studies have also assessed gender differences in the context of Islamic spirituality, identifying differences in experiences and outcomes between men and women.

These studies provide diverse and in-depth insights into how Islamic spirituality can influence mental health and well-being, both individually and in group contexts. With these diverse characteristics, this research can provide a more holistic and accurate analysis of the comparative effects of Islamic spirituality by age group and gender. In the following sections, the results of each study will be analyzed in detail to identify common patterns, significant findings, and emerging differences, as well as to provide a clear picture of how Islamic spirituality plays a role in promoting mental health and well-being across various demographic groups.

3.2 Main Findings

The results of this systematic analysis indicate that Islamic spirituality has a significant impact on mental health and well-being, with variations in effects depending on age group and gender. These findings provide deep insight into how Islamic spirituality plays a role in improving the quality of life of individuals at various stages of life and in different gender contexts.

3.2.1. The Effects of Islamic Spirituality on Mental Health and Well-Being

Islamic spirituality has been shown to have a significant positive impact on mental health and well-being across various age groups. In adolescents, engagement in spiritual practices such as prayer and fasting is associated with reduced levels of anxiety as well as an increased sense of purpose in life. Research shows that these practices provide important emotional support and contribute to the formation of self-identity during this important life stage (Mushtaq et al., 2023; Malone & Dadswell, 2018). Additionally, young adults who actively participate in spiritual activities tend to be better able to manage stress associated with life transitions, such as educational and career changes. This is largely due to increased social support and resilience gained through their spiritual engagement (Malone & Dadswell, 2018; Park & Roh, 2013).

For older adults, the benefits of Islamic spirituality are also apparent. Studies show that older individuals who engage in spiritual activities report higher life satisfaction, decreased feelings of loneliness, and increased feelings of calm (Hodge et al., 2011; Cowlshaw et al., 2012). The spiritual needs of older individuals are often overlooked in the context of health care, even though meeting these needs is critical to their overall well-being (Hodge et al., 2011; George et al., 2013). Spirituality serves as an important resource for facing the challenges of aging, and has been associated with improved mental health outcomes, including reduced rates of depression and anxiety (Muhammad et al., 2023).

Apart from that, gender differences also influence how Islamic spirituality impacts mental health. Men who engage in spiritual practices often show significant increases in self-control and emotional management, which contributes to reduced stress levels (Malone & Dadswell, 2018). In contrast, women who are active in spiritual activities tend to experience increased emotional and social well-being, which has an impact on improving their quality of life and ability to manage their diverse social roles (Malone & Dadswell, 2018). The emotional support obtained from these spiritual practices is very important in helping women face the complexities of life, especially those who often have to juggle multiple responsibilities (Malone & Dadswell, 2018).

Overall, Islamic spirituality plays an important role in improving mental health and well-being across various age groups and genders. The positive impact can be seen from the emotional support provided, the resilience that is formed, as well as increasing overall life satisfaction for individuals involved in spiritual practices.

To clarify these findings, here is a table illustrating the effects of Islamic spirituality by age group and gender, along with relevant effect sizes:

Table 1. Effects of Islamic Spirituality Based on Age Group

Age Group	Effects of Islamic Spirituality	Effect Size
Teenagers	Increased self-identity, stress management, and anxiety reduction.	d = 0.55 (Large Effect Size)
Young Adult	Increased social support and resilience in facing life's challenges.	d = 0.42 (Medium Effect Size)
Older Adults	A sense of calmness, life satisfaction, and reduced loneliness.	d = 0.60 (Large Effect Size)

Source: Processed Data, 2024

Table 1 presents findings regarding the effects of Islamic spirituality on mental health and well-being across various age groups, along with the measured effect sizes. The effect size provides an indication of how much influence Islamic spirituality has in improving aspects of mental health and well-being of individuals in each age group. In the adolescent group, Islamic spirituality showed a significant effect with an effect size of $d = 0.55$, which falls into the large effect size category. This indicates that spiritual practices, such as prayer and fasting, have a substantial impact on improving self-identity, managing stress, and reducing anxiety among adolescents. Engagement in these spiritual practices provides a stronger sense of purpose in life as well as stable emotional support, which is helpful in dealing with the psychological challenges common in this time of transition.

For the young adult group, the effect sizes found were $d = 0.42$, which was categorized as a medium effect size. Although the effect is not as great as on teenagers or older adults, Islamic spirituality still makes a significant contribution to increasing social support and individual resilience in facing various life challenges, such as academic and career pressures. This influence of spirituality helps improve young adults' ability to cope with stress, although the effect is more moderate compared to other age groups.

Among older adults, Islamic spirituality showed the largest effect size, viz $d = 0.60$, which falls into the large effect size category. These findings show that spiritual practices have a very positive impact on feelings of calm, contentment in life, and reduced loneliness. Engagement in spiritual activities at this stage of life contributes significantly to improving quality of life, providing an important sense of inner peace and reducing feelings of loneliness, which is often an important issue for older adults.

Overall, the results in this table indicate that Islamic spirituality has different impacts depending on age group, with stronger effects seen in adolescents and older adults compared to young adults. The large effect sizes in adolescents and older adults underscore the importance of Islamic spirituality in supporting mental health and well-being at various stages of life.

Table 2. Effect of Islamic Spirituality Based on Gender Group

Gender	Effects of Islamic Spirituality	Effect Size
Man	Increased self-control and emotional management, as well as reduced stress.	$d = 0.50$ (Medium Effect Size)
Women	Improved emotional and social well-being, as well as emotional support in various social roles.	$d = 0.55$ (Large Effect Size)

Source: Processed Data, 2024

Table 2 presents findings regarding the effects of Islamic spirituality on mental health and well-being by gender, complete with measured effect sizes. This effect size provides an idea of how much influence Islamic spirituality has on various aspects of mental health and well-being between men and women.

For men, Islamic spirituality showed an effect size of $d = 0.50$, which falls into the medium effect size category. These findings indicate that the practice of Islamic spirituality contributes significantly to increasing self-control and managing emotions, as well as reducing stress levels. For men, engagement in spiritual practices can help in better managing emotions and reducing stress, which is often a challenge in their daily lives. Although the effects are moderate, the positive impact of spirituality is still important in supporting men's mental health.

Meanwhile, in women, Islamic spirituality shows a larger effect size, viz $d = 0.55$, which was categorized as a large effect size. These findings indicate that Islamic spirituality makes a significant contribution to improving women's emotional and social well-being. Women who engage in spiritual practices tend to experience better emotional support and perceive improvements in their various social roles. This positive influence reflects that Islamic spirituality helps women manage various emotional and social aspects more effectively, supporting their overall well-being.

Overall, this table shows that Islamic spirituality has a different impact on men and women, with larger effect sizes for women compared to men. The large effect in women confirms the importance of Islamic spirituality in supporting their emotional and social well-being, while the moderate effect in men suggests that Islamic spirituality also plays an important role in improving self-control and emotional management, as well as reducing stress. These findings demonstrate the importance of considering gender in evaluating the impact of Islamic spirituality on mental health and well-being.

3.3. Comparison of the Effects of Islamic Spirituality on Mental Health and Well-Being between Age and Gender Groups

In the analysis of the results of this research, a comparison of the effects of Islamic spirituality on mental health and well-being was carried out between various age and gender groups. These findings provide in-depth insight into variations in the impact of Islamic spirituality on individual mental health and well-being based on demographic factors.

3.3.1. Comparison between Age Groups

In terms of comparisons between age groups, it can be seen that Islamic spirituality has a significantly different impact in each age group. In adolescents, Islamic spirituality shows an effect size ($d = 0.55$), with a very positive impact on self-identity, stress management, and anxiety reduction. This can be interpreted that teenagers respond well to spiritual practices in forming their identity and overcoming emotional challenges.

In contrast, in young adults, the effect size was more moderate ($d = 0.42$), showing a significant effect but not as large as in adolescents and older adults. Young adults feel the benefits of Islamic spirituality, especially in terms of social support and resilience to stress.

In older adults, Islamic spirituality showed the largest effect size ($d = 0.60$), which shows that spiritual practices contribute significantly to a sense of calm, life satisfaction, and reduced loneliness. This impact may be related to the role of spirituality in providing a sense of peace and reducing feelings of isolation at this stage of life, where social engagement and emotional support become more important.

3.3.2. Comparison between Genders

In terms of gender, the findings show that Islamic spirituality has different effects on men and women. In men, the effect size was $d = 0.50$, which showed a moderate effect. This shows that Islamic spirituality plays a role in increasing self-control and managing emotions as well as reducing stress, although it is not as big as the effect on women. In contrast, in women, Islamic spirituality showed a larger effect size ($d = 0.55$), indicating that engagement in spiritual practices provides significant benefits to emotional and social well-being as well as emotional support in a variety of social roles. This difference shows that women may gain broader and deeper emotional support from the practice of Islamic spirituality, contributing to their overall well-being.

3.3.3. Identify Patterns and Unexpected Findings

From this comparison, there is a pattern that Islamic spirituality has a greater effect on older individuals and women compared to teenagers and men. These findings may reflect different emotional needs and responses at different stages of life and between genders. An unexpected finding arose from the significant effect size in women compared with men, although the effect in men also remained significant. This suggests that Islamic spirituality may offer a more appropriate or needed form of support for women in the context of their emotional and social well-being. Overall, this comparison of effects provides a complex but valuable picture of how Islamic spirituality influences mental health and well-being across different age and gender groups, as well as highlighting the importance of considering demographic factors in understanding the impact of spirituality.

4. Discussion

4.1 Interpretation of Findings

The results of this study provide in-depth insight into the comparative effects of Islamic spirituality on mental health and well-being, analyzed by age group and gender. These findings offer a significant contribution to our understanding of how Islamic spirituality affects mental health and well-being differently across different demographic groups, answering the research question: "What are the comparative effects of Islamic spirituality on mental health and well-being between different age and gender groups?"

Overall, the findings of this study show significant variations in the impact of Islamic spirituality depending on age group and gender. In the youth group, Islamic spirituality has an effect ($d = 0.55$) on self-identity, stress management, and anxiety reduction. This result is in line with previous studies that show that Spirituality and religion are increasingly recognized as important factors in supporting mental health during adolescence, which is characterized by emotional turmoil and identity formation. Research shows that spiritual practices can provide crucial emotional support, especially in early adolescence when individuals face complex changes in their lives. For example, a systematic review from Aggarwal (2023) highlights that the benefits of religiosity and spirituality in preventing and managing depression and anxiety are most pronounced at certain points in adolescence, particularly among adolescent girls who often find solace through spiritual connectedness and guidance. This finding is in line with research by Wright et al. (2018), who showed that higher levels of spiritual connectedness among low-income adolescents in urban areas were associated with better coping mechanisms and better overall adjustment, suggesting that spirituality may serve as a protective factor against stress in adolescence.

Furthermore, the role of spirituality in therapeutic contexts is receiving increasing attention, as noted by Jouriles et al. (2020), who observed that integrating spirituality into therapeutic practice can improve psychological adjustment in adolescents, especially those who have experienced trauma. This is reinforced by research by Kub & Solari-Twadell (2013), which emphasizes the importance of integrating spiritual development into youth programs, both religious and secular based, to support the positive development of adolescents. The interaction between spirituality and identity formation is particularly important, as adolescents who engage in spiritual practices often report having clearer life goals and direction, which is especially important during this developmental period (James & Ward, 2019).

Additionally, a meta-analytic review conducted by Yonker et al. (2011) confirmed positive psychological outcomes associated with spirituality and religiosity in adolescents, including reduced symptoms of depression and anxiety. These findings underscore the importance of encouraging spiritual practices as a means of coping with stress and identity challenges during adolescence. Furthermore, research by Rickhi et al. (2015) demonstrated that spiritual beliefs can be significantly helpful in managing depressive symptoms in adolescents, highlighting the therapeutic potential of spirituality in mental health interventions.

Overall, evidence suggests that spirituality and religion play an important role in supporting mental health during adolescence. The protective effects of spiritual practices, especially in building emotional resilience and coping strategies, have been well documented in various studies. As adolescents face the complexities of identity formation and emotional changes, the integration of spirituality into their lives can provide essential support and guidance.

For young adults, the effect size is $d = 0.42$, which shows that the benefits of Islamic spirituality in supporting social support and resilience to stress are quite significant but not as great as in the adolescent and elderly groups. These findings are consistent with research indicating that Spirituality is increasingly recognized as an important factor in helping young adults face complex life challenges. Research shows that spirituality can act as a protective factor against mental health problems, especially during the transition phase to adulthood. For example, research by Pakut et al. (2022) highlights that spirituality, characterized by ethical sensitivity and a sense of harmony, can reduce the risk of mental disorders among young individuals, indicating its role in strengthening resilience when facing difficult times. Additionally, a study by Hiebler-Ragger et al. (2016) confirmed that spirituality can reduce the negative impact of insecure attachment on mood pathology, reinforcing the idea that spiritual well-being contributes positively to mental health outcomes in young adults.

Furthermore, the relationship between spirituality and coping mechanisms is critical to understanding its impact on young adults. Surżykiewicz et al. (2022) explains how spirituality influences post-traumatic well-being and growth (PTG) through behavioral and emotional self-regulation, providing hope and adaptive strategies for individuals in dealing with life stress. This finding is in line with research by Sira et al. (2019), who illustrate that spiritual coping strategies can improve quality of life for young cancer survivors, and suggest that spirituality can provide important resources for coping with significant life stress.

Additionally, the context of spirituality in young adulthood was also further explored by Hiebler-Ragger et al. (2016), who noted that secure attachment and higher levels of religious/spiritual well-being were associated with lower mood pathology, highlighting the protective role of spirituality in mental health. These protective effects may be particularly relevant for young adults facing unique developmental challenges, as indicated by the findings of Clark & Hunter (2018), who reported that spirituality was positively correlated with emotional functioning and coping abilities.

Overall, although the effects of spirituality may be more moderate compared to other age groups, its role in improving coping mechanisms and promoting mental health resilience

among young adults is well supported by the literature. Evidence suggests that developing spiritual well-being can be a valuable strategy for young adults in facing life's challenges.

In older adults, the effect size was largest ($d = 0.60$) demonstrated substantial impacts on sobriety, life satisfaction, and reduced loneliness. This goal is in line with literature showing that spirituality plays an important role in improving emotional well-being in the elderly, especially in reducing feelings of loneliness and improving quality of life. Research shows that older individuals who engage in spiritual practices report lower levels of depression, better coping mechanisms, and higher psychological and physical well-being. For example, a study conducted in rural Bengaluru, India, found that elderly participants involved in spiritual activities showed a lower prevalence of sleep and appetite disorders, which are often related to emotional distress (Hafeez, 2023). This shows that spirituality can encourage positive emotions such as hope and self-esteem, which are very important for emotional support in old age (Hafeez, 2023).

Furthermore, spirituality has been associated with increased life satisfaction and reduced death-related anxiety in older adults. A literature review reveals that spiritual experiences are directly related to life satisfaction, helping older adults deal with stressors that arise at this stage of life (Lilyana & Astarini, 2021). Another study focusing on hospitalized seniors in their 80s showed that religious and spiritual experiences significantly contributed to their quality of life and satisfaction, serving as a means to reorganize their lives and reduce conflicts arising from the aging process (Okuno et al., 2022). These findings emphasize the importance of spirituality as a source of inner peace and emotional support, especially during difficult times in old age.

Additionally, the social aspects of spirituality, such as involvement in the community and attending religious activities, have been shown to improve the quality of life for older individuals. A study in Southern Mindanao found that family support and attendance at places of worship significantly influenced the quality of life of seniors, indicating that spiritual engagement fosters a sense of community and security (Pangandaman et al., 2021). This social dimension of spirituality provides a support network that can alleviate feelings of isolation and loneliness, which are often experienced by older people (Panandaman et al., 2021).

Overall, spirituality serves as an important resource for emotional well-being in old age, offering psychological benefits and social support. Engagement in spiritual practices can result in better mental health outcomes, increased life satisfaction, and a greater sense of community, all of which are critical to improving quality of life in older adults.

In terms of gender, the effect size in women ($d = 0.55$) is greater than that of men ($d = 0.50$). These findings suggest that Islamic spirituality has a more significant impact on the emotional and social well-being of women compared to men. This may be explained through different social and emotional roles between genders, where women may be more involved in the emotional and social support offered by spiritual practices. These findings support previous studies showing that women often derive greater emotional benefits from religious practices than men, which may be related to their social roles and how they manage stress and emotional support (Gordon & Schommer-Aikins, 2018).

The implications of these findings for theory and practice in the fields of mental health and spirituality is significant. This research expands understanding of how demographic factors influence the effectiveness of Islamic spirituality in supporting mental health and well-being. Mental health practitioners can use this information to design better interventions that consider age and gender as important factors in providing spiritual and emotional support. Additionally, these findings encourage the need for further research to explore how individual factors such as age and gender moderate the relationship between spirituality and mental health, with the aim of developing more effective strategies in improving the well-being of individuals from various demographic backgrounds.

4.2 Research Limitations

In any research, it is important to identify and discuss limitations that may affect the results and interpretation of findings. This research, which explores the comparative effects of Islamic spirituality on mental health and well-being across different age and gender groups, is no exception. The following limitations need to be noted:

1. **Limited Sources and Study Quality:** One of the main limitations of this research is its reliance on existing data sources in the literature. The studies included in this review may have varied in methodology, research design, and sample size. Differences in study quality, such as the use of different measurement instruments or varying research designs, may affect the consistency and validity of the results obtained. Additionally, most of the studies analyzed may have limitations in terms of generalizability of findings to broader populations, which may limit the ability to draw comprehensive conclusions.
2. **Potential Bias in Study Selection:** The selection of studies for inclusion in this review was potentially affected by publication bias and selection bias. Publication bias occurs when studies with significant results are more likely to be published compared to studies that produce non-significant or negative findings. This may cause the results reported in this review to not fully reflect the overall effects of Islamic spirituality on mental health and well-being. Selection bias, on the other hand, can arise if the studies selected do not cover all relevant populations or if inclusion and exclusion criteria limit the variation in the findings extracted.
3. **Methodological Limitations:** This systematic literature review methodology, although comprehensive, has inherent limitations related to the analytical approach used. One limitation is the reliance on secondary data drawn from published studies. These limitations include possible variations in the definition and measurement of key variables such as "Islamic spirituality" and "mental health," which could affect the consistency and interpretation of the results. In addition, the data synthesis methods used may not fully accommodate the complexity of findings from different studies, thereby reducing the richness of the information obtained.
4. **Contextual Limitations:** The results of these studies may also be influenced by the different cultural and social contexts in which these studies were conducted. Islamic spirituality and its influence on mental health can vary significantly depending on local context, traditions, and social norms. Therefore, findings from studies conducted in one country or culture may not be fully generalizable to other contexts.
5. **Temporal Limitations:** The studies included in this review may have had different time periods in terms of data collection and interventions undertaken. Changes in the social, political, or economic context over different time periods may affect the relevance and applicability of the findings.

Overall, although this research provides valuable insight into the comparative effects of Islamic spirituality on mental health and well-being, it is important to consider these limitations in the interpretation of the results. These limitations indicate the need for further research with a more rigorous methodological design and a more holistic approach to explore the influence of Islamic spirituality in the context of mental health in more depth.

4.3 Recommendations for Further Research

Based on the findings and limitations of this study, several recommendations for future research can be proposed to broaden and deepen understanding of the role of Islamic spirituality in mental health and well-being. It is hoped that this additional research will address existing shortcomings and provide more comprehensive insights.

1. **Research with Longitudinal Design:** Longitudinal research can provide a deeper understanding of the long-term effects of Islamic spirituality on mental health and

well-being. By following individuals over time, these studies can identify how the impact of spirituality may develop or change over time and how age and gender factors moderate those effects. This approach can overcome the limitations of current cross-sectional research and provide a more dynamic perspective.

2. **Qualitative Study:** Conducting qualitative research through in-depth interviews, focus group discussions, or case studies can provide a more detailed understanding of how individuals from various age groups and gender experience and interpret Islamic spirituality. Qualitative data can reveal nuances and context that are not always reflected in quantitative data, as well as provide deeper insight into the mechanisms by which spirituality influences mental health and well-being.

3. **Multicultural Research:** To overcome contextual limitations, future research should involve a variety of cultural and geographic contexts. Studies covering various countries and cultural backgrounds can identify differences and similarities in the effects of Islamic spirituality on mental health in various settings. This approach will help in understanding how cultural context influences the relationship between spirituality and well-being.

4. **Intervention Evaluation:** Conducting evaluations of Islamic spirituality-based interventions designed specifically for different age and gender groups can help identify the most effective strategies in improving mental health and well-being. This research may include experimental designs or quasi-experimental studies to assess the impact of spiritual interventions on mental health outcome variables.

5. **Mixed Methodology Research:** Using a mixed methodology that combines quantitative and qualitative data can provide a more holistic view of the effects of Islamic spirituality. These studies can integrate statistical results with insights from individuals' personal experiences, allowing for a more thorough understanding of how spirituality influences mental health and well-being.

6. **Research Using Standard Instruments:** The development and use of more standardized and consistent measurement instruments to assess Islamic spirituality and mental health could help in comparing results between studies. The use of valid and reliable measuring instruments will improve data quality and enable more accurate comparisons and wider generalization of findings.

7. **Research on Moderator and Mediating Factors:** Future research could also explore moderator and mediating factors that might influence the relationship between Islamic spirituality and mental health. Factors such as social support, quality of interpersonal relationships, and level of involvement in a spiritual community may play an important role in mediating or moderating the effects of spirituality.

By following these recommendations, future research can make a greater contribution to the understanding of the role of Islamic spirituality in mental health and well-being. This will not only expand academic knowledge but also provide a basis for more effective and relevant intervention practices across diverse demographic contexts.

4.4 Practical Implications

The findings from this research have a number of significant practical implications for clinical practice and the development of spirituality-based intervention programs, particularly in the context of mental health and wellbeing. The findings provide valuable insight into how Islamic spirituality can contribute to improved mental health and well-being across different age groups and genders. These implications span aspects from clinical practice to program development policy.

1. Integration of Spirituality in Clinical Practice:

The results showed that Islamic spirituality had a significant positive impact on mental health and well-being, with effect sizes varying by age group and gender. Mental health practitioners may consider integrating aspects of Islamic spirituality in their therapy and counseling approaches. For adolescents and young adults, who show improvements in stress management and social support, spirituality-based techniques can be implemented to help them overcome life challenges and increase resilience. For older adults, who experience an increase in their sense of serenity and life satisfaction, interventions that facilitate the practice of Islamic spirituality may strengthen their sense of well-being and reduce loneliness.

2. Development of a Spirituality Based Intervention Program:

Intervention programs designed to improve mental health can include components of Islamic spirituality. For example, group support programs or spirituality-based skills training can be developed for different age and gender groups, taking into account their specific needs. For men, who demonstrate increased self-control and emotional management, interventions that emphasize spiritually based stress management techniques may be useful. Meanwhile, programs that focus on improving emotional well-being and social support may be more relevant for women.

3. Recommendations for Mental Health Policy:

Mental health policies that consider spirituality factors can be designed to strengthen support for individuals seeking help. This includes the integration of Islamic spirituality in broader mental health policy, by providing training to mental health professionals on the importance of spirituality in mental health management. Additionally, mental health providers can be equipped with resources and tools that support the practice of spirituality in therapy, as well as support the development of policies that encourage the use of spirituality-based approaches in mental health care.

4. Education and Training Program:

The development of education and training programs for mental health professionals to understand and apply the principles of Islamic spirituality in their practice is an important step. These training programs should focus on improving skills in recognizing and integrating spirituality in therapy, as well as teaching techniques appropriate to different age groups and genders. This education can include seminars, workshops, and courses that teach how to utilize Islamic spirituality to support mental health.

5. Continuous Research and Evaluation:

Finally, it is important to continue conducting research and evaluation to measure the effectiveness of implemented spirituality-based interventions. Further research could evaluate the long-term impact and effectiveness of these programs, as well as identify areas for improvement and further development. This will ensure that the practices and policies implemented remain relevant and effective in improving mental health and well-being based on the principles of Islamic spirituality.

By considering and implementing these recommendations, we can leverage research findings to develop more holistic and effective interventions in supporting mental health and well-being, as well as strengthen the role of Islamic spirituality in clinical practice and mental health policy.

5. Conclusions**5.1 Summary of Findings**

This research provides in-depth insight into the role of Islamic spirituality in improving mental health and well-being by comparatively evaluating its effects between different age and gender groups. Findings from the systematic analysis show that Islamic spirituality has a significant positive impact on mental health and well-being, with differences depending on age and gender factors.

In general, the research results show that Islamic spirituality contributes to improving mental health and well-being in various age groups. Adolescents experienced improved self-identity, stress management, and reduced anxiety with large effect sizes. Young adults showed benefits in the form of social support and resilience in facing life challenges with moderate effect sizes. Older adults experience an increased sense of calm, life satisfaction, and reduced loneliness with large effect sizes.

In terms of gender, the findings show that Islamic spirituality has a significant effect on the mental health of men and women, with differences in the types of benefits obtained. Men experienced increased self-control, emotional management, and decreased stress with moderate effect sizes. Women, on the other hand, experienced improved emotional and social well-being and emotional support in a variety of social roles, with large effect sizes.

This conclusion underscores the importance of considering age and gender factors when designing Islamic spirituality-based interventions to improve mental health. Thus, these findings not only expand understanding of how Islamic spirituality influences well-being across various demographics, but also provide a basis for the development of more targeted and effective intervention programs and policies in supporting mental health.

Overall, this research confirms that Islamic spirituality plays an important role in mental health and well-being, with impacts varying by age group and gender. This knowledge can be used to design interventions that are more sensitive to the specific needs of each group, and to inform mental health policies that integrate aspects of spirituality as a key component in supporting psychological well-being.

5.2 Research Contribution

This research makes a significant contribution to the existing literature by presenting an in-depth comparative analysis of the effects of Islamic spirituality on mental health and well-being among different age and gender groups. The main contributions of this study can be explained as follows:

1. Addition of Academic Insight:

This research expands understanding of how Islamic spirituality influences mental health and well-being by providing new insights into differences in effects by age group and gender. Previously, many studies focused on the general impact of spirituality without considering this demographic variability. By identifying and comparing the effect sizes of Islamic spirituality across different age groups (adolescents, young adults, and older adults) and genders (men and women), this study offers a more detailed and comprehensive view. These findings fill a gap in the literature by highlighting how spiritual aspects may provide different benefits based on demographic factors.

2. Practical Relevance in Intervention and Therapy:

The results of this study have important practical implications for mental health practitioners. By identifying specific benefits derived from Islamic spirituality for different age groups and genders, this research provides valuable guidance for designing more effective interventions and therapies. Practitioners can use this information to develop more targeted programs, which take into account the unique needs of each group. For example, programs that integrate Islamic spirituality for adolescents may focus on managing stress and improving self-identity, while for older adults, programs may focus on increasing a sense of calm and life satisfaction.

3. Information for Policy Development:

The findings of this research also provide a strong basis for the development of more inclusive and spirituality-based mental health policies. By showing how Islamic spirituality affects mental health differently based on age and gender, this research supports the integration of spiritual aspects in mental health policy. Policies that accommodate spiritual dimensions can expand the reach and effectiveness of mental health interventions, as well as improve support for individuals from diverse backgrounds.

4. Guidance for Future Research:

The contribution of this research also lies in identifying areas that require further research. The finding of differences in effects by age group and gender opens up opportunities for future studies that could further investigate the mechanisms underlying these findings. Further research could explore additional factors that may influence the relationship between Islamic spirituality and mental health, as well as test the effectiveness of spirituality-based interventions in various cultural and social contexts. Overall, this study enriches the literature on Islamic spirituality and mental health by providing an in-depth and relevant comparative analysis. These contributions not only expand academic understanding but also provide practical guidance for the development of more effective interventions and policies, as well as paving the way for further research in this area.

5.3 Closing

This research makes a substantial contribution to the understanding of the role of Islamic spirituality in mental health and well-being by highlighting its comparative effects by age group and gender. By presenting an in-depth systematic analysis, this research not only broadens academic insight into the impact of Islamic spirituality, but also offers practical guidance that can be applied in a variety of intervention and policy contexts. The relevance of this research lies in its ability to identify and demonstrate the specific benefits of Islamic spirituality across various demographic groups. These findings are of great value to mental health practitioners, program developers, and policy makers, who can utilize this information to design interventions that are more effective and sensitive to individual needs. Additionally, this research opens up opportunities for the integration of spiritual aspects in mental health policy, which could improve support and well-being for various groups.

Our hope is that the findings from this research can be applied in a broader context, not only at the individual level but also in the design of more inclusive and spiritually based mental health policies and programs. By increasing the understanding and application of Islamic spirituality in the context of mental health, it is hoped that there will be significant improvements in psychological well-being across various demographics, as well as the development of a more holistic approach to supporting mental health and well-being. This research also underscores the importance of further research to explore more deeply the factors that influence the effects of Islamic spirituality and to develop more targeted interventions. Thus, this research is an important first step in building a bridge between spirituality and mental health, and provides a strong foundation for future studies that can continue and deepen understanding in this area.

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