

Spirituality and Well-Being: Testing Family Spiritual Interdependence Theory

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The purpose of this study was to test Kim's (2006) Family Spiritual Interdependence Model to investigate actor and partner effects of spirituality on well-being as well as non-independence of spirituality and well-being between elders and caregivers.

One hundred fifty-seven Korean elder-family caregiver dyads in Seoul, Korea participated and completed independently three spirituality and three well-being instruments: Spiritual Perspective Scale (Reed, 1987), Self-Transcendence Scale (Reed, 1986) and Purpose in Life (Crumbaugh, 1968), Center for Epidemiological Studies-Depression Scale (Radloff, 1977), Satisfaction With Life Scale (Diener, et al., 1985) and Positive And Negative Affect Schedules (Watson et al., 1988).

The correlations of spirituality and well-being between elders and caregivers reported that elders' spirituality significantly related to caregivers' spirituality and caregivers' well-being significantly related to elders' well-being.

The actor and partner effects of spirituality on well-being between elders and caregivers were tested using the Actor-Partner-Interdependence Model (Kashy & Kenny, 2000; Kenny, 1996). The results found that there were significant *actor effects*. *Spiritual perspective* negatively influenced their own positive affect. *Self-transcendence* positively predicted their own depression and negative affect. Also, *Self-transcendence* positively predicted their satisfaction with life and positive affect. In addition, *purpose in life* negatively influenced their own depression and negative affect. *Purpose in life* positively influenced their own satisfaction with life and positive affect.

There was a significant *partner affect*. *Self-transcendence* positively predicted their partner's depression. Also, *self-transcendence* positively influenced their partner's positive and negative affect. There were no significant partner effects from spiritual perspective and purpose in life to well-being. These findings indicate that the health and well-being of family members may be best understood within the context that includes the spiritual dimension of caregiving, particularly the concept of self-transcendence. Nurses may need to develop spiritual caring to help family caregivers and elders connect with something meaningful to enhance their sense of connectedness intrapersonally, interpersonally and transpersonally.