

The Contribution of a Religiousness and Humanistic Spirituality to Depression, Life Satisfaction and Work Satisfaction among Israeli Nurses

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This study examined the contribution of religiosity and humanistic spirituality to depression, life satisfaction and work satisfaction among Jewish hospital nurses. One hundred and twenty female nurses of various religious identities (religious, traditional and secular) working in a hospital in central Israel participated in the study. Both self reported level of religiosity as well as spirituality as measured by the Spirituality Orientation Inventory, a multidimensional measure of humanistic spirituality, were found to be associated with lower levels of depression. In addition, spirituality was found to be associated both with higher levels of life and work satisfaction. After controlling for both work stressors and religiosity, hierarchical regression indicated that overall spirituality had a unique contribution to higher levels of both work satisfaction and life satisfaction. In addition, humanistic spirituality dimensions *altruism* and *idealism* were found to have unique contributions to lower levels of depression. However, no interaction was found between spirituality and work stressors suggesting that spirituality does not act as a buffering agent for stress but rather has a direct contribution to wellbeing.