

SPIRITUALITY AS EMPOWERMENT RESOURCE IN MENTAL HEALTH

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The introductory part of the work through the theoretical concept seeks to emphasize that for individuals and families who intensely live their spirituality through spiritual practice and active participation in the life of their religious communities, changes in the perception of stressful circumstances affect the development of stress-carrying capacity, thereby reducing the potential adverse impact of stress on the mental and physical health of the individual as well as the functioning of the family and the wider community. Therefore, the aim of this paper is to gain a more detailed insight into how spirituality and spiritual experiences in charismatic communities reduce the potential adverse impact of stress on the health of an individual and family and thereby promote the maintenance of mental health. The work is based on qualitative research - a semi-structured interview method. The study included 12 members of charismatic communities "Good Shepherd and Maranatha". Intentional sampling was used in the selection of the research participants. The sample size is defined according to the principle of achieving theoretical saturation. The contents of the interviews were transcribed and processed by the qualitative analysis process. By analyzing the experiences of the research participants, the results show that spirituality is a source of empowerment and a source of strength for change, but also the source of mental health. According to experience of research participants, spirituality is a very important resource in preventing depression, emotional fears, and preserving and maintaining mental health. Personal subjective religious identity is associated with the preservation of health and well-being. Positive emotions that arise from subjective spiritual experience can help overcome everyday stress situations and may affect the physiological functioning of the body. Concludingly, he wants to emphasize that subjective religiosity is a source of mental health. Whether God as a spiritual dimension is objectively real or not, regardless of religious affiliation, attendance of a religious community, and the maintenance of rituals, just thinking about God and trusting in God, can have a beneficial effect on health and well-being (Hodge 2008). Therefore, for the respondents, spirituality has an important role as it can produce faith and hope, or positive expectations, which represent a potential protective factor from physical and emotional illness. Although faith and hope are of subjective nature, they are obviously sufficient to cause the eradication of disease symptoms and pathogenic processes (Levin 2001). From the aforementioned point of view, it can be seen that, according to experience of research participants, spirituality is very important for preventing depression, emotional fears and maintaining mental and general well-being.

DUHOVNOST KAO RESURS U OČUVANJU MENTALNOG ZDRAVLJA

Uvodnom dijelu rada kroz teorijski koncept želi se istaći kako za pojedince i obitelji koji intenzivno žive svoju duhovnost kroz duhovne prakse te aktivnim sudjelovanjem u životu svojih vjerskih zajednica, dolazi do promijene percepcije stresnih okolnosti što utječe na razvoj sposobnosti za nošenje sa stresom, čime se smanjuje potencijalni štetni utjecaj stresa na mentalno i fizičko zdravlje pojedinca kao i na funkcioniranje obitelji i šire zajednice. Stoga je cilj ovog rada dobiti detaljniji uvid u to kako duhovnost i duhovna iskustva kod osoba u karizmatskim zajednicama smanjuju potencijalni štetni utjecaj stresa na zdravlje pojedinca i obitelji te na taj način potiču održavanje mentalnog zdravlja. Rad se temelji na kvalitativnom istraživanju-metodom polustrukturiranog intervjua. U istraživanju je sudjelovalo 12 pripadnika karizmatskih zajednica „Dobri Pastir i Maranatha“. Pri odabiru sudionika istraživanja koristilo se namjerno uzorkovanje. Veličina uzorka definirana je prema principu postizanja teorijskog zasićenja. Sadržaji intervjua su transkriptirani i obrađeni postupkom kvalitativne analize. Analizom iskustava sudionika istraživanja rezultati pokazuju kako duhovnost predstavlja resurs osnaživanja i izvor snage za promjene ali i izvor mentalnog zdravlja. Prema iskustvima sudionika istraživanja duhovnost je vrlo važan resurs u sprečavanju depresije, emocionalnih strahova te u očuvanju i održavanju mentalnog zdravlja. Osobni subjektivni vjerski identitet je povezan s očuvanjem zdravlja i s blagostanjem. Pozitivne emocije koje proizlaze iz subjektivnog duhovnog iskustva mogu pomoći u prevladavanju svakodnevnih stresnih situacija i mogu utjecati na fiziološko funkcioniranje tijela. Zaključno se želi naglasiti kako subjektivna religioznost predstavlja izvor za mentalno zdravlje. Bez obzira je li Bog kao duhovna dimenzija objektivno stvarna ili ne, bez obzira na vjersku pripadnost, pohađanje vjerske zajednice i održavanje rituala, samo razmišljanje o Bogu i povjerenje u Boga, mogu imati korisnost za zdravlje i dobrobit (Hodge, 2008.). Stoga za ispitanike, duhovnost ima važnu ulogu, jer može proizvesti vjeru i nadu odnosno pozitivna očekivanja koja predstavljaju potencijalni zaštitni faktor od fizičkih i emocionalnih bolesti. Iako su vjera i nada subjektivne naravi, očito su dovoljne da uzrokuju iskorjenjivanje simptoma bolesti i patogenih procesa (Levin, 2001.). Iz dosada navedenog se može iščitati da je prema iskustvima sudionika istraživanja duhovnost vrlo važna za sprečavanje depresije, emocionalnih strahova i održavanje mentalne i opće dobrobiti.