Abstract

This study investigated the relationship between the levels of Spiritual Well-being and the levels of Health Related Hardiness in Mexican population of abuts 65 years and older. The framework was based on the Roy adaptation model, Pollock’s, Health Related Hardiness and Spiritual Well-being of Reed. The design was descriptive co relational, the sampling was probabilistic random. The sample (n=160) had a level of significance of 0.05 for a mean difference of medium 1.6, a size effect and a potency of 80. The instruments were the Health Related Hardiness Scale, with an Alpha of 0.801 and the Spiritual Well Being with an Alpha of 0.973. Multiple Linear Regression was used to investigate the effect of the demographic variables on the Spiritual Well-being. The mean age of the subjects was of 73.9 (DE=4.3) 62.5% were females. The Correlation Coefficient between Spiritual Well-being and Health Related Hardiness was r. 684 p<.05, meaning that higher levels of Spiritual Well-being have higher levels of Health Related Hardiness. Sex, age, education, and marital status showed a positive correlation with the levels of Spiritual Well Being (p<.005). The women showed a higher level of Spiritual Well-being than the males.

Keywords

Elderly persons, level of spiritual well-being, health related hardiness.