Introduction

Stress
- Stress causes various negative psychological and physical effects (Werdel, Dy-Liacco, Ciarrocchi, Wicks, & Breslford, 2013).

Spirituality
- Different religions practiced in Japan have been reported to promote mind-body health (Nakao & Ohara, 2012).
- Ugandan nurses who identified as religious were found to more effectively ameliorate psychological work-related stress effects (Bakibinga, Vinje, & Mittelmark, 2013).

Hypothesis
There is a negative correlation between self-reported spirituality on the Spirituality Scale and stress self-reported on the Perceived Stress Scale as well as physiological stress induced by random electric shock and recorded by BioPac EKG.

Method

Participants
- N = 10 students from Eastern Connecticut State University
- 40% male (n = 4), 60% female (n = 6)
- 10% freshman (n = 1), 40% sophomore (n = 2), 30% junior (n = 3)
- 90% Caucasian (n = 9), 10% Hispanic/Latino(a) (n = 1)
- Mean Age: 19.75 years (SD = 1.44 years)

Materials
- Perceived Stress Scale (Cohen, Kamarck, & Mermelstein, 1983)
  - Reliability: The test-retest correlation was found to be high (Cohen et al., 1983)
  - Validity: Validity criteria were unaffected (Cohen et al., 1983)
  - 4-point Likert scale
  - Higher scores indicate higher levels of stress
- Spirituality Scale (Davis et al., 2015)
  - Reliability: The measure showed evidence of reliability (Davis et al., 2015)
  - Validity: Scores showed evidence construct validity (Davis et al., 2015)
  - 5-point Likert scale
  - Higher scores indicate higher levels of spirituality
- BioPac EKG monitor

Procedure
- BioPac EKG monitor applied, five minute baseline
- Shock administered randomly, heart rate measured for five minutes
- Participants took Spirituality Scale
- Participants took Perceived Stress Scale
- Demographic measure taken of participants

Results

- IBM SPSS 22
- Mean values: Spirituality Scale, M = 50.0 (SD = 9.29); Perceived Stress Scale, M = 22.3 (SD = 8.42); Heart rate difference, M = 20.41 (SD = 13.17).
- A Spearman’s rho correlation coefficient was calculated.
- A negative correlation was found between score on the Spirituality Scale and the Perceived Stress Scale, $r_s (N = 10) = -.70, p = .03$.
- No correlation was found between score on the Spirituality Scale and heart rate reactivity, $r_s (N = 10) = -.30, p = .41$.

Discussion

Summary
- A correlation was found between self-reported spirituality and self-reported stress.
- No relation was found between self-reported spirituality and heart rate reactivity induced by electric shock.

Limitations
- Small sample size
- Lack of ethnic diversity in sample
- Time constraint: many measures taken at once
- Lack of accuracy in self-reported scales

Future Research
- Larger sample size with more diversity
- More physiological measures
- Compare different religions

References