Purpose:

Writing therapy is known to promote self-exposure which leads to improve psychological well-being, and physical health (Henry et al., 2010; Travagin, Margola, & Revenson, 2015). The purpose of this study is to examine differences of spiritual growth, psychological and physical well-being in relation to the frequency of writing spiritual diaries. Spiritual diary is write down what God has done in the life and how walk with Jesus in everyday or every moments including not only thoughts, feelings, and events, but also Bible meditation, prayers, and gratitudes (Yu, 2017).

Methods:

A cross-sectional descriptive correlational design was used. A convenience sample of 385 adults who writing spiritual dairies responded to the survey. The participations were divided into three groups according to the number of times they wrote spiritual diaries: 'almost every day' writing group, 'week 1~4 times' writing group, 'less than once a month' group. Data were analyzed using one-way ANOVA.

Results:

A survey was carried out in 385 adults aged 19 and over who were writing spiritual diaries; ‘almost every day’ writing group (n=188), 'week 1~4 times' writing group (n= 172), and 'less than once a month' group (n=25). The result revealed significant differences in spiritual growth, psychological and physical well-being among the three groups. Those who write spiritual diaries in 'almost every day' had statistically significantly higher scores in spiritual growth, psychological and physical well-being than those of 'week 1~4 times' and 'less than once a month' groups had.

Conclusion:

These results indicated that by continuing their intimacy with God through writing spiritual diaries every day, not only can they experience spiritual growth but also promote their psychological and physical well-being. Finding suggests that writing a spiritual diary is useful way to improve psychological and physical well-being as well as spiritual growth.

References


Title:
Spiritual Diary, Spiritual Growth, and Well-Being in Korea

Keywords:
Physical well-being, Psychological well-being and Spiritual Diary

References:


Abstract Summary:
The purpose of this study is to examine differences of spiritual growth, psychological and physical well-being in relation to the frequency of writing spiritual diaries in Korea.

Content Outline:
Purpose

Methods

Results

Conclusions

First Author
Suk-Sun Kim, PhD, MSN, RN
Ewha Womans University, Seoul, Korea
College of Nursing
Associate Professor
Seoul
Korea, Republic of (South)

Author Summary: Dr. Suk-Sun Kim is an associate professor at College of Nursing, Ewha Womans University. Her research interests focus on spirituality, mental health, family health, health promotion, and spiritual diary.

Second Author
Minji Gil, MSN, RN
Ewha Womans University
College of Nursing
Clinical Instructor
Seoul
Korea, Republic of (South)
Author Summary: Ms. MinJi Gil is a Ph.D. student candidate at College of Nursing, Ewha Womans University. Her research interests are depression prevention, mental illness crime, and E-mental health.

Third Primary Presenting Author
Primary Presenting Author
Youn Soo Kim-Godwin, PhD, RN
University of North Carolina
College of Health and Human Services, School of Nursing
Professor
Wilmington NC
USA

Author Summary: Dr. Kim-Godwin is an experienced faculty with extensive teaching and research experience. Her research interests focus on spirituality, culture, and substance abuse. She has published about 40 refereed journal articles and six book chapters.