

Development of the Buddhist-Based Spiritual Health of Thai University Students Instrument

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Abstract

This study contributes to the development of a valid and reliable instrument, Buddhist-based Spiritual Health of Thai University Students Instrument (SHTUSI). Participants were students from bachelor level of 15 faculties ($N = 530$), Prince of Songkla University, Hatyai Campus, Thailand. Content validity was examined by six experts ($I-CVI = 1$). Construct validity was evaluated by factor analysis with four latent factors: noble mind, moral living, mindful management, and attentive learning. The reliability coefficient of SHTUSI with 30 items was satisfactory value ($Cronbach's \alpha = .89$). Each factor has good internal reliability which includes: (1) noble mind ($Cronbach's \alpha = .86$); (2) moral living ($Cronbach's \alpha = .78$); (3) mindful management ($Cronbach's \alpha = .77$); and (4) attentive learning ($Cronbach's \alpha = .76$). Furthermore, the test-retest reliability was .51 and the concurrent validity was tested by Thai Happiness Indicator with moderate correlation ($Pearson's r = .574, p < .01$). The finding suggests that the development instrument has adequate validity and reliability.

Keywords

Buddhist philosophy, instrument, spiritual health, university students

Spiritual health development for student is important since it can improve learning holistically, decrease seriousness of conduct such as alcohol abuse and academic dishonesty, increase the higher level of physical and psychological well-being, and develop ethical integrity of student's leadership (Dalton, Eberhardt, and Echols 2006; Kim and Esquivel 2011). Supporting activities for spiritual can transform one's attitude into being more compassionate (Beaumont, Galpin, and Jenkins 2012; Reddy et al. 2012) and create peaceful climate to live in harmony (Kernochnan, McCormick, and White 2007).

Previous studies has explored on spiritual health scale. However, the previous studies have been mainly focused on measuring the spiritual health of a common person (Dhar, Datta, and Nandan 2008; Dhar, Chaturvedi, and Nandan 2011; Gaur and Sharma 2014)

and patients (Highfield 1992; Korinek and Arredondo 2004). There is a need of research involving how to measure spiritual health for Thai where the main population is Buddhist (Saengsakorn, Choochom, and Boobprakob 2012), especially for Thai university students. The authors realized this need. Thus, the aim of the research was to develop a Buddhist-based Spiritual Health Instrument for Thai university students.

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