



## MEDIATING EFFECT OF SPIRITUAL ATTITUDE AND INVOLVEMENT ON THE RELATIONSHIP BETWEEN SELF-ESTEEM AND PSYCHOLOGICAL WELL-BEING AMONG LET EXAMINEES

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### Abstract

In this study, the main prod was to investigate another aspect to which spiritual attitude and involvement were the mediating variables for the researcher's interest. This study was a descriptive correlation structure in the way of a descriptive, non-experimental research technique. The study was conducted at General Santos City with 294 respondents. Using cluster sampling was applied from the list of registered examinees with elementary and secondary baccalaureate degree holders. Questionnaires were adapted: the Coopersmith Self-Esteem Adult 58 item version, Ryff's Psychological Well-Being Scales (PWB) 42 item version, and Spiritual Attitude Involvement List scale. Hence, the mean, Pearson correlation coefficient, and regression analysis were utilized to arrive at a valid result. The result was positive significant ( $p < 0.05$ ) with the relationship between self-esteem and psychological well-being. Also, a significant result of the interaction of the mediating variable of spiritual attitude and involvement in the Licensure Examination for Teachers examinees' variables.

**Keywords:** clinical psychology, psychological well-being, self-esteem, spiritual attitude, and involvement, mediating effect

### INTRODUCTION

In the licensing examinations from 2009 to 2017, about 50 percent of schools that offer education-related courses for aspiring professional teachers have performed low results. One factor shown for declining passing rate was that such examinee faces a self-esteem and psychological well-being problem. One study shows that if a person feels unworthy and has a low level of well-being, they have low self-esteem, regardless of their achievements<sup>1</sup>

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Antiojo, Ligaya. (2017). Performance of Education Graduates in the Licensure Examination for Teachers (LET). *People: International Journal of Social Sciences*.3.1363-1384. 10.20319/pijss.2017.32.13631384.2009), 12.

the quality of teaching, assuming that LET is a good measure of competencies reflected in the National Competency-Based Teacher Standards (NCBTS) that are needed for effective teaching in the country.

With such a study, despite the existing body of research between self-esteem and psychological well-being<sup>2</sup>, this study focuses on spiritual attitude among the board examinee of Licensure Examination for Teachers mediating factors of self-esteem and psychological well-being as a few study results with these components progresses<sup>3</sup>. Another research shows that self-esteem links to psychological well-being but is a significant factor in spiritual attitude and involvement among patients with persistent mental illness<sup>4</sup>. As this study develops, it observes a thorough understanding of the relationship between the spiritual attitude and involvement to the level of self-esteem and psychological well-being as contributing factors.

As seen in the figure, this study's main prod is to establish the mediating effect of spiritual attitude and involvement on the relationship between self-esteem and psychological well-being of the Licensure Examination for Teachers examinees. This research focuses on the theory of Lazarus<sup>5</sup> with his meta-analysis on the side of spiritual attitude and involvement and well-being. As his theory on Cognitive-Motivational-Relation states that the function of cognition provides a vital role throughout the life-span growth experiences. As the concept that immediate source of feelings that are perceived or exhibited. An individual constructs it through the assessment process, which is the verb form of the assessment of the noun and is essentially an assessment of this personal meaning.

Hypothesis: 1) There is no significant relationship between the level of self-esteem and level of psychological well-being among the Licensure Examination for Teachers examinees; 2) There is no significant relationship between the level of self-esteem and level of spiritual attitude and involvement among the Licensure Examination for Teachers examinees; 3) There is no significant relationship between the level of spiritual attitude and involvement and level of psychological well-being among the Licensure Examination for Teachers examinees; 4) No domain of self-esteem best influences the psychological well-being among Licensure Examination for Teachers examinees; 5) No domain of self-esteem best influences the spiritual attitude and involvement among Licensure Examination for Teachers examinees; 6) No domain of spiritual attitude and involvement best influences the psychological well-being among Licensure Examination for Teachers examinees; 7) No domain of the LET examines spiritual attitude and involvement best influences their self-esteem and psychological well-being.

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<sup>2</sup> Mikkelsen, H. T., Haraldstad, K., Helseth, S., Skarstein, S., Småstuen, M. C., & Rohde, G. (2020). Health-Related Quality of Life is Strongly Associated with Self-Efficacy, Self-Esteem, Loneliness, and Stress in 14–15-year-old Adolescents: A Cross-Sectional study. *Health and Quality of Life Outcomes*, 18(1). doi:10.1186/s12955-020-01585-9.

<sup>3</sup> Basileyo, Alexie. (2019). Spirituality and Psychological Well-being: The Mediating Role of Pessimism.3.41. <https://self-compassion.org/wp.-9>.

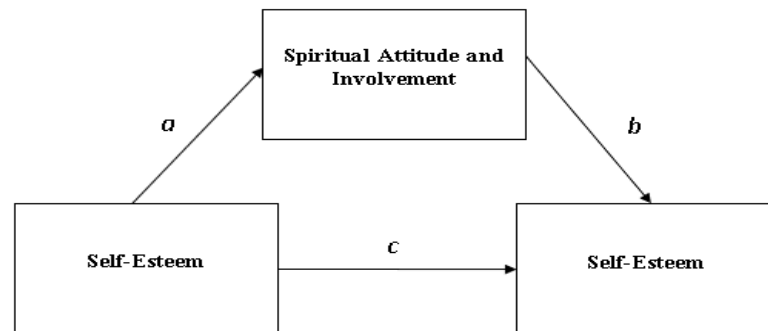
<sup>4</sup> Saiz, J., Galilea, M., Molina, A. J., Salazar, M., Barsotti, T. J., Chopra, D., & Mills, P. J. (2021). Spirituality and Employment in Recovery from Severe and Persistent Mental Illness and Psychological Well-Being. *Healthcare*, 9(1), 57. MDPI AG. Retrieved from <http://dx.doi.org/10.3390/healthcare9010057>.

<sup>5</sup> Lazarus, R. S. (2003). Does the Positive Psychology Movement Have Legs? *Psychological Inquiry*, 14(2), 93–109.

## METHOD

The methodology adopted in the present study's detailed description presented a study that addressed the research aims, rationalized research design and instrument selection, piloted and validated the instruments, presented the procedures for quantitative data collections and introduced the data analysis procedures <sup>6</sup>.

**Figure 1. Conceptual Framework**



The research design (Figure 1) determines the LET examines level of self-esteem and the LET examinees' psychological well-being with the mediating variable spiritual attitude and involvement, better suited to data analytics. Finally, the descriptive correlational design would be able to grasp several status measurements of what is occurring at a certain time, challenge the predicted relationships and probability of and between the variables, weigh such relationships, and support the progress of questions.

This study was expected to draw a strong conclusion from a limited amount of information and to generalize results<sup>7</sup>. The registered Licensure Examination for Teachers examinees in region 12 SOCCSKSARGEN that will take the examination site in General Santos City is around 1243 as of November 2020 upon obtaining population size. To determine the sample size of the researcher, use the Raosoft online sample calculator. The response distribution is 50 percent obtained study. The standard deviation is set at a 95percent confidence interval. The margin of error was  $\pm 5$  percent or 5.00 percent, and the recommended sample size is 294. The design effect =1.0 because of the homogeneity of the respondents. This research adopted three primary questionnaires the Coopersmith Self-Esteem Adult 58 item version, Ryff's Psychological Well-Being Scales (PWB) 42 item version, and Spiritual Attitude and Involvement List scale. This will be describing the test instruments, the measurement of the variables, and their reliability rating.

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<sup>6</sup> Taherdoost, H. (2016). Sampling Methods in Research Methodology; How to Choose a Sampling Technique for Research. *International Journal of Academic Research in Management*. 5. 18-27. 10.2139/ssrn.3205035.

<sup>7</sup> Majid, Umair. (2018). Research Fundamentals: Study Design, Population, and Sample Size. *Undergraduate Research in Natural and Clinical Science and Technology (URNCSST) Journal*.2. 10.26685/urncst.16.

## RESULTS AND DISCUSSION

This chapter presents the results and interpretation of data pertinent to the study on Mediating Effect of Spiritual Attitude and Involvement on the relationship between Self-Esteem and Psychological Well-Being among LET Examinees. The results were gathered and the data represented in tables.

As to problem number 2, means, standard deviations, and verbal descriptions for all study measures are presented in Table 2. As the table shows, indicators *Personal* ( $x=1.39$ ,  $sd=0.18$ ) and *Social* ( $x=1.40$ ,  $sd=0.20$ ) show a High manifestation of Self-Esteem result. Indicators *Family* ( $x=1.55$ ,  $sd=0.22$ ), *Academic Areas Experience* or *Professional* ( $x=1.51$ ,  $sd=0.21$ ), shows a *High* manifestation of *Self-Esteem* result. The overall mean of the *Self-Esteem* scale is 1.46, and a standard deviation of 0.16 indicates that the respondent's manifestation of *Self-Esteem* is *Low*.

Table 1. Level of the Self-Esteem of the LET Examinees

Measure	<i>M</i>	<i>sd</i>	Verbal Description
1. Personal	1.39	0.18	Low
2. Social	1.40	0.20	Low
3. Family	1.55	0.22	High
4. Professional	1.51	0.21	High
Total	1.46	0.16	Low

*Note:* N=294

As to problem number 1, means, standard deviations, and verbal descriptions for all study measures are presented in Table 1. As the table shows, indicators Meaningfulness ( $x=4.14$ ,  $sd=0.93$ ) and Trust ( $x=4.17$ ,  $sd=0.89$ ) show a High manifestation of Spiritual Attitude and Involvement result. Indicators Acceptance ( $x=4.69$ ,  $sd=0.81$ ), Caring for others ( $x=4.65$ ,  $sd=0.91$ ), Connectedness with Nature ( $x=4.69$ ,  $sd=0.87$ ), Transcendent Experience ( $x=4.21$ ,  $sd=0.90$ ), and Spiritual Activities ( $x=4.40$ ,  $sd=0.79$ ) shows a Very High manifestation of Spiritual Attitude and Involvement result. The overall mean of the Spiritual Attitude and Involvement List scale is 4.40, and a standard deviation of 0.73 indicates that the respondent's manifestation of Spiritual Attitude and Involvement is Very High.

Table 2. Level of Spiritual Attitude and Involvement of the LET Examinees

Measure	<i>M</i>	<i>sd</i>	<i>Verbal Description</i>
1. Meaningfulness	4.14	0.93	High
2. Trust	4.17	0.89	High

3. Acceptance	4.69	0.81	Very High
4. Caring for Others	4.65	0.91	Very High
5. Connectedness with Nature	4.69	0.87	Very High
6. Transcendent Experience	4.21	0.90	Very High
7. Spiritual Activities.	4.29	0.89	Very High
Total	4.40	0.73	Very High

Note: N=294

As to problem number 3, means, standard deviations, and verbal descriptions for all study measures are presented in Table 4. As the table shows, indicators Autonomy (x=4.01, sd=0.71), Environmental Mastery (x=4.15, sd=0.74), Personal Growth (x=3.79, sd=0.74), Purpose in Life (x=4.06, sd=0.81), Self-Acceptance (x=4.08, sd=0.82) shows a High manifestation of Psychological Well-Being result. Positive Relation (x=1.55, sd=0.22) shows a Very High manifestation of Psychological Well-Being result. The overall mean of the Psychological Well-Being scale is 4.05, and a standard deviation of 0.61 indicates that the respondent's manifestation of Psychological Well-Being is High.

Table 3. *Level of the Psychological Well-Being of the LET Examinees*

Measure	<i>M</i>	<i>sd</i>	Verbal Description
1. Autonomy	4.01	0.71	High
2. Environmental Mastery	4.15	0.74	High
3. Personal Growth	3.79	0.83	High
4. Positive Relations	4.22	0.73	Very High
5. Purpose in Life	4.06	0.81	High
6. Self-Acceptance	4.05	0.61	High
Total	4.05	0.61	High

Note: N=294

Descriptive statistics and correlations of the variables are summarized in Table 4. The participants' report of self-esteem ( $r = -0.022, p < 0.01$ ) is negatively related to spiritual attitude and involvement. This result answer's objective number 4, claiming that a correlational pathway exists between these two variables. Self-esteem ( $r = -0.323, p < 0.01$ ) and spiritual attitude and involvement ( $r = 0.420, p < 0.01$ ), however, were found to be negatively and positively related to psychological well-being, which answers objective number 6 relatively. Confounding variables such as age, gender, religion, year level, and school were not involved in the analysis.

Table 4. Descriptive Statistics and Correlations for Study of Variables

Variables	<i>M</i>	<i>sd</i>	1	2	3
1. Self-Esteem	1.46	0.16	—	-0.022	-0.323**
2. Spiritual Attitude and Involvement	4.40	0.73		—	0.420**
3. Psychological Well-Being	4.05	0.61			—

*Note:* N=294 \*\*Correlation is significant  $p < 0.01$  level, two-tailed

When analyzed at a 0.05 level of significance, indicator SE3 (family) significantly predicts Psychological Well-being. Meanwhile, indicator SAIL1 (Meaningfulness) significantly predicts Psychological Well-being. When the variables for self-esteem are entered into the model, their interaction was 12.3 percent. The variable that best defines the overall personal well-being of the respondents is SE4, having a beta coefficient of -.850 and a p-value of 0.05. This means that a decrease of 1 point of se4 leads to an increase in personal well-being by 0.850, and this is significant at 0.05. With this result, the null hypothesis is rejected ( $p < 0.05$ )

When the variables for spiritual attitude and involvement are entered into the model, their interaction was 26.10 percent. The variable that best defines overall personal well-being of the respondents is sail2, sail3, and sail6, having a beta coefficient of -0.198 and p-value of 0.021, beta coefficient of -0.201, and p-value of .046, and the beta coefficient of -.085, and p-value of 0.034. This means that a decrease of 1 point of sail2, sail3, and sail4 leads to an increase in personal well-being by 0.198, 0.201, and 0.085. This is significant at 0.05. With this result, the null hypothesis is rejected ( $p < 0.05$ ).

Table 5. Summary of regression analyses

Dependent Variable	$R^2$	<i>df</i>	<i>F</i>	<i>Predictor(s)</i>	$\beta$
Psychological Well-Being	.123	293	10.176	SE1	-0.369
				SE2	-0.146
				SE3	.000
				SE4	-0.850
	.261	293	14.403	SAIL1	-0.029
				SAIL2	-0.198
				SAIL3	-0.201

SAIL5	-.178
SAIL6	-.085
SAIL7	.113

*Note:* SE1=Personal; SE2=Social; SE=Family; SE=Professional Experience; SAIL1=Meaningfulness; SAIL2=Trust; SAIL3=Acceptance; SAIL5=Connectedness with Nature; SAIL6=Transcendent Experience; and SAIL7=Spiritual Activities.  $p < 0.05$

This mediation analysis revealed that spiritual attitude and involvement partly mediated the relationship between self-esteem and psychological well-being. Hayes' (2018) PROCESS Procedure for SPSS version 3.5 was utilized in performing the analyses. Table 5 presents the total and direct effects, while table 6 presents the indirect effect of the mediation model.

When the variables are entered into the model, their interaction was 31.34 percent. The variables that best define the overall personal well-being of the respondents are OverSE and OverSAIL, having a beta coefficient of 2.79 and 1.69 and a p-value of 0.006 and 0.000. This means that an increase of 1 point of OverSE and OverSAIL leads to an increase in personal well-being by 2.791 and 1.690, respectively. This is significant at 0.05, as shown in table 5. Then the interaction of the variables, when mediated by Sail, showed a beta coefficient of -.929, and this is significant at 0.05. This indicates that the mediation decreases the effect of the relationship by .9292.

**Analysis**

This chapter presents the results and discussion of the study and interpretation of data pertinent to the study on the Mediation Effect of Spiritual Attitude and Involvement on the relationship of the Self-Esteem and Psychological Well-Being of LET Examinees.

**Spiritual Attitude and Involvement**

The overall result on the level of the spiritual attitude and involvement among the LET Examinees is a significant positive result. Showing in Table 1 a significant internal consistency ( $x=4.40$ ,  $sd=0.73$ , and  $p < 0.01$ ) and the result also shows that LET examinees imply high tendencies in spiritual attitude and involvement. Meaning the respondents describe their faith in God as affecting their lives. It affects the meaningfulness of their lives to which they see their lives as purposes. Tendencies to trust God in any situation are part of believing in God. To care for other people is to have a spiritual character and involvement. A tendency to show connectedness to God and the environment is next. Also, the experience in a spiritual realm is an unexplainable feeling. And the involvement in prayer, going to church, charity, and following moral standards as the respondents manifested.

**Self-esteem**

The overall result implies delete the level of self-esteem among the LET Examinees showing a significant internal consistency ( $x=1.46$ ,  $sd=0.16$ , and  $p < 0.01$ ), and the result also shows that LET examinees significant result. Denotation that respondents describe their self-esteem is higher, and they experience it in their lives. Respondents firmly believe in moral values, even when they find opposition, and feel at ease in their experience. In personal life, the respondents show that self-esteem influences their psychological well-being in life. Also shows

assertiveness towards their own choice in life without feeling guilty for others. Respondents also perceive without any regret or excessive worry in life experiences in general.

### **Psychological Well-being**

The overall result obtained in psychological well-being shows a significant result ( $x=4.05$ ,  $sd=0.61$ ,  $P=0.01$ ). It also indicates that a high manifestation of autonomy is independent of one's self. Scores that are above average indicates that respondent has self-control on social pressure experiences. Shows ability to adapt to experiences that require management of one's needs and moral values. High scores indicate that the respondents use instances of everyday socialization as a benefit to one's personal growth without creating situation problems. Respondents with high scores also have a sense of fulfillment in development whenever experiences come to them.

### **Significance of the Relationship between Self-esteem and Psychological Well-being**

The overall result based on the model was positively significant. The mediating role of spiritual attitude and involvement has few studies in the relationship between these two variables towards the relationship between self-esteem and psychological well-being<sup>8</sup>, spiritual attitude and involvement and self-esteem<sup>9</sup>, and spiritual attitude and involvement and psychological well-being<sup>10 11</sup> were well known to researches with significant result. In addition, the mediating role of spiritual attitude and involvement in the relationship in our model, the effect of self-esteem on psychological well-being was mediated by spiritual attitude and involvement. The direct pathway between spiritual attitude and involvement and psychological well-being was significant, and a positive correlation between the two ( $r = 0.351$ ).

### **Mediating Effect of Spiritual Attitude and Involvement on the Relationship between Self-esteem and Psychological Well-being**

The significant direct relationship between self-esteem and psychological well-being is based on the structural model, meaning it shows a correlation between these two variables. The result is shown in Table 5, a positive confirmation of the hypothesis on the relationship between self-esteem and psychological well-being should be considered along with the mediating role of spiritual attitude and well-being study. The finding needs further researches to local studies with a different population. The positive relationship between self-esteem and psychological well-being mediates with spiritual attitude and involvement is in line with the results of studies<sup>3 11</sup>. Although there was an observable difference in locations, samples, subjects, and beliefs of participants, still these two variables show a positive correlation.

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<sup>8</sup> Bajaj, B., Gupta, R., & Pande, N. (2016). Self-esteem Mediates the Relationship between Mindfulness and Well-Being. *Personality and Individual Differences*, 94, 96–100. doi: 10.1016/j.paid.2016.01.020.

<sup>9</sup> Borji, M., Memaryan, N., Khorrami, Z., Farshadnia, E., & Sadighpour, M. (2019). Spiritual Health and Resilience Among University Students: The Mediating Role of Self-Esteem. *Pastoral Psychology*. doi:10.1007/s11089-019-00889-y.

<sup>10</sup> Li, W., Zeng, X., Wang, Y., Curtis, R., & Sparks, E. (2020). Does School Matter for Students' Self-Esteem? Associations of Family SES, Peer SES, and School Resources with Chinese Students' Self-Esteem. *Research in Social Stratification and Mobility*, 71, 100565. doi: 10.1016/j.rssm.2020.100565.

<sup>11</sup> Galanakis, Michael & Palaiologou, Anastasia & Patsi, Georgia & Velegraki, Ioanna-Maria & Darviri, Christina. (2016). A Literature Review on the Connection Between Stress and Self-Esteem. *Psychology*. 07. 687-694. 10.4236/psych.2016.75071.



## CONCLUSION

Conclusions were acquired from the gathered result and data formulated in the study that (1) self-esteem results as a predictor of psychological well-being. Individuals who have high self-esteem are likely to develop psychological well-being. (2) Self-esteem resulted in a significant negative correlation as a predictor of spiritual attitude and involvement. It leads to a result of high self-esteem in people who tend not to be spiritual and look as spiritual or religious themselves. Rather, individuals with high self-esteem levels show a positive self-view and of their environment and their future perspective. (3) spiritual attitude and involvement have resulted in a significant positive predictor of psychological well-being. Individuals with high psychological well-being tend affected partially by spiritual attitude and involvement. It shows that individuals with greater psychological well-being exhibit positive relations towards spiritual life and practices and satisfaction with oneself. (4) This study leads to support the relationship between self-esteem and psychological well-being; it may fully be explained by the influence of spiritual attitude and involvement. The study is best to be expanded to the limited studies on spiritual attitude and involvement in relation to self-esteem and psychological well-being. The study challenges understanding how spiritual attitude and involvement can expound the course on the relationship between self-esteem and psychological well-being study. Also shows results on how spiritual attitude and involvement influence the connection to the variables. Based on the result, it shows that spiritual attitude and involvement are negatively related to self-esteem opposite with the result of positively related to psychological well-being. The findings of this study reveal that spiritual attitude and involvement partly mediated the relationship between self-esteem and psychological well-being. Given this result, it could be improved as another local research for future purposes.

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