

**Healing with Spirituality: Examining the Role of Resilience in African American Emerging  
Adults**

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### **Abstract**

Emerging adulthood is a critical developmental stage in one's life, which is often categorized by increased exposure to stress, unresolved trauma, and the search for meaning and purpose in life. For African American emerging adults, spirituality has served as a deeply rooted cultural and psychological backbone. This qualitative research study explores the meaning of spirituality and in the context of resilience and healing for African American emerging adults who have experienced stress or trauma. Guided by a constructivist paradigm, this research captures the lived experiences of 7 participants through in-depth interviews and thematic analysis. Validation strategies such as peer review and rich thick descriptions in addition to audit trails ensure data trustworthiness. Findings revealed three themes: (1) Experiencing a Connection: Spirituality as an Omnipresent and Guiding Force, (2) The Inner Evolution: Spirituality as a Catalyst for Growth, and (3) Transformation Through Adversity: Epiphanies of Faith Emerging. The essence of the phenomenon, as described by participants, centers spirituality as an internal power that transcends the senses and serves as a compass through life's difficulties. Limitations include a small sample size and varying levels of participants' understanding of spirituality versus religion. Future research should further investigate this distinction and explore culturally adapted therapeutic practices that meaningfully incorporate spirituality into healing frameworks for African American populations.

*Keywords:* Spirituality, resilience, trauma, emerging adulthood, faith, stress

## **Healing With Spirituality: Examining the Role of Resilience in African American Emerging Adults**

Adulthood brings many transitions that can deeply affect an individual's psychological and emotional well-being. For African American emerging adults, systemic inequalities, intergenerational trauma, and chronic life stressors often exacerbate these life changes. Without proper coping mechanisms, these stressors may lead to poor mental health outcomes if not managed properly.

Spirituality has long served as a protective factor in African American communities, which, in most cases, provides hope, meaning, and strength in the face of adversity (Pederson, 2023). However, we're not very knowledgeable about how these spiritual practices may affect or influence resilience during the life phase of emerging adulthood. While past research has investigated spirituality and resilience in general (Wilke et al. 2023), few studies have focused on African American emerging adults or used qualitative approaches to capture and understand their lived experiences. This study addresses that gap by exploring how spirituality contributes to resilience in the face of trauma and chronic stress. The findings of this study may help culturally competent counseling practices, mental health programs, and the general field of psychology.

### **Literature Review**

Emerging adulthood is a pivotal stage of development that can be marked by identity exploration, increased responsibilities, and heightened exposure to various life stressors. For many individuals, this period may also involve navigating the lingering effects of past trauma or even confronting new challenges that impact mental and emotional well-being. Within the African American community, resilience has often been shaped by a combination of cultural, historical, and spiritual factors, particularly spirituality, which has been known to serve as a

significant coping mechanism. The purpose of this literature review is to synthesize existing research on spirituality, stress and trauma, and resilience and to examine current findings to identify gaps in the literature.

### **Spirituality, Mental Health, and Coping**

Many individuals, particularly those from communities that have historically faced adversity and challenges, recognize spirituality as a source of comfort, meaning, and identity. In the African American community, spirituality is deeply embedded in cultural and historical traditions, which can be considered manifesting through faith-based practices, communal worship, and religious institutions. According to the Pew Research Center, Black Americans consistently reported the highest levels of religiosity across various measures. More recent data from Pew (2021) shows that 75% of Black Americans identify as Christian. Additionally, 75% of Black Americans consider religion to be critical in their lives. Black Americans also lead in the frequency of prayer, with 73% reporting that they pray at least once a day. Furthermore, they were more likely than other groups to report experiencing feelings of spiritual peace and wellbeing aside from religiosity (Mohamed et al., 2021).

Researchers study how spirituality supports the lives of adults who experienced parental separation as children. For many individuals, such an event can be seen as very traumatic. Wilke has proven that spirituality serves as a protective factor that essentially fosters a positive sense of hope and helps to cope with the adverse effects of past experiences (Wilke et al., 2023). Not only does spirituality foster hope, but it also has been seen to boost optimism and self-confidence and enhance the overall quality of life (Sawab et al., 2024).

Coping mechanisms grounded in spirituality, such as prayer or even meditation, help individuals manage distress and build resilience against life challenges (Sawab et al., 2024). The

researchers' key themes included awakening identity, finding meaning in life, and forming partnerships through healing. Their themes suggested that spirituality played a vital role in recovery and emotional regulation within their study.

Another study examined how gratitude and spirituality differ across various Indian generations, including Generations X, Y, and Z (Sana et al., 2024). Their findings revealed that Generation X showed higher levels of gratitude and spirituality compared to others. Additionally, females reported greater spirituality than males, and individuals affirming belief in religion and God scored significantly higher in both gratitude and spirituality (Sana et al., 2024). Although this study was culturally specific to the Indian population, it emphasized the need to explore the gaps between generations when exploring different phenomena.

Numerous studies have examined the close connection between spirituality and resilience, particularly in communities and individuals who have encountered significant challenges in their lives. Spirituality often gives people a way to make sense of their pain, hold onto hope, and find strength during hardships. For example, Wilke et al. (2023) found that for adults who were separated from their parents as children, which is considered a deeply traumatic experience, spirituality helped them cope by offering a sense of hope and emotional support. Similarly, Sawab et al. (2024) found that spiritual practices like prayer and reflection not only helped people feel more confident and optimistic but also played a key role in helping them bounce back from life's challenges, ultimately building resilience. Carlton et al. (2021) demonstrate how culturally adapted mindfulness-based interventions within Black church communities effectively addressed stress by incorporating faith and familiar cultural practices, which further supports the idea that spirituality can be central to emotional healing and resilience. Klee and Bartkowski (2024) also found that clinicians working with at-risk youth view spirituality as a protective

factor against depression and suicidality, emphasizing the importance of aligning treatment with clients' spiritual values. These practices helped participants feel more grounded in their identity, more connected to others, and more at peace within themselves. Together, these findings remind us how powerful spiritual beliefs and practices can be, providing a way for people to heal, stay resilient, and find meaning in their lives.

### **Stress and Trauma in African American and Student Populations**

Racism, European ideologies, and historical adversity have historically embedded stress and trauma in the African American population. For African American emerging adults, specifically college students, these challenges can be an addition to academic pressure, financial struggles, identity challenges, and even the need to "fit in." Many individuals also carry the burden of adverse childhood experiences, such as, but not limited to, abuse or neglect. Carrying all of these experiences can contribute to chronic stress and trauma in emerging adulthood (Wilke et al., 2023).

African American emerging adults are vulnerable to different types of traumas, including racial and structural violence. Racial trauma is maintained by microaggressions, systemic discrimination, and repeated exposure to racialized violence or social exclusion. In college settings, many emerging adults encounter imposter syndrome or even cultural isolation. According to Lape (2023), gendered racial trauma and historical oppression shape the lived experiences of Black individuals, which can resurface through social and institutional experiences in adulthood.

Stress and trauma can have major effects on individuals emotionally and psychologically. Many individuals can experience symptoms of anxiety, depression, and even emotional deregulation. For students, such symptoms can disrupt academic achievement, motivation, and

engagement in and out of the classroom. For some adults, trauma manifests through emotional withdrawal, which can make it difficult to build connections and trust others. Sawabet al. (2024) found that unresolved trauma can negatively affect individuals and their coping strategies as well as self-efficacy, which can lead to diminished psychological well-being and social functioning. Structural forces such as social exclusion, limited access to support systems, and exposure to community violence can intensify the emotional distress that individuals experience (Cho, 2023). For emerging adults who have faced separation from parental care or have gone through neglect, systemic stressors can feel unbearable, especially in predominantly white spaces.

### **Resilience**

Resilience is the ability to adapt to challenging experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands. Resilience includes traits such as optimism, adaptability, and self-efficacy. According to a study conducted on gendering trauma by Lape (2023), African Americans' intrinsic sense of resilience adapts over generations in response to stress and trauma and aids us in navigating white supremacy in creative, generative, and resourceful ways. Resilience thrives through emotional vulnerability, humanization of self and community, and interdependence. However, it is premised upon sharing resources and a communal sense of flourishing and belonging. For African Americans, resilience is an intergenerational, relational, and spiritual practice (Lape 2023). Sawab et al. (2024) found that resilience in individuals recovering from severe mental disorders is supported by spiritual coping mechanisms, including prayer and meditation, which help build self-confidence and purpose. These are essential tools that help individuals rebuild a sense of self-confidence and emotional strength. For instance, Kumar et al. (2025) found that spirituality and kindness were positively linked to posttraumatic growth among sexual assault survivors, highlighting the power

of character strengths like hope and gratitude in healing from trauma. Their review identified key themes like "Awakening Identity" and "Meaning in Life," which highlight how spirituality contributes to purpose and psychological well-being. Similarly, Wilke et al. (2023) identified spirituality as a protective factor for adults who were separated from parental care as children. Participants in the study described how faith, spiritual teachings, and community boosted their sense of identity, hope, and connection.

### **Purpose**

The purpose of this study is to explore how spirituality contributes to resilience among African American emerging adults who have experienced or are currently navigating chronic stress and trauma. This research seeks to understand whether and how spirituality plays a significant role in the lives of others within emerging adulthood. Specifically, the study aims to examine the meanings individuals assign to their spiritual beliefs and practices and how these beliefs help them cope, heal, and sustain resilience in the face of adversity.

### **Research Question**

This study seeks to explore and describe a key research question: What is the meaning of spirituality for African American emerging adults facing or who have faced chronic life stressors and trauma? Additionally, how does spirituality contribute to the development and expression of resilience among African American emerging adults coping with trauma and chronic stress?

### **Method/Research Design**

This qualitative research study used a phenomenological design to explore the meaning of spirituality in the lives of African American emerging adults who have experienced chronic stress and trauma. This approach was chosen to gain a deeper understanding of the participants' lived experiences and the personal meaning that they associated with spirituality in their journey

through life thus far. Through this approach, I was able to uncover the essence that spirituality holds in the lives of emerging adults. Recruitment for this study consisted of posting a flyer for a call for participation. The data collection method used for this study consisted of one-on-one recorded structured interviews and was analyzed using Atlas Ti to capture specific quotations, codes, and themes throughout each interview, which were related to spirituality, life challenges, coping, and resilience.

### **Role of Researcher**

As the primary researcher, I acknowledge that I bring personal experiences and beliefs that shape my connection to this topic of study. I am a 21-year-old African American emerging adult who has faced several traumatic experiences, such as losing my mother at the age of 12, moving between states, experiencing parental emotional neglect and emotional abuse, and dealing with familial deaths; I am also currently a college graduating senior navigating the transition into adulthood along with its many associated stressors. My spiritual journey has played a significant role in my healing process and how I have managed to build resilience in the face of adversity. My experiences are what sparked my interest in understanding whether others within my age group share similar or differing connections between spirituality and resilience.

To minimize bias and maintain reflexivity throughout the research and interview process, I engaged in self-reflection through journaling. I also made sure to document my assumptions and decisions throughout the data collection and analysis. As the researcher, I was able to step into another role as an empathetic listener, which allowed each participant to speak openly while I created a safe space for their unique perspectives. In conducting this research, I operated from a constructivist paradigm. This approach ultimately means that reality is multiple and is constructed through individual experiences.

## **Participants**

Participants in this study consisted of African American emerging adults between the ages of 18 and 29 who self-identified as spiritual and had experienced one or more forms of chronic stress or trauma. As stated previously, participants were recruited using purposive sampling through a call for participation flyer, which was posted via social media platforms as well as word of mouth. To ensure depth of understanding, the target sample size was between 5 and 8 participants, or until data saturation was reached, which was 7 participants/interviews in total, 4 males and 3 females. The criteria for participation included being between the ages of 18 and 29, identifying as African American, considering themselves spiritual, and having experienced chronic stress or trauma. Each participant gave informed consent by signing a consent form and was read the consent form again before the interview. Each participant was asked to provide basic demographic information, including age, gender, and spiritual orientation, and to speak on whether or not they experienced stress or trauma.

## **Validation Strategies**

In order to ensure that trustworthiness was maintained, several validation strategies were used. To enhance credibility, I conducted member checking by sharing themes and summarizing them with participants to confirm that my interpretations and the information I gathered from them during the interview process were accurate. I supported transferability by providing thick, rich descriptions of each participant's experiences, enabling readers to determine their applicability to other contexts. To ensure dependability, I developed a clear coding scheme through Atlas Ti, which helped to maintain consistency in the data interpretation. Confirmability was maintained through reflective journaling, which allowed me to analyze my influence on

research and to ensure that my findings came explicitly from participant narratives rather than my own research bias.

## Results

In conclusion of the data analysis of each interview, 55 individual codes were organized into five overarching code groups, including (1) Meaning and Identity, (2) Faith, Beliefs, and Spiritual Practices, (3) Healing and Emotional Transformation, (4) Resilience and Coping, and (5) Growth, Hope, and Empowerment. From these code groups emerged three core themes that signify the participants' lived experiences with spirituality in relation to trauma and stress. The three themes are as follows:

### ***Theme 1: Experiencing a Connection: Spirituality as an Omnipresent and Guiding Force***

Participants frequently described spirituality as a profound, omnipresent force that transcends the physical world, framing it as a continuous connection to a higher power. This connection was perceived not only as a protective and guiding force but as an ever-present source of support, particularly during times of stress or trauma. Spirituality was seen as a source of strength and clarity, guiding participants' life decisions and helping them navigate challenges. For instance, Participant 1 articulated, "Spirituality to me means a connectedness with others as well as a higher power... It helps with my discernment, making life decisions or just decisions in general." This description highlighted spirituality as both a relational and guiding force in decision-making. Participant 3 similarly emphasized the connection between faith and love, saying, "It's a connection between you and God. Having faith and moving with love and good intentions." This framing suggests that spirituality was not only a source of inner peace but also an active force influencing interpersonal relationships and broader life choices. Participant 6 further expressed, "Spirituality to me means that it's something bigger than humanity..." This

indicates that spirituality is perceived as something that transcends human existence and connects individuals to a universal, divine presence.

Participant 7 expanded on this idea by linking spirituality to the natural world, stating, "Life... spirituality is taking place at all times because I see it in nature... the air is always present..." Here, the participant suggests that spirituality is not confined to sacred rituals or beliefs but is interwoven with the everyday experience of nature and existence. Participant 2 also reinforced the idea that spirituality is a guide and source of identity by stating, "My spiritual essence really dictates who I am and how I show up in the world." This further emphasizes how spirituality is used as a guide through life.

Code groups (1) Meaning-Making and Identity and (2) Faith, Beliefs, and Spiritual Practices, supported this theme. Participants described spirituality not only as a personal connection to a higher power but also as a guiding framework for their identities and behaviors. Spiritual practices such as prayer, discernment, and involvement in spiritual communities were key aspects of how they affirmed and nurtured this transcendent connection.

### ***Theme 2: The Inner Evolution: Spirituality as a Catalyst for Growth***

Spirituality emerged as a powerful force not only for internal, and emotional growth but also for psychological, cognitive, and behavioral growth. Participants described how their spiritual beliefs and practices uprooted evolution on multiple levels, both consciously and unconsciously. This influenced how they processed emotions, made decisions, and interacted with the world around them. Spirituality was a transformative agent that permeated their thoughts, behaviors, and responses to life's challenges in ways they may not have initially been aware of.

Participant 2 shared, "I was more in, like, a victimizing mindset. I realized what happened to me, but being able to stop and reflect, I realized how I contributed to that also, and what parts I played in that also." This quote demonstrates how spiritual reflection facilitated a shift from passive suffering to active accountability, which is ultimately psychological and cognitive growth. Similarly, Participant 3 expressed, "I feel like it's nothing that I can't do or can't overcome or not accessible to me because of how faithful I am," and, "I remove myself from the situation and let God handle it.... Since my faith has grown so much, there's no doubt in my mind that I know I'm gonna get this." These statements show confidence rooted in spirituality, which fueled their resilience, self-efficacy, and trust in divine timing.

The internal evolution was also about discernment and emotional regulation. Participant 3 continued, "I have my own sense of discernment... my own sense of um knowing," while Participant 6 shared, "I can feel better once I'm able to get whatever I feel off of my chest... then later, I get to reflect on those moments and see that was a dark time, but here I am now today." These reflections highlight how spirituality supported both immediate emotional release and long-term personal insight.

Behavioral shifts also accompanied this growth. Participant 7 noted, "I do affirmations; I do mindful breathing. I work out and do yoga. I drink water. I'm nice to people. Give out harmonious energy... brings me clarity," showing a commitment to wellness practices linked to their spiritual foundation. They also reflected that "It's all about confronting whatever hurt you in order to heal," suggesting that their spiritual beliefs motivated proactive healing behaviors and overall growth.

This theme reveals that spirituality contributed to a holistic process of self-evolution, guiding participants to grow beyond trauma, regulate their emotions, adopt healthier habits, and

view life through a lens of purpose and peace. As Participant 5 put it, "Healing to me would mean finding peace in whatever situation you're in. And trying to outweigh the bad with the good." Participant 4 further encapsulated this by saying, "It gives you a different perspective on life... We see a lot of pain, hurt, and suffering, but God is something beyond that and outside of the pain and suffering of this world." Through this broader perspective, participants embraced growth not only as recovery but as the expansion of their self. Ultimately, growth in every aspect of their life.

### ***Theme 3: Transformation through Adversity: Epiphanies of Faith Emerging***

For many participants, spiritual development was not separate from their life challenges, including stress and trauma, but it was often initiated or deepened by it. This theme captures how moments of intense stress or trauma triggered profound spiritual epiphanies that reshaped the participants' lives across physical, cognitive, and emotional avenues. Adversity acted as a spiritual turning point, either leading individuals to spirituality for the first time or reaffirming and strengthening their existing faith.

Participant 1 stated, "I was going through a lot... It put me in a dark place. I wanted to find a way out, and that's when I found that connection in the midst of trying to figure out, How do I get myself out of this dark place?" Their experience of relational trauma initiated a spiritual search that helped them cope and begin healing. Participant 1 later added, "The conversation I have with God heals a lot," indicating that faith became a relational and restorative space for emotional release.

Participant 4 stated a similar transformation, saying, "That's when I started indulging in other things... not necessarily good for me... I felt a certain level of conviction... I remember crying so hard and asking God to take the pain away." Their spiritual journey, initially sparked

by curiosity and guilt, deepened through heartbreak and evolved into a personal understanding of God's love and healing presence. They stated that "It gives you a sense of, like, believing in something that is bigger than you... that is good... that is holy."

For Participant 6, exposure to a traumatic event involving violence became a spiritual turning point. They stated, "I was there to witness... the blood... it was very gruesome." They reflected on how faith helped them manage the emotional weight: "It's kind of like my venting space... I could become vulnerable and release things and know it's going to be taken care of." Their quote illustrates how spirituality created an emotional outlet that made suffering bearable. Participant 1 also added, "Being reunited gave me hope. Like, it's not the end, you know?" Participant 7 also described an intellectual and existential epiphany that came in the aftermath of leaving the church and facing unanswered questions. He said, "I started going to YouTube... the answers weren't the type the pastor would give... Everything is bigger than what we see with our own two eyes... it reinstalls that life is bigger than what we're going through." This sense of interconnected meaning offered them relief and perspective amid uncertainty. These spiritual epiphanies, which emerged from emotional lows and psychological confusion, reshaped how participants approached life. Participant 6 captured this as well, stating, "The stronger your faith is, the more resilience you have." This theme underscores how pain led to spiritual clarity, and clarity led to growth. Even when they did not seek spirituality intentionally, participants often discovered it when nothing else brought relief. As a result, their trauma and life stressors became a door to transformation.

### **Discussion**

The purpose of this study was to explore how spirituality contributes to resilience in African American emerging adults who have experienced stress and/or trauma. Through

qualitative analysis of in-depth interviews, three major themes emerged from the data: (1) Experiencing a Connection: Spirituality as an Omnipresent and Guiding Force, (2) The Inner Evolution: Spirituality as a Catalyst for Growth, and (3) Transformation Through Adversity: Epiphanies of Faith Emerging. These themes together illustrate the powerful and multifaceted role of spirituality in individual lives, especially as it relates to navigating adversity and life challenges.

Participants consistently described spirituality as an omnipresent, omnipotent, and omniscient force, a sacred energy that is always present, all-powerful, and all-knowing. This higher power, often described interchangeably as "God," "the universe," or "divine energy," was believed to guide, protect, and comfort participants throughout their life journeys. Spirituality was understood not simply as a belief system but as a lived experience beyond one's five senses and often existed beyond conscious awareness as well. This reflects the deeply internal and intuitive nature of spiritual connection as a guiding force that participants relied upon.

While participants' definitions of spirituality varied in expression, the essence of their experiences was remarkably consistent. Some participants were affiliated with specific religions, primarily Christianity, but nearly all differentiated spirituality from religion, either explicitly or implicitly. Spirituality, in this context, was portrayed as a deeply personal and self-directed journey rather than a set of practices or doctrines. This suggests that the transformative aspects of spirituality can operate independently of religious affiliation.

The second theme, The Inner Evolution, captured how spirituality contributed to individuals' conscious and unconscious growth. Participants described personal evolution not only in emotional and spiritual terms but also in psychological, behavioral, and cognitive terms as well. Spirituality served as a mirror for self-reflection, a motivator for behavioral change, and

a framework for making meaning of life's challenges. Whether it was developing discernment, practicing self-control, healing from trauma, or embracing forgiveness, spirituality was deeply intertwined with their personal development and mental resilience.

The third and final theme, Transformation Through Adversity, highlighted how encounters with trauma, grief, and personal hardship often catalyzed a deeper spiritual awakening. Participants shared moments of emotional and cognitive breakthroughs, which many described as epiphanies or spiritual awakenings, that occurred amid pain. These spiritual moments were often marked by clarity, surrender, and a strengthened connection to a higher power. In these experiences, spirituality provided not only a path toward healing but also a renewed sense of purpose and hope.

The essence of the phenomenon revealed in this study is that spirituality is an individual inner power, a sacred, intuitive force beyond the senses, that guides individuals through the complexities of life. For participants, spirituality was not just a belief; it was an embodied experience that promoted meaning, resilience, and transformation in the face of adversity.

### **Conclusion**

In conclusion, this study deepens our understanding of spirituality as a resource for healing and resilience among African American emerging adults navigating stress and trauma. The findings revealed that spirituality is a multidimensional and individualized experience that serves as both a guide and a catalyst for growth. Whether rooted in a religious tradition or separate from it, spirituality empowered participants to confront pain, cultivate inner strength, and foster personal evolution. Importantly, the study highlights that spirituality and religion, while related, are not interchangeable terms. Although some participants identified with a religious background, the themes that emerged were shared across all participants, which

indicates that spirituality operates as a distinct and deeply personal experience beyond religious affiliation.

Future research should intentionally draw clearer distinctions between spirituality and religion during the data collection phase. Several participants struggled to differentiate the two, which may have impacted the depth of their responses or limited their full engagement with the concept of spirituality as intended in this study.

### ***Limitations and Future Research***

Limitations found within the study include the small sample size, which restricts the generalizability of the findings. Although qualitative research prioritizes depth over sample size, and this study sampled to saturation, a larger and more religiously diverse sample could have captured a wider range of spiritual experiences and perhaps other coping strategies. Additionally, the study relied on self-reported data, which is subjective and may be influenced by social desirability or the participants' evolving understanding of spirituality. Some participants had difficulty distinguishing spirituality from religion, which highlights the importance of clearly defining these phenomena in future research.

Future research should aim to explore the distinctions between spirituality and religion in more detail, particularly within African American communities where the two often intersect. Studies might also examine how culturally adapted therapeutic practices can integrate spirituality to enhance mental health outcomes. Lastly, delving into the cultural aspect of spirituality within the African American community may provide a deeper understanding of how traditions, collective perseverance, resilience, and cultural practices shape spiritual identity and contribute to healing and empowerment as a collective.

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## Appendix

### ***Icebreaker Questions:***

1. Can you tell me a little bit about yourself, including your interests and hobbies?
2. What is something that brings you joy in your life?
3. Do you have a favorite quote or scripture that you live by?
4. What is one word that describes your spirituality?

### ***Screening Question:***

1. Do you believe in spirituality?

### ***Interview Questions:***

1. Describe your spirituality in your own words. When I say the word "spirituality," what does that mean to you?
2. What role does spirituality play in your daily life?
3. When did your spiritual journey begin, and how has your spiritual journey evolved over time?
4. Describe a time when your spirituality helped you navigate a stressful situation or a difficult time.
5. How and why do you think your spiritual beliefs or practices helped you cope?
6. Do you believe spirituality is associated with resilience? If so, how?
7. What spiritual practices do you engage in, and how do these practices impact your mental well-being?
8. How do you define healing in relation to spirituality?
9. How has your spirituality influenced the way you process past or present trauma and stress?
10. If you could give advice to someone who is facing challenges in life, what would you encourage them to do?