

## Resilience and Spiritual well being in Rural and Urban Communities: A Community Nursing Perspective

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### ABSTRACT

**Background:** Resilience and spiritual well-being are essential aspects of life in both rural and urban settings. Rural communities are more closely connected to nature, yet they face limitations in accessing health care services. In contrast, urban communities experience stress related to social life, but they benefit from more access to health.

**Purpose:** This study aims to examine differences in resilience and spiritual well-being in rural and urban communities in Jember Regency.

**Methods:** The researchers employed a cross sectional approach for analyzing the study. The sample consisted of 210 respondents living in rural and urban communities in Jember Regency. The researchers selected the samples using a purposive sampling technique. Data collection was carried out using a digital questionnaire through validity and reliability tests. Data were analyzed using independent sample t-test.

**Results:** Univariate test results indicate that the mean resilience score for rural communities is 64.70, whereas for urban communities it is 64.81. The mean spiritual well-being score for rural communities is 22.35, compared to 22.86 for urban communities. The difference test for resilience between rural and urban communities yields a p-value of 0.92, while the spiritual well-being difference test shows a p-value of 0.11.

**Conclusion:** The conclusion of this study is that there is a relationship between resilience and spiritual well-being in rural and urban communities in Jember Regency. Meanwhile, the results of the difference test for resilience and spiritual well-being showed no difference between rural and urban communities.

**Keywords:** resilience, rural, spiritual well-being, urban

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**BACKGROUND**

Resilience and spiritual well-being are crucial aspects in determining a person's quality of life. They not only maintain mental health but also serve as a foundation for coping with social and economic pressures (Hall et al., 2023). Psychological resilience is an individual's ability to survive, adapt, and recover from adversity. Psychological resilience plays a crucial role in life because throughout life, humans are constantly faced with problems, whether social or economic, or natural disasters (Esmail et al., 2022). Without adequate psychological resilience, these problems can lead to negative impacts such as prolonged stress, trauma, and even mental disorders.

Individuals with high resilience tend to be more resilient in facing challenges. They are able to control their emotions, think clearly, and make informed decisions regarding emerging issues (Nakhostin-khayyat et al., 2024). Furthermore, resilience encourages individuals to provide mutual support to fellow members of the community. This is crucial because mutual support is essential for recovery from life's difficulties and trauma. Furthermore, psychological resilience is also related to a person's quality of life (Chuang, 2023). Individuals resilient are not only able to overcome difficult circumstances but also use these experiences as a source of learning in facing challenges, making it easier to find meaning in life, maintain mental balance, and build optimism for the future.

In today's challenging modern life, resilience is an important asset that prevents individuals from becoming easily stressed. Individuals with resilience tend to be able to manage their emotions, think clearly, and make the right decisions when faced with problems (Rademacher et al., 2023). Individuals with resilience also tend to be flexible in the face of change and view difficult experiences as learning opportunities rather than obstacles, fostering optimism, self-confidence, and motivation to continue to grow. Furthermore, resilience is not only beneficial for individuals but also has a positive impact on the social environment (Franke & Elliott, 2021). Individuals resilient can be a source of support for others, maintain healthy interpersonal relationships, and contribute to the creation of a more harmonious environment.

Several studies show that psychological resilience is closely related to mental health. Individuals with high psychological resilience tend to be able to cope with life's pressures, manage stress, and overcome negative feelings such as anxiety and depression (Smith et al., 2022). Conversely, low psychological resilience often makes a person vulnerable to mental health problems. Research shows that resilience plays a role in reducing stress levels, especially in times of crisis (Leys et al., 2021). In rural communities, psychological resilience is often built on cultural values that uphold togetherness and a spirit of mutual cooperation (Amir et al., 2022). Social support from family and the surrounding environment is a major pillar in facing life's problems. In communities living in urban areas, psychological resilience is an important factor that determines an individual's ability to survive and adapt, because life in urban areas has different characteristics compared to rural areas. Urban areas are often described as centers of economic, educational, and social activity. However, behind this, there are significant psychological challenges such as job competition, high cost of living, traffic congestion, noise, and crowded environments (Xu et al., 2023).

In the context of health, spiritual well-being is an important aspect that can affect a person's quality of life. Spiritual well-being is related to an individual's ability to find meaning, purpose, and inner peace through religious beliefs and life values (Sp, 2024). As life challenges, work pressures, and social problems increase, many individuals experience a crisis of faith that affects their mental health. Spiritual well-being serves as a source of internal strength that helps individuals cope with suffering, maintain hope, and cultivate a positive attitude toward their lives (Bagereka et al., 2023).

Various studies show that spiritual well-being is closely related to stress and anxiety levels. Individuals with high spiritual well-being tend to have good psychological resilience, are able to accept circumstances, and are able to establish good social relationships (Khiyali et al., 2023). Therefore, understanding spiritual well-being is very important, not only in the field of health but also in the social and spiritual fields. In rural communities, spiritual well-being is reflected in their ability to accept conditions wholeheartedly, maintain good social relationships, and find meaning in everyday life (Andrews et al., 2023). The community's closeness to nature also has a positive influence on spiritual well-being. The spiritual well-being of communities in rural areas is also evident in their religious values and communal worship practices, such as reciting the Quran and traditional ceremonies (Nursugiharti et al., 2024). These worship practices can strengthen the meaning of life and foster an optimistic attitude, enabling people to face every problem in life. In urban communities, spiritual well-being is more reflected in the practice of formal worship, while social practices in daily life do not sufficiently reflect spiritual values. This condition is inseparable from the tendency of urban life.

Jember is an area with diverse socioeconomic characteristics, with most of its population working in the agricultural sector and the rest in the service and education sectors. Development disparities between rural and urban areas in Jember have led to differences in access to economic resources, education, and mental health services, which can ultimately affect psychological resilience (Polgan et al., 2023). In addition, the people of Jember are known for their strong religious and spiritual values. This is reflected in a social life that is rich in religious activities, cultural traditions, and a sense of community among residents. This condition is an important factor that has the potential to strengthen spiritual well-being, which is a state in which individuals feel a sense of meaning, inner peace, and harmonious relationships with God and others (Kruk & Aboul-enein, 2024). In the context of daily life, spirituality is often the main source of strength for the community to endure difficulties, whether in the economic, health, or social spheres.

In addition, the people of Jember are known to have strong religious and spiritual values, reflected in a social life that is rich in religious activities, cultural traditions, and a sense of community among residents (Subaniyah U, Meilinda L, Milawaty M, 2024). This condition is an important factor that has the potential to strengthen spiritual well-being, which is a state in which individuals feel a sense of meaning, inner peace, and harmonious relationships with God and others. In the context of daily life, spirituality is often the main source of strength for communities to survive difficulties, whether in the economic, health, or social spheres.

However, amid rapid social and economic changes, there has been a decline in psychological and spiritual resilience among some communities in Jember Regency, especially among adolescents and young adults (Budiman M E A, Yuhbaba Z N, 2023). Economic pressures, urbanization, lifestyle changes, and moral and social crises can disrupt an individual's psychological balance. This raises important questions about the extent of resilience and spiritual well-being among Jember residents living in rural and urban areas.

Therefore, this study is important to identify and analyze the relationship between resilience and spiritual well-being in the rural and urban communities of Jember Regency, as well as to understand how these two aspects interact in shaping the psychological resilience of the community. The results of this study are expected to provide empirical and practical contributions to the development of mental health improvement programs based on spiritual values and local wisdom in Jember Regency.

**OBJECTIVE**

The study aimed to examine differences in resilience and Spiritual well-being in rural and urban communities in Jember Regency.

**METHODS****Study Design**

This study is a quantitative study with a comparative design. Quantitative research refers to an approach that adheres to positivism and uses specific instruments to reveal certain phenomena. Ethical approval for this study has been obtained from the Health Research Ethics Committee of the Faculty of Health Sciences, Muhammadiyah University of Jember, with registration number: 400/207/K.3/102.7/2025.

**Population and Sample**

The population in this study consisted of individuals living in Sumbersari Subdistrict and Panti Village as representatives of urban and rural communities. A total of 210 samples were taken using purposive sampling. The inclusion criteria were residence in the study area, physical and mental health, and the ability to read and write. The exclusion criteria included respondents under the age of 25.

**Data Collection Technique**

The data collection technique in this study was conducted using questionnaires as the main instrument. Questionnaires were chosen because they are able to collect data in a standardized, efficient, and objective manner from a large number of respondents, both in rural and urban areas.

**Research Instruments**

Spiritual well-being variables were measured using the Spiritual Well-Being Scale (SWBS) questionnaire developed by Ellison and Paloutzian (1982). This instrument consists of 20 questions. Each question is measured using a 6-point Likert scale (from 1 = strongly disagree to 6 = strongly agree), where some items are positive questions and some are negative to avoid bias. The validity test results of the Spiritual Well-Being Scale questionnaire were  $>0.50$ , indicating that each item was valid in presenting the items measured. Meanwhile, the reliability coefficient value was 0.89, indicating that the questionnaire had a high level of reliability.

**Data Analysis Technique**

Univariate data analysis was conducted to examine demographic data, resilience, and spiritual well-being. Data were presented using mean values, minimum and maximum values, and standard deviation. Meanwhile, bivariate analysis was conducted to determine whether there were significant differences between rural and urban residents based on the variables of resilience and spiritual well-being.

**RESULTS**

The demographic characteristics of respondents living in rural areas based on age, education level, and employment status are presented in table 1 below.

**Table 1.** Characteristics of respondents living in rural areas based on age, education, and employment status.

<b>Variables</b>	<b>Respondents in rural areas</b>	
	<b>n</b>	<b>%</b>
Age		
- 26-45 years	24	22.8

- >45 years	81	77.1
Education		
- Elementary school	14	13.3
- Junior high school	16	15.2
- Senior high school	61	58.1
- College	14	13.3
Employment status		
- Employed	27	25.7
- Unemployed	78	74.2

Source: Data from 2025 research

Table 1 provides information that in this study, respondents living in rural areas were mostly aged >45 years (77.1%), senior high school (58.1%), and unemployed (74.2%).

The demographic characteristics of respondents living in urban areas based on age, education level, and employment status are presented in table 2 below.

**Table 2.** Characteristics of respondents living in urban areas based on age, education, and employment status.

Variable	Respondents living in urban areas	
	N	%
Age		
- 26-45 year	63	60
- >45 year	42	40
Education		
- Elementary school	8	7.6
- Junior high school	10	9.5
- Senior high school	67	63.8
- College	20	19.0
Employment status		
- employed	72	68.6
- unemployed	33	31.4

Source: Data from 2025 research

Table 2 provides information that in this study, respondents living in urban areas were mostly aged 26-45 years (60%), senior high school (63.8%), and employed (68.6%).

The characteristics of respondents living in rural areas based on their level of resilience and spiritual well-being are presented in Table 3 below.

**Table 3.** Analysis of the level of resilience and spiritual well-being of respondents living in rural areas

Variable	Mean	SD	Min-Max	CI 95%	P value
Resilience	64.70	8.46	42-83	63.07-66.34	0.000
Spiritual well-being	22.35	2.30	17-25	21.91-22.80	

Source: Data from 2025 research

Table 3 shows that respondents living in rural areas had an average resilience score of 64.70 and an average spiritual well-being score of 22.35. The results of the bivariate statistical

test prove that there is a relationship between resilience and spiritual well-being in respondents living in rural areas (p-value = 0.000).

The characteristics of respondents living in urban areas based on their level of resilience and spiritual well-being are presented in Table 4 below.

**Table 4.** Analysis of the level of resilience and spiritual well-being of respondents living in urban areas

Variable	Mean	SD	Min-Max	CI 95%	P value
Resilience	64.81	7.21	45-80	63.41-66.21	0.000
Spiritual well-being	22.86	2.29	17-30	22.41-23.33	

Source: Data from 2025 research

Table 4 shows that respondents living in urban areas had an average resilience score of 64.81 and an average spiritual well-being score of 22.86. The results of the bivariate statistical test prove that there is a relationship between resilience and spiritual well-being in respondents living in urban areas (p-value = 0.000).

An analysis of the differences in resilience and spiritual well-being between people living in rural and urban areas is presented in Table 5 below.

**Table 5.** Analysis independent sample t test of differences in resilience and spiritual well-being between people living in rural and urban areas

Variable	Mean	SD	Asymp. Sig. (2-tailed)
Resilience			
- Rural communities	64.70	8.46	0.92
- Urban communities	64.81	7.21	
Spiritual well-being			
- Rural communities	22.35	2.30	0.11
- Urban communities	22.86	2.29	

Source: Data from 2025 research

Table 5 shows that the average resilience score for people living in rural areas is 64.70, while those living in urban areas score 64.81. The results of the difference test between the resilience of rural and urban communities show a significance value of 0.93, which means that there is no significant difference between people living in rural and urban areas. Meanwhile, the average spiritual well-being score for rural communities is 22.35, while that for urban communities is 22.86. The results of the difference test between the spiritual well-being of rural and urban communities show a significance value of 0.11, which means that there is no significant difference between communities living in rural and urban areas.

## DISCUSSION

### Resilience and Spiritual Well-Being in Rural Communities

The findings of this study indicate that respondents residing in rural areas demonstrate resilience levels ranging from moderate to high, with an average score of 64.70. This suggests that although some individuals in rural communities exhibit low resilience, the majority possess the capacity to endure and adapt to life's challenges. Regarding spiritual well-being, the results show that most respondents in rural areas fall into the good category, with an average score of 22.35. The majority of rural residents maintain a strong connection with God and experience a sense of meaning and purpose in life. In this study, the dimension of spiritual well-being was

relatively homogeneous among respondents and constitutes an important internal strength of individuals living in rural areas (Bhuiyan, 2022). The findings also illustrate that religious life, worship practices, and spiritual values remain deeply embedded in the daily lives of rural communities.

The results of the bivariate analysis between resilience and spiritual well-being indicate a significant correlation between the two variables, as reflected by a p-value of 0.00. This finding suggests that both variables may serve as essential psychological resources that enable individuals to find meaning in adversity, maintain hope, and develop adaptive coping mechanisms when facing difficulties. In rural communities, where access to healthcare services is often limited, resilience and spiritual well-being can act as internal assets that help individuals cope with life stressors and challenges (Akbayram, 2024). Conceptually, this result aligns with previous studies which have shown that spiritual well-being provides a foundation for meaning, purpose, and belief in God Almighty, enabling individuals to accept their circumstances, recover, and perceive hope amid life's hardships (Hamka, 2022). Therefore, resilience and spiritual well-being can be understood as integral components that support mental health in navigating daily life dynamics.

From the perspective of community mental health nursing, the findings of this study emphasize the necessity of integrating spiritual dimensions into mental health promotion efforts in rural areas. Programs designed to enhance community resilience could be more effective if they are aligned with the religious and spiritual values deeply rooted within rural societies—for instance, through the reinforcement of religious activities, community-based support groups, and reflective or counseling spaces that are sensitive to spiritual dimensions (Captari, 2022). Furthermore, these findings can serve as a foundation for nurses and other health professionals to routinely assess resilience and spiritual well-being as part of a comprehensive evaluation. Such an approach ensures that interventions do not solely address physical and social aspects, but also attend to spiritual needs, which have been shown to closely relate to individuals' capacity to endure and recover from life's challenges.

### **Resilience and Spiritual Well-Being in Urban Communities**

The findings of this study reveal that respondents residing in urban areas exhibit a moderate level of resilience (mean score = 64.81) and a good level of spiritual well-being (mean score = 22.86). The moderate level of resilience reflects the capacity of urban residents to adapt to life pressures such as population density and complex socio-economic dynamics (Wang, 2024). The good level of spiritual well-being indicates a relatively stable psychological condition. In the context of mental health, spiritual well-being serves as a psychological buffer (Maral, 2024). This is consistent with previous studies showing that spiritual well-being can enhance individual resilience by fostering a stronger sense of meaning in life and promoting positive coping mechanisms, particularly among adults.

The results of the bivariate analysis between resilience and spiritual well-being among urban residents indicate a significant correlation (p-value = 0.00). This finding underscores that resilience and spiritual well-being contribute to shaping individuals' orientation toward life challenges in urban settings. This result is consistent with previous studies which have highlighted the crucial role of spiritual well-being in enhancing individual resilience through the development of life meaning, emotional regulation, and psychological stability (Akbayram, 2024). Spirituality functions not only as a belief system but also as a coping mechanism in navigating the pressures of modern life (Maier, 2022). This reinforces the assumption that individuals with higher levels of spiritual well-being tend to demonstrate greater adaptive capacity in responding to environmental challenges (Reyes-Perez, 2025a). In the context of urban communities, particularly in Indonesia, urban environments are characterized by high social dynamics, economic pressures, workplace competition, and social complexity all of

which have the potential to elevate individual stress levels. However, such conditions may also foster the development of stronger psychosocial adaptation mechanisms, enabling individuals to build greater resilience through lived experience, social learning, and access to health-related resources.

From the perspective of community mental health nursing, particularly in urban settings, resilience and spiritual well-being represent interrelated psychosocial dimensions that contribute to individuals' social adaptability in coping with the complexity of urban life stressors (Bagereka, 2023). Resilience is understood as the capacity to respond to, manage, and recover from psychological distress, whereas spiritual well-being encompasses a sense of meaning, purpose, connectedness, and inner peace that strengthens individuals' internal resources. Empirical evidence demonstrates a significant positive correlation between spiritual well-being and resilience, wherein individuals with higher spiritual well-being scores tend to exhibit stronger resilience in dealing with stress and daily life challenges, including those related to community mental health (Reyes-Perez, 2025b). For instance, studies among advanced clinical practitioners have shown that higher levels of spiritual well-being are positively associated with resilience and emotional well-being, suggesting that spirituality functions as a protective factor supporting psychological adaptation within high-pressure professional environments.

### **Differences in Resilience and Spiritual Well-Being Between Rural and Urban Communities**

The results of the independent sample t-test analysis indicate no significant difference in resilience between respondents residing in rural and urban areas (mean = 64.70 and 64.81;  $p > 0.05$ ). Similarly, the spiritual well-being scores between the two groups did not show a significant difference (mean = 22.35 and 22.86;  $p > 0.05$ ). These findings suggest that the levels of resilience and spiritual well-being do not differ statistically between individuals living in rural and urban communities.

In the context of community-based mental health, resilience and spiritual well-being are regarded as essential aspects that contribute to individuals' ability to cope with psychosocial stressors and maintain adaptive functioning, even within differing environmental contexts (Heinz, 2025). Resilience reflects the dynamic capacity of individuals to adapt to and recover from life challenges, whereas spiritual well-being encompasses the experience of life meaning, connectedness to transcendent values, and inner peace that can serve as an internal resource for safeguarding mental health. Findings from studies on clinical populations have demonstrated a positive relationship between spiritual well-being and resilience, indicating that individuals with higher levels of spiritual well-being tend to possess stronger resilience capacities—even though the contextual setting may differ from that of general community populations in urban and rural areas (Bagereka, 2023).

The findings of this study are consistent with previous research suggesting that differences between rural and urban living conditions do not necessarily have a substantial impact on psychological aspects when internal protective factors such as social support, life meaning, and spiritual connectedness are relatively strong (Long, 2025). Several clinical studies conducted in hospital settings have demonstrated that spiritual well-being not only contributes to patients' quality of life but also shows a positive correlation with resilience (Bagereka, 2023). These results indicate that the two variables are conceptually interrelated, even though environmental differences do not always serve as primary determinants of statistically significant variation.

Resilience and spiritual well-being are not merely phenomena influenced by geographical characteristics but are also shaped by broader psychosocial factors such as social support, cultural value systems, and coping mechanisms. Previous studies have emphasized

that spiritually based interventions can enhance resilience across various population groups, including individuals with chronic illnesses and other vulnerable populations (Inaloo, 2025). This suggests that spiritual well-being functions as a protective resource that can be universally utilized to strengthen adaptive capacity, regardless of rural or urban context (Alaidin, M., Andriany, M., 2024).

From a psychiatric nursing perspective, these findings highlight the importance of a holistic approach that incorporates spiritual dimensions into mental health care, both in rural and urban settings. Mental health nurses and other healthcare providers should recognize that internal factors such as spiritual values, life meaning, and coping mechanisms are essential elements in enhancing resilience. Therefore, person-centred intervention approaches that integrate these dimensions can be effectively embedded within community mental health nursing services. Spiritual value-based interventions, such as spiritual support, meaning-centred counselling, and spiritual support groups, may strengthen coping mechanisms and psychological well-being within the broader community (Relawati, 2025). Although environmental differences in residential areas did not show statistically significant values for the two variables, these findings emphasize the relevance of integrating spiritual factors into mental health promotion and intervention strategies.

## CONCLUSION

The results of this study indicate that individuals from both rural and urban communities have relatively good levels of resilience and spiritual well-being, despite being influenced by their respective social, cultural, and residential contexts. Bivariate analysis shows that resilience is related to spiritual well-being in both rural and urban communities. This indicates that an individual's ability to adapt, cope with stress, and make sense of life experiences are important factors in the formation of healthy psychological and spiritual resilience. Meanwhile, the results of the difference test between resilience in rural and urban communities did not show significant differences, while spiritual health showed significant differences between rural and urban communities.

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