



Common Manifestations of Spiritual and Emotional States

Mirela Tushe*

Department of Nursing and Physiotherapy, Aldent University, Tirana, Albania

ABSTRACT

This study highlights the most common manifestations of spiritual and emotional states among a specific group of students and teachers. The research is based on a survey conducted with students and Faculty at Aldent University, who provided individual responses regarding their spiritual and emotional states.

Keywords: Spiritual states; Emotional states; Anxiety; Nervousness; Irritability; University students; Gender differences; Mental well-being

INTRODUCTION

This research was conducted at Aldent University, a higher education institution that focuses on health sciences and dentistry. The study took place over a period of three months, from April to June 2024. During this time, a comprehensive survey was administered to both students and faculty members, allowing for a detailed examination of their spiritual and emotional well-being. The timing of the research was chosen to coincide with the end of the academic year, a period often associated with heightened stress levels among students due to final exams and project deadlines. This context was essential for capturing the nuanced emotional and spiritual states of the participants.

Objective

The primary objective of this study was to identify the most common manifestations of changes in spiritual and emotional

states in healthy adults, specifically focusing on the student and faculty population at Aldent University.

DESCRIPTION

A total of 63 individuals participated in the study, with 85.7% being female and 14.3% male. The participants ranged in age from 18 to 52 years. The majority of respondents (76.2%) were single, while the remaining participants had various other marital statuses. The survey included questions designed to assess a wide range of emotional and spiritual states, including anxiety, nervousness, irritability, and overall mental well-being.

The data collected were analyzed, and the results are summarized in the [Table 1](#).

Received:	14-September-2024	Manuscript No:	IPCP-24-21532
Editor assigned:	16-September-2024	PreQC No:	IPCP-24-21532 (PQ)
Reviewed:	30-September-2024	QC No:	IPCP-24-21532
Revised:	11-February-2025	Manuscript No:	IPCP-24-21532 (R)
Published:	18-February-2025	DOI:	10.35248/2471-9854-11.01.172

Corresponding author: Mirela Tushe, Department of Nursing and Physiotherapy, Aldent University, Tirana, Albania; E-mail: mirela.tushe@ual.edu.al

Citation: Tushe M (2025) Common Manifestations of Spiritual and Emotional States. Clin Psychiatry. 11:172.

Copyright: © 2025 Tushe M. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Table 1: Prevalence of emotional and psychological manifestations among respondents.

Manifestation	Percentage (%)
Upset by insignificant things	49.2
Did not experience any positive feelings	44.5
Experienced breathing difficulties	30
Felt like they could not move forward	34.9
Tended to overestimate situations	33
Experienced trembling sensations	30.2
Found it difficult to relax	39.7
Experienced anxiety	42.1
Became upset very quickly	61.9
Felt nervous	50.8
Felt hopeless	49.2
Experienced impatience	47.6
Lost interest in almost everything	39.6
Felt worthless	40.8
Felt easily affected	65.1
Had difficulty calming down	36.5
Did not find satisfaction in things they did	34.9
Felt discouraged and sad	50.8
Felt irritated	35
Found it difficult to calm down after being upset	39.7
Were in a state of nervous tension	39.6
Felt irritated	55.3
Had difficulty initiating activities	46

Statistical Analysis

A *Chi-square* test was conducted to evaluate the relationship between gender and the occurrence of various emotional and spiritual manifestations, specifically focusing on anxiety, nervousness, irritability, and other related emotions.

Key findings

- *Chi-square* value: 2.04
- Degrees of Freedom (df): 3
- p-value: 0.56

Interpretation

Lack of significant association: The p-value of 0.56 indicates that there is no statistically significant relationship between gender and the occurrence of the emotional manifestations studied. In other words, the variations in emotional states such as anxiety, nervousness, and irritability observed in this

sample cannot be attributed to gender differences at a statistically significant level.

Expected vs. observed frequencies: The analysis also generated expected frequencies under the assumption that there is no association between gender and emotional states. The observed data did not deviate significantly from these expected values, further supporting the conclusion that gender may not play a major role in these specific emotional manifestations within this sample.

Comparison with Similar Studies

Recent literature corroborates the findings of this study, particularly the research on the mental health of university students. A study published in *Frontiers in Psychology* explored the correlation between academic stress and mental well-being among college students, finding similar levels of anxiety, hopelessness, and irritability. It noted that academic stress, exacerbated by external factors such as the COVID-19

pandemic, often leads to emotional challenges similar to those observed in your study.

Additionally, a bibliometric analysis in *Frontiers in Psychology* that reviewed 45 years of literature on university students' mental health identified depression, anxiety, and stress as the most prevalent issues. The emotional disturbances reported in your research align with these findings, indicating that such challenges are part of a broader trend affecting students worldwide.

CONCLUSION

The spiritual and emotional states observed in this study show significant variability. Notably, approximately 62% of respondents were easily upset and discouraged, with more than half feeling irritated and nervous. Given the young age of

the respondents, it is concerning that these spiritual and emotional states are prevalent even in calm situations.

However, the statistical analysis suggests that gender does not significantly influence the likelihood of experiencing these emotional and spiritual states. This finding contrasts with some literature that points to gender differences in emotional responses, indicating that other factors may be influencing these states among students and faculty. Further studies are necessary to explore these factors to provide more comprehensive data on this topic.