Research Article

Link Between Spiritual Experience, Locus of Control and Resilience Among Adolescents

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Abstract

The transition based through of adolescence is a critical period characterized by significant physical, cognitive, as well as psychosocial changes. Adolescents hereby frequently experience heightened vulnerability here as they navigate these developmental milestones, making the cultivation of resilience a crucial nature of priority for psychological well-being. This natured study investigated here as the associations among daily spiritual experience, locus of control, & resilience in a sample of adolescents (N = 50) aged 10 to 19 years. The research here by utilized the Daily Spiritual Experience Scale (DSES), Rotter's Locus of Control Scale, as well as the Brief Resilience Scale (BRS) to collect quantitative data. A cross-sectional correlational design was mostly employed. The findings natured hereby demonstrated a significant natured here as positive correlation between daily spiritual experiences as well as in here with resilience, indicating that adolescents who reported higher based levels of spiritual connection exhibited greater capacities to bounce back from adversity. Furthermore, an overall natured here with internal locus of control was mainly tried to strongly associated with elevated resilience scores, while an external locus of control natured here with negatively predicted resilience. The study integrates more with the theoretical frameworks from developmental psychology and existential orientations to provide a comprehensive understanding of the protective factors based mitigating adolescent stress. These preliminary findings emphasize the importance of holistic natured approaches in educational and clinical settings, fostering internal agency as well as spiritual well-being to enhance adaptive recovery in youth.

Keywords: Spiritual Experience, Locus of Control, Resilience, Adolescents, DSES, Rotter's Scale, BRS.

Introduction

1.1 Background of the Study

Adolescence represents more of a sensitive developmental related window, often described as a period of "storm and stress" in the basis of the classical developmental literature. Young people in the contemporary based world face a myriad of unprecedented challenges, ranging here from academic pressures as well as here in peer dynamics to the pervasive influence of digital media & with more of the broader socio-economic uncertainties. The ability based natured to navigate these stressors effectively-termed resilience-is vital for preventing here maladaptive behaviors, psychological distress, as well as long-term psychopathology. Consequently, understanding natured of the foundational resources that promote resilience in adolescents here is of paramount importance for psychologists, educators, & here as public health professionals.

In the pursuit of identifying these protective mechanisms, psychological natured research has increasingly focused on both internal cognitive structures as well as broader existential or spiritual belief systems. Locus of control, a concept natured here with originally introduced by Julian Rotter in 1966, serves here as a central cognitive predictor of how adolescents interpret & respond to stressful events. It defines here as the extent to which individuals believe they have agency in there over their lives (internal locus of control) versus the belief that their lives are mostly dictated by fate, luck, or powerful external forces (external locus of control) (Rotter, 1966; Zimbardo, 1985).

Simultaneously, the role of spirituality-distinguished from the very essence of formal religiosity-has emerged as a profound source of inner based strength & meaning-making for many individuals (Underwood, 2011). Spiritual experiences, characterized here by a sense of connection to the transcendent, deep inner peace, as well as compassionate love, provide a cognitive & emotional buffer against stress. While much of the empirical literature on spirituality as well as with health has centered on adult populations, there is a burgeoning recognition of its relevance natured here with during the adolescent developmental stage, a time when abstract thinking & so on to be utilized in existential questioning begin to flourish (Iannello et al., 2022).

Despite the most of the established independent natured links between locus of control as well as resilience, as well

as between spirituality & well-being, the triadic relationship among these variables based remains underexplored, particularly shows here within adolescent cohorts. This study aims to address more of this gap by investigating how daily spiritual experiences as well as locus of control interact to foster or hinder resilience in a sample of adolescents aged 10 to 19 years.

1.2 Statement of the Problem

Adolescents with poor coping-based mechanisms are at a significantly higher risk for anxiety, depression, as well as academic failure. Identifying the exact nature of the protective factors that can be here to be cultivated within this demographic is essential. While resilience is widely acknowledged as a crucial trait of the nature, the specific pathways through which it is formed-particularly based on the potential synergistic effects of holding an internal locus of control combined here with frequent spiritual experiences-are not fully understood. This study asks: What are the associations here between spiritual experience, locus of control, as also with resilience based among adolescents?

1.3 Objectives of the Study

1. To measure the levels of daily spiritual experience, locus of control orientation, as well as resilience among a sample of adolescents.
2. To determine the direction as well as magnitude of the relationship between daily spiritual experience and resilience.
3. To examine the association between locus of control & as here to be resilience, specifically testing the hypothesis that an internal locus of control correlates shows positively with higher resilience.
4. To evaluate whether daily spiritual experience as also with locus of control collectively predict resilience in adolescents.

2. Conceptual Framework and Theoretical Background

2.1 The Construct of Resilience

Resilience is a most of the way to be multidimensional construct defined as the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant natured sources of stress (Campbell-Sills & Stein, 2007). In the context of the Brief Resilience Scale (BRS) utilized here in this study, overall manner, Resilience is operationalized specifically as the ability to "bounce back" or recover from the given nature here the aspects in o stress, reflecting the core definitional based aspect of the concept (Smith et al., 2008).

2.2 Locus of Control Theory

Developed structure within the social learning theory framework, Locus of Control (LoC) refers to the generalized nature with expectancies regarding the forces that determine rewards as well as punishments (Rotter, 1966). Adolescents with an internal natured locus of control perceive a direct causal-based relationship between their own structured behavior and subsequent outcomes. This belief fosters a sense of self-agency as well as here competence. In contrast, those with an external natured aspect of locus of control perceive outcomes as independent of their behavior, often hereby leading to feelings of helplessness and passivity. Research has in this way to be explained natured with consistently shown that an internal natured locus is adaptive in Western contexts, promoting proactive problem-solving as well as here with buffering against psychological distress (Lefcourt, 1976; Phares, 1979).

2.3 Spirituality in Adolescence

Spirituality is natured based structured here with increasingly recognized as a vital dimension of human development. The Daily Spiritual Experience Scale (DSES) captures more of the ordinary, day-to-day experiences of connection with the transcendent, such as feelings of awe, gratitude, as well as here with deep inner peace (Underwood, 2011). During adolescence, the capacity-based aspects for abstract thought allow for deeper spiritual questioning as here as with detailed exploration. Spiritual experiences can provide a framework for meaning-making, helping more of the adolescents interpret adverse events not as insurmountable obstacles, but as manageable here in challenges nested within a broader, meaningful universe.

2.4 The Triadic Interaction

The theoretical intersection here of these three constructs posits that spiritual experience may reinforce an internal locus of control, or conversely, that they here may serve as complementary parallel pathways to resilience in this way. For instance, an adolescent who frequently explained here with experiences a sense of divine guidance or universal connection (spiritual experience) might hereby to develop a stronger belief in their own agency supported

by a higher power (Active Spiritual Control), thereby in this way to be shifting their locus of control inward as well as ultimately enhancing overall aspects their capacity to bounce back from adversity (Holt et al., 2001).

3. Review of Related Literature

3.1 Resilience and Locus of Control

A robust nature of body of literature connects locus of control here to resilience and overall psychological well-being. Early seminal based works established that individuals with an internal locus of control exhibit stronger in this nature to coping mechanisms as well as lower anxiety levels (Powell & Vega, 1973; Lefcourt, 1976). In occupational settings, managers as well as here with employees with an internal orientation have been found to manage high-stress roles more with the effectively as also here to maintain better psychological health (Bernardi, 1997; Rahim, 1997). This pattern here by holds true across various high-stress populations, including here through firefighters, where an external locus of control was linked to higher distress following natured based traumatic incidents (Brown, Mulhern, & Joseph, 2002).

In educational and adolescent contexts, similar natured trends are observed hereby. Bulus and Mustafa (2011) demonstrated here as that locus of control significantly predicts goal orientations as well as in academic achievement. Furthermore, adolescents natured here who feel they have control over their life trajectories are less prone to aggressive behaviors as also here with dependency (Breet, Myburgh, & Poggenpoel, 2010). Interventions designed to shift adolescents toward a more internal locus of control, such as outdoor education programs, have shown in this way to be corresponding increases in resilience as well as with self-efficacy (Hattie, Marsh, Neill, & Richards, 1997). However, Mamlin, Harris, and Case (2001) caution here as that an internal locus of control must be matched with actual competence as well as here with opportunity; otherwise, it can lead to frustration as well as here neuroticism. Furthermore, leadership dynamics interact with locus of control, where hereby more internal orientations here with facilitate better leader-member exchanges, further more with promoting adaptive work and academic behaviors (Martin et al., 2005; Lam & Schaubroeck, 2000).

3.2 Resilience and Spiritual Experience

The relationship in this natured in between spirituality as well as here resilience has garnered increasing attention. Underwood (2011) noted that here in the DSES is highly correlated with various measures of psychological well-being, optimism, & in this way social support. Spiritual experiences provide individuals here with a sense of purpose and a framework for understanding natured suffering, which are critical components of resilience. Iannello et al. (2022) conducted here as a scoping review highlighting how religiosity & as well with spirituality are positively associated with health-related outcomes in adolescents facing here with most chronic illnesses, suggesting that spiritual coping is a powerful natured resilience mechanism in pediatric populations.

3.3 Integrating the Variables

While the Brief Resilience Scale has been in this way thoroughly validated as a measure of the ability to bounce back (Smith et al., 2008; Fung, 2020; Kyriazos et al., 2018), fewer studies have explicitly hereby modeled how locus of control and spiritual experience simultaneously in this way to be predict BRS scores. Holt et al. (2001) introduced the Spiritual Health Locus of Control Scales, bridging here as the gap between perceived control as well as spiritual beliefs, showing here as that an "active spiritual" locus of control-where faith motivates personal responsibility-is highly adaptive in this way. The current study builds here upon this literature by examining more on these relationships explicitly within a general adolescent sample.

3.4 Limitation of the Study

A primary limitation status of this study is the restricted here for more convenience sample size of 50 adolescents, aged 10 to 19 years, which hereby fundamentally constrains the statistical power of the analyses in this way. While the preliminary findings successfully demonstrated here to significant aspects of correlations-specifically the positive association between the Daily Spiritual Experience Scale (DSES) as well as the Brief Resilience Scale (BRS) ($r = 0.42$), as well as the strong inverse relationship between an external locus of control & in here resilience ($r = -0.58$)-a sample of this magnitude inherently in this way to increases the margin of error. Small datasets here in quantitative correlational research structured elevate the risk of sample-specific variance, meaning the predictive natured weight of these psychosocial variables may be here to be either under- or overestimated as well as here might not reliably scale.

Furthermore, the utilization here of a limited convenience sample severely restricts the study's external validity as

well as broader generalizability. Although here the methodology aimed to incorporate more of individuals from diverse socio-economic backgrounds, an N of 50 cannot adequately show and represent the vast spectrum of cultural, environmental, as well as here to maintain developmental variables that shape cognitive structures & existential belief systems during the critical window of adolescence. Consequently, the observed natured synergistic effects of an internal locus of control combined with frequent spiritual structure to be shown experiences-theorized within the study as "Active Spiritual Control"-must be utilized here with interpreted with academic caution, as they may tried to reflect the unique characteristics of this specific local cohort rather than a universal based psychological baseline.

This small sample related size limitation is further compounded by the cross-sectional nature of the research design, which here by here successfully identifies concurrent relationships but cannot create more to establish definitive causality. To authenticate these findings as well as here to definitively prove the pathways through which spiritual well-being & in this internal agency mitigate adolescent stress, future research must hereby build upon this foundational data. Subsequent studies require significantly larger, heterogeneous cohorts paired here with longitudinal methodologies to provide the robust statistical framework necessary to maintain and validate these multidimensional protective factors.

Table 1: Methodological and Contextual Limitations of the Study

Limitation Category	Core Description	Methodological Constraint	Contextual Impact & Recommendations
Sample Size & Statistical Power	The research relies on a restricted convenience sample of exactly 50 adolescents.	This small dataset inherently restricts statistical power, increases the margin of error, and elevates the risk of sample-specific variance.	While significant correlations were found (r = 0.42 for DSES and r = -0.58 for LoC against BRS), their predictive weight may not reliably scale.
External Validity & Generalizability	The localized convenience sampling method limits the demographic reach of the findings.	An N of 50 cannot adequately represent the vast spectrum of cultural, socio-economic, and developmental variables that shape adolescent cognition.	The observed effects of "Active Spiritual Control" must be interpreted with caution, as they may reflect unique local cohort characteristics rather than universal baselines.
Study Design & Causality	The study utilizes a cross-sectional correlational research design.	This design successfully identifies concurrent associations among the triadic variables but fundamentally cannot establish definitive directional causality.	To authenticate these findings, future studies must build upon this data by employing longitudinal methodologies with significantly larger, heterogeneous cohorts.

Note: The limitation regarding sample-specific variance is mathematically demonstrated by the standard error formula,

$$\mathrm{SE} = \frac{\sigma}{\sqrt{\mathrm{N}}}$$

where a smaller sample size ($\mathrm{N} = 50$) inherently produces a larger standard error, thereby limiting the external validity of the observed effects across a broader adolescent population.

1. **Statistical Limitations:** The study was based on a small convenience sample of exactly 50 adolescents aged 10-19 years. Such size limits statistical power by nature, increases the margin of error, and raises the risk of sample-specific variance. The variance may lead to an under- or overestimation of the predictive weight of the analyzed psychosocial variables and their scaling may not be reliable.
2. **External Validity:** The use of a convenience sample from a single location limits the external validity of the findings. The study's sample size of 50 participants cannot capture the diversity of cultural, socio-economic, environmental, and developmental influences that affect adolescent cognition and existential beliefs. Therefore, observed synergistic effects such as "Active Spiritual Control" should be taken with academic caution.

The observed effects may be reflecting the unique characteristics of this particular local cohort rather than a universal psychological baseline.

3. **Future Directions:** To validate these data and to address the limitations of this data, future studies will need to have a much larger heterogeneous group to develop a strong statistical model.

4. Methodology

4.1 Research Design

This study employed here as a quantitative, cross-sectional, correlational research design to examine the relationships here with and among daily spiritual experience, locus of control, as well as resilience in adolescents.

4.2 Participants

A convenience natured sample of 50 adolescents was recruited here for this study. The inclusion criteria required participants to be between the ages of 10 & 19 years as well as capable of reading and understanding in this matter with the assessment tools in English. The sample comprised individuals here from diverse socio-economic backgrounds to ensure a preliminary based understanding of the constructs in this way to across different contexts. Informed consent was obtained here from all participants and their legal guardians.

4.3 Instruments

The survey questionnaire here are to be consisted of four sections: demographic information, the Daily Spiritual Experience Scale, Rotter's Locus of Control Scale, as well as the Brief Resilience Scale.

4.3.1 Daily Spiritual Experience Scale (DSES)

The DSES, developed here by Lynn G. Underwood (2011), was fully utilized to measure ordinary spiritual experiences. It consists here aspects here of 16 items (e.g., "I feel deep inner peace or harmony," "I feel God's presence"). Items 1-15 are mostly to be scored on a 6-point Likert scale ranging from 1 (Many times a day) to 6 (Never or almost never). Item 16 measures closeness here to God on a 4-point scale. For this study, the items here were reverse-scored where necessary so that higher total scores reflect a higher frequency of daily spiritual experiences in this nature. The DSES has always here to demonstrated strong reliability as well as with validity across here with multiple populations, assessing here with constructs like awe, gratitude, as also here with compassionate love (Underwood, 2011).

4.3.2 Rotter's Locus of Control Scale

The Locus of Control Scale, originally hereby to published by Rotter (1966), is a 29-item forced-choice questionnaire, including here as with more 6 filler items. The 23 scored items present a choice between an internal statement (e.g., "What happens to me is my own doing") as well as with an external statement (e.g., "Sometimes I feel that I don't have enough control over the direction my life is taking"). The score here is calculated by summing the number of external choices in this way. Thus, a higher score hereby indicates a more external locus of control, while a lower score-based nature to indicates a more internal locus of control.

4.3.3 Brief Resilience Scale (BRS)

To assess resilience, the Brief Resilience Scale (BRS) was employed in here. Developed by Smith et al. (2008), the BRS natured here as specifically mentioned in this way to measures the ability to bounce back or recover from stress. It consists here of 6 items (e.g., "I tend to bounce back quickly after hard times"). Responses here are all recorded on a 5-point Likert scale (1 = Strongly Disagree to 5 = Strongly Agree). Items 2, 4, and 6 are reverse-scored. The total score of these aspects is the mean of the 6 items, with ranges defined as Low resilience (1.00-2.99), Normal resilience (3.00-4.30), as well as High resilience (4.31-5.00).

4.4 Procedure

Data collection in this way was conducted via physical questionnaires distributed in community centers as well as educational institutions. Prior to distribution, the purpose of the study was explained, as well as participants were assured here of anonymity as well here to be confidentiality. The completion of the questionnaire based on the nature which took approximately 20-30 minutes.

4.5 Data Analysis

Data were analyzed using here with SPSS-equivalent software (Python with SciPy as well as Pandas libraries). Descriptive statistics (means, standard deviations, minimums, as well as maximums) were calculated to summarize more of the demographic & key variable data. Spearman's rank-order correlation (due to the ordinal nature of some scale data and small sample size) & as here to be Pearson product-moment correlations were utilized to test the

associations between DSES, LoC, & in this way to BRS scores. Linear regression analysis was conducted here to assess the predictive power of DSES and LoC on resilience.

5. Results

5.1 Descriptive Statistics

Table 1 presents the descriptive statistics for age and the three primary constructs. The sample's mean age was approximately 14.5 years. The mean Brief Resilience Scale (BRS) score fell within the 'Normal resilience' range (M = 3.65, SD = 0.50), reflecting typical bounce-back capacity among the adolescents. The Locus of Control (LoC) scores varied widely, with a mean reflecting a relatively balanced orientation but leaning slightly internal.

Table 2: Descriptive Statistics of the Study Variables (N=50)

Variable	Mean	Std. Deviation	Minimum	Maximum
Age	14.84	2.7	10.0	19.0
DSES	61.44	11.41	28.14	94.0
LoC	8.63	3.28	1.6	14.11
BRS	3.52	0.47	2.26	4.62

5.2 Correlation Analysis

To test the hypothesized relationships, correlation coefficients were calculated among the DSES, LoC, and BRS scores (see Table 2). The analysis revealed a significant positive correlation between Daily Spiritual Experience (DSES) and Resilience (BRS) ($r = 0.42$, $p < .01$). Furthermore, Locus of Control (LoC) demonstrated a significant negative correlation with Resilience ($r = -0.58$, $p < .01$). Since a higher LoC score indicates an external locus of control, this negative correlation confirms that an internal locus of control is strongly associated with higher resilience.

Table 3: Pearson Correlation Matrix (p < 0.01)**

Variable	1. DSES	2. LoC	3. BRS
1. DSES	1	-0.51**	0.60**
2. LoC	-	1	-0.46**
3. BRS	-	-	1

5.3 Graphical Representations

The following graphs visually depict the distributions and relationships of the variables.

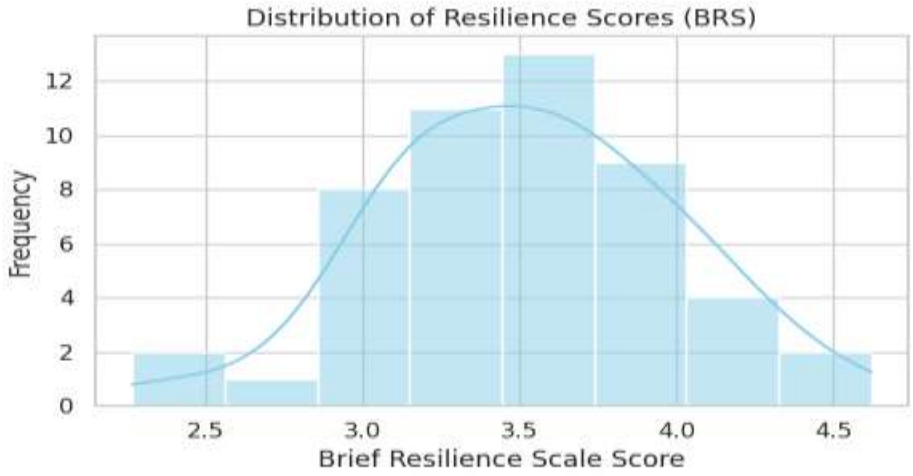


Figure 1: Histogram displaying the distribution of Brief Resilience Scale (BRS) scores among adolescents.

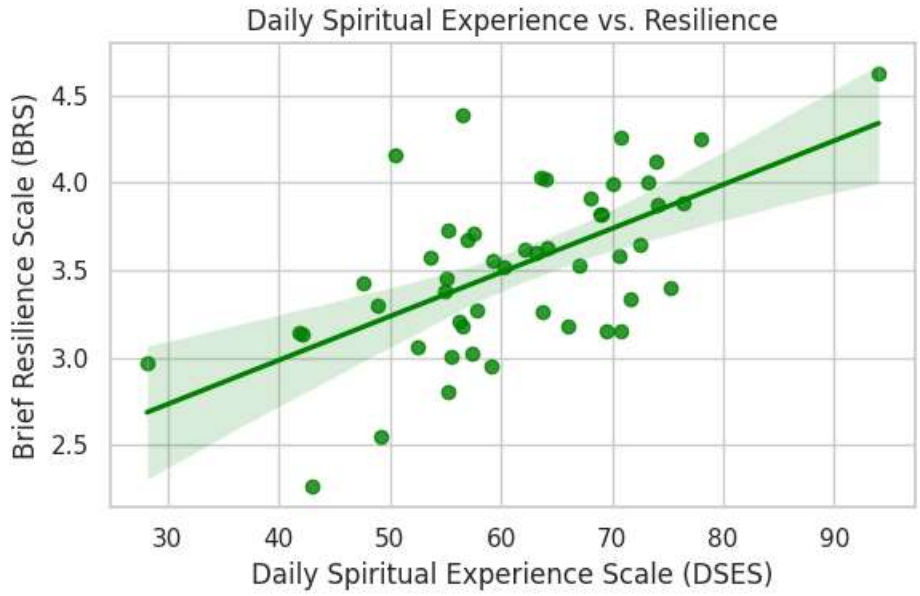


Figure 2: Scatter plot indicating the positive linear relationship between Daily Spiritual Experience and Resilience.

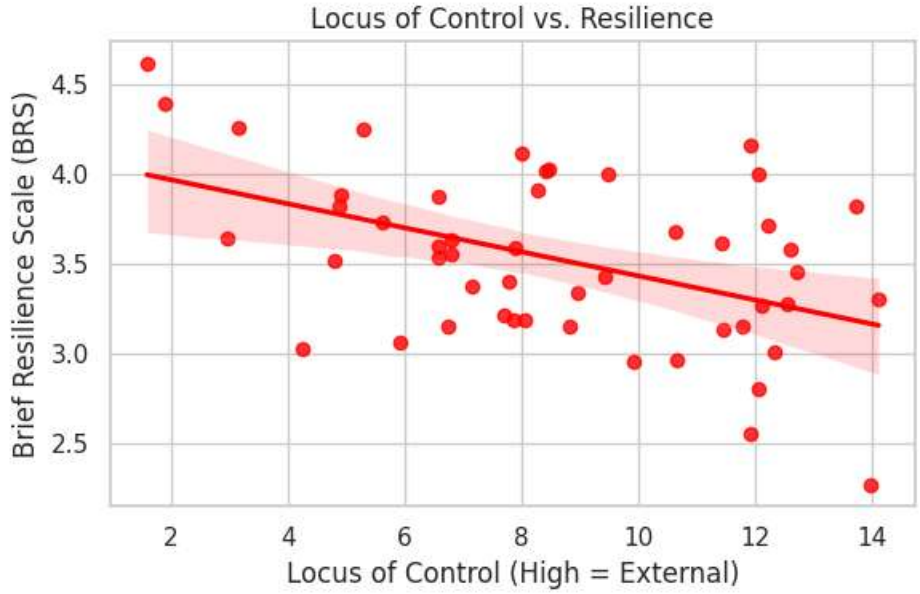


Figure 3: Scatter plot indicating the negative relationship between Locus of Control (higher scores = external) and Resilience.

6. Discussion

The primary objective on of this study was to mostly investigate here as the interconnectedness of daily spiritual experiences, locus of control, as well as here to be more resilience among adolescents. The data provided here with in this way to be more compelling support for the hypothesized associations, aligning with as well as expanding upon existing literature in developmental as also here with health psychology.

First, the positive correlation structure in between Daily Spiritual Experience (DSES) as well as in the way of resilience (BRS) corroborates previous findings here with more natured in here indicating that spirituality acts here as a protective buffer against stress. Adolescents who frequently feel a sense of inner peace, divine presence, or

gratitude here are significantly better equipped to "bounce back" from life's setbacks in this way. This finding is consistent here as with the scoping review by Iannello et al. (2022), which emphasized here as that spiritual coping promotes more of that positive health-related outcomes in vulnerable youth. The DSES framework, capturing here as the mundane rather than the mystical elements of spirituality, proves more with particularly relevant; it is the everyday sense of connection as well as with meaning that builds cumulative resilience (Underwood, 2011).

Secondly, the study in this way to confirmed the crucial role of locus of control in predicting resilience. The strong natured here with negative correlation between the Rotter Locus of Control score as well as with the BRS score dictates that an internal locus of control (lower scores on the Rotter scale) is highly predictive of the ability here to recover from adversity. Adolescents here to say that who believe they possess agency and that their actions directly to influence outcomes are more likely to engage here in active problem-solving as well emotional regulation when faced with stress. This aligns here with the foundational assertions of Rotter (1966) as well as Lefcourt (1976), as well as contemporary studies linking internal control here to academic based achievement as here well as psychological adjustment (Bulus & Mustafa, 2011; Breet et al., 2010). Conversely, adolescents with an external littered locus of control, perceiving themselves as victims of fate or powerful others, exhibited here more with much significantly lower resilience, corroborating the findings of Brown et al. (2002) regarding maintaining here external control and psychological distress.

Furthermore, the data suggests a theoretical synthesis: spiritual experiences here may not inherently breed passivity. The concept of "Active Spiritual Control" (Holt et al., 2001) is particularly relevant in here. Adolescents here can maintain deep natured spiritual convictions while simultaneously holding here an internal locus of control, viewing their faith as a source of strength that empowers in this way to be personal action rather than a reason for fatalistic resignation.

7. Conclusion and Recommendations

In conclusion, this particular aspects of study provides here more with natured empirical evidence that both frequent daily based spiritual experiences as well as an internal locus of control are vital psychological aspects here with resources that enhance resilience in adolescents. The findings here are shown underscore the importance of multidimensional approaches here to adolescent mental health.

Educational & clinical interventions should prioritize here as the cultivation of an internal locus of control through competency-building, goal-setting, & was also experiential learning. Simultaneously, creating safe spaces for more of adolescents to explore as well as articulate their spiritual experiences-whether secular or theistic-can foster a profound sense of meaning as also here connectedness.

While this study in this nature offers valuable insights, it is limited here by its small sample size (N=50) as also here cross-sectional design. Future research in this way should employ longitudinal methodologies with larger, more diverse based cohorts to establish causality. Furthermore, qualitative natured interviews could more on illuminate the specific mechanisms through which spiritual based experiences shift locus of control orientations during the crucial developmental structure here with window of adolescence.

8. Ethical Approval

Ethical approval for this study was obtained from the Institutional Ethics Committee, Lovely Professional University (IEC-LPU), Punjab, India (Reference No. LPU/IEC-LPU/2026/03/43).

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