

**SPIRITUAL WELLNESS AS DETERMINANT FOR THE PURPOSE IN
LIFE OF MALE CONVICTS IN SELECTED AREAS IN CAVITE**

An Undergraduate Thesis

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ABSTRACT

NAME OF INSTITUTION : De La Salle University – Dasmariñas

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TITLE : Spiritual Wellness as Determinant for
The Purpose in Life of Male Convicts in
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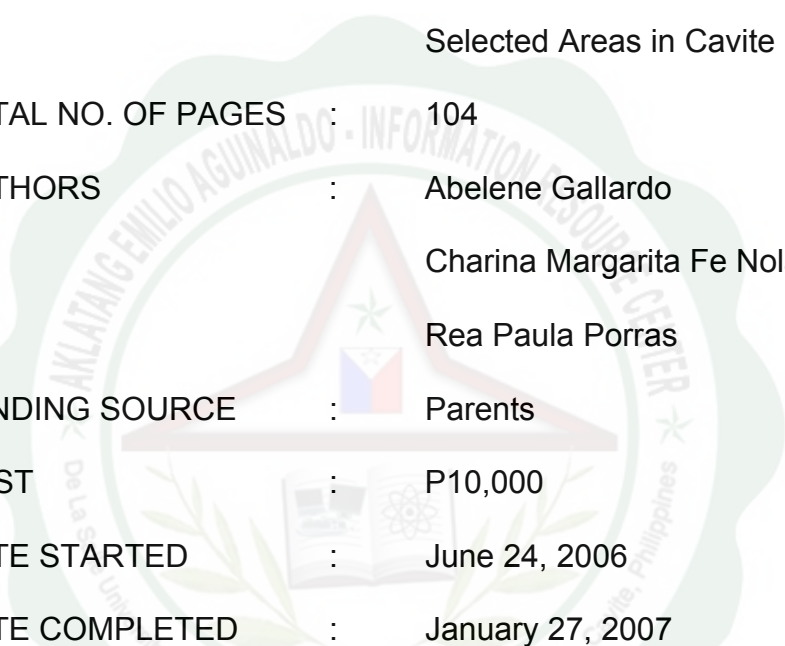
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OBJECTIVE OF THE STUDY:**General:**

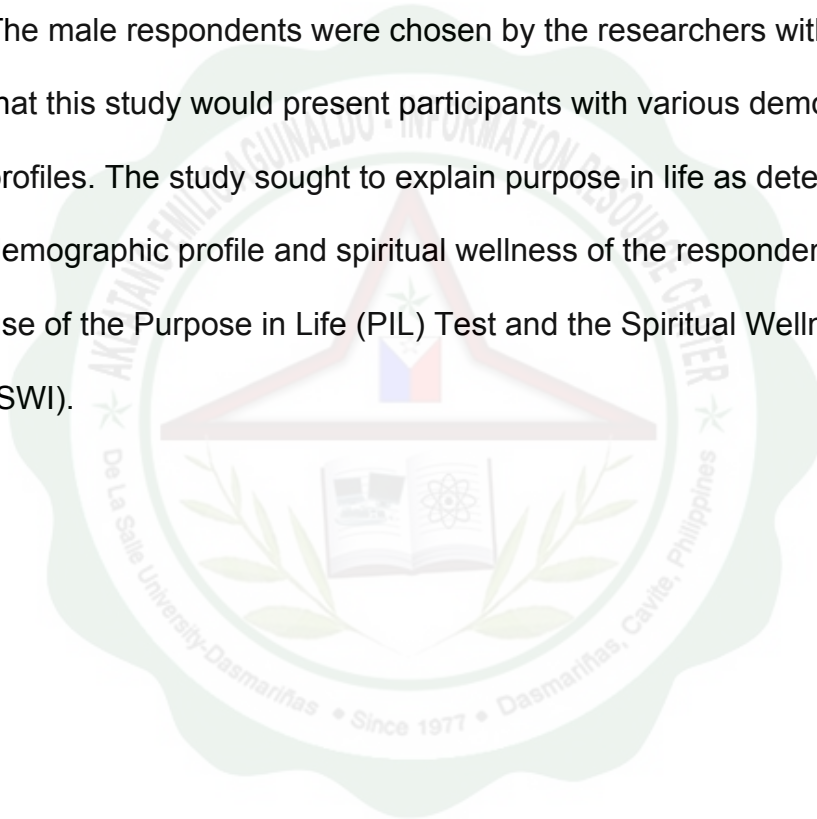
This study aims to ascertain if spiritual wellness determines a person's purpose in life, particularly that of male convicts in selected areas in Cavite.

Specific:

- 1) What is the demographic profile of the respondents in terms of:
 - a) age
 - b) civil status
 - c) religion
 - d) family background
- 2) What is the assessment on the spiritual wellness of the male convicts?
- 3) What is the purpose in life of the male convicts?
- 4) How does spiritual wellness and demographic data of the respondents determine their purpose in life?

SCOPE AND DELIMITATION:

Due to the nature of the study being primarily a descriptive case analysis, the researchers gathered nine respondents among the multitude of male convicts detained in penitentiaries in selected areas of Cavite, particularly in the Cavite Provincial Jail and the Dasmariñas Municipal Jail. The male respondents were chosen by the researchers with the intention that this study would present participants with various demographic profiles. The study sought to explain purpose in life as determined by the demographic profile and spiritual wellness of the respondents through the use of the Purpose in Life (PIL) Test and the Spiritual Wellness Inventory (SWI).



METHODOLOGY:

The researchers gathered five participants from Cavite Provincial Jail and four participants from Dasmariñas Municipal Jail as respondents of this study. These respondents were selected through purposive-sampling, considering their gender and their literacy or ability to read and write. The study then employed the descriptive design and case study method that was further supported through the utilization of triangulation. Triangulation makes use of observation, interviews, and administering standardized tests, particularly the Purpose in Life test (PIL) and the Spiritual Wellness Inventory (SWI). These methods were used in order for the researchers to discern spiritual wellness as a determinant on the purpose in life of male convicts in selected areas in Cavite.

CONCLUSIONS:

- 1) The spiritual wellness of the respondents, as well as their demographic profile, influenced their purpose in life.
- 2) The younger respondents have the tendency to consider their experiences as sources for awe and wonder. The respondents seemed to have garnered similar results in the dimension of *Connectedness* because they have been able to relate with other people in their community who are in the same situation.
- 3) The respondents that had families and who were in their middle adulthood had a clear vision of their life's purpose. Most of them considered their families as their motivation to pursue their purpose in life.
- 4) The most common variables of the participants' demographic profile determining their purpose in life are their civil status and family background.

RECOMMENDATIONS:

Based on the derived conclusions, the researchers offer the following recommendations:

- 1) Each of the variables involved in the demographic profiles, such as the respondents' age, civil status, religion, and family background, should be further studied to determine how they affect an individual's spiritual wellness and purpose in life.
- 2) The researchers propose future studies on man's spiritual wellness that influences his purpose in life and the other related factors like emotional resiliency and adversity quotient that may potentially affect one's goal.
- 3) Future studies should construct an intervention plan to address the needs of inmates and questions that may induce a positive atmosphere during interview. Inmates would benefit from structured counseling and therapy, specifically from the Victor Frankl's logotherapy; since it addresses man's will to meaning. In this, not only their various issues would be addressed but also the concerns of their family members and friends for them.
- 4) Lastly, the researchers recommend that future studies should entail a formulation of formal proposal to the local government and/or national that plant programs that will ease the lives of the inmates. The rights of inmates need to be attended to and if done so, they would be able to reclaim their position in the society as productive citizens that are more in tune with their spiritual wellness and purpose in life.