

**Title:** Spiritual Hunger: The Relationship Between Spiritual Well-Being, Life Satisfaction, and Eating Behaviors

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### **Abstract**

Poor overall health, stemming from disordered eating, low life satisfaction, and low spiritual well-being can affect a college student's ability to perform well academically and experience greater life satisfaction and purpose. The purpose of this study was to determine relationships between spiritual well-being, life satisfaction, and eating behaviors in college students. Students at Concordia College and Minnesota State University in Moorhead were sent an online survey. The survey had five total sections that utilized three existing, reliable measures: Spiritual Well-Being Index, Satisfaction with Life Scale, and Eating Disorder Examination Questionnaire. The first section of the survey included demographic questions and the last section of the survey assessed students' needs on campus regarding their overall health. Students who were eighteen years of age or older, enrolled in the respective school, and who completed all three of the existing measures were included in the final data analysis. A total of 410 surveys were collected, but only 300 met the inclusion criteria. A negative correlation was observed between life satisfaction and disordered eating and a positive correlation was observed between spiritual well-being and disordered eating. When assessing the overall health needs of students, exercise facilities and activities, nutrition and food related information, and counseling were the most frequently identified. Participants felt that their religious affiliation impacted their mental health but not their physical health. Highlighting existing, and/or adding new, physical activity and

nutrition and food-related information and resources on campus would help meet students' needs.