

# Trajectories and Related Factors of Spiritual Development in Adolescent

Xiao-Yin Chou

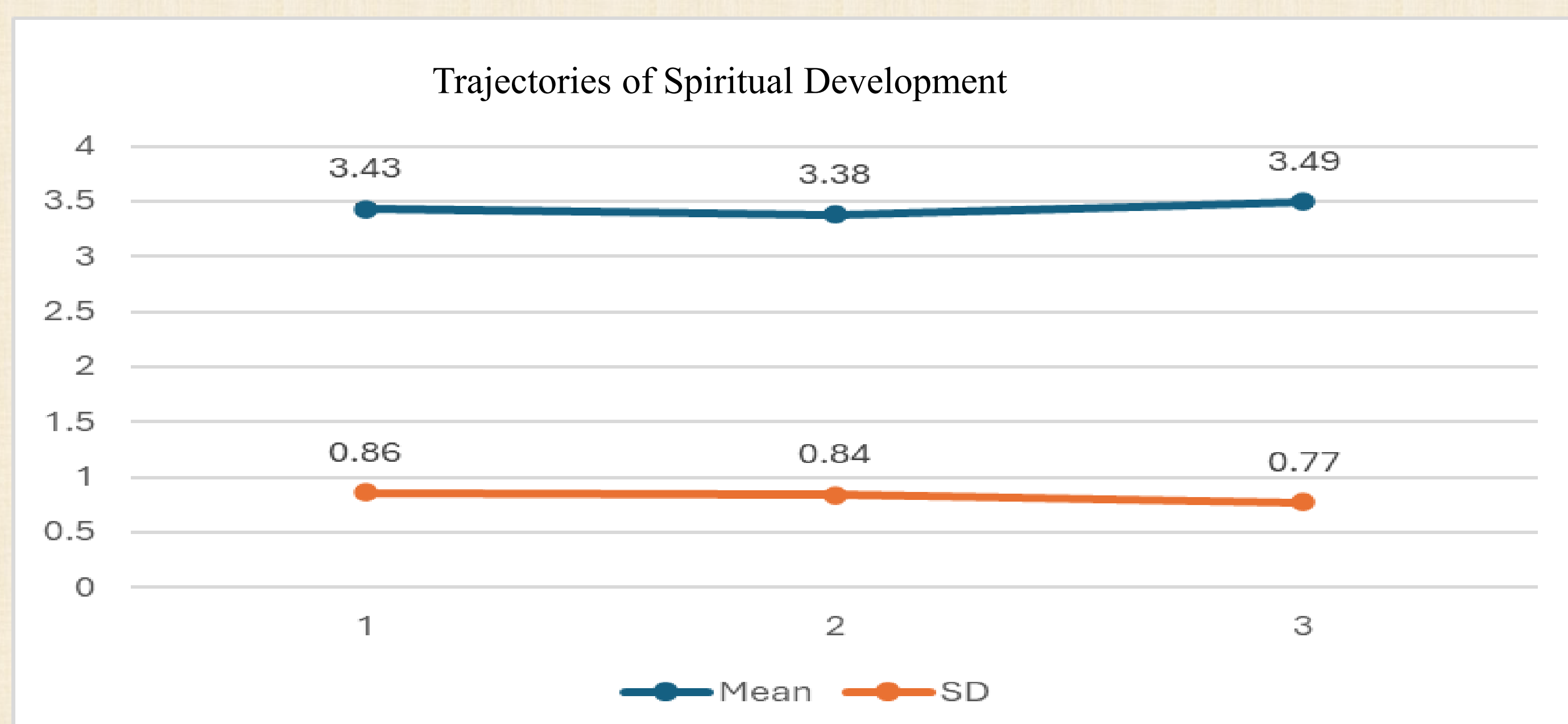
Deh Yu College of Nursing and Health

**Background:** Spiritual development functions as a psychological protective factor for adolescents facing developmental stressors; however, its longitudinal patterns remain insufficiently explored.

**Purpose:** This study investigated trajectories of spiritual development among adolescents in Northern Taiwan and examined associations with physical health, psychological stress, family support, and self-worth.

**Methods:** A prospective longitudinal design was employed. A total of 113 college students under age 18 completed four surveys (Weeks 2, 6, 10, and 18). Latent Class Growth Modeling (LCGM) identified developmental trajectories, and Generalized Estimating Equations (GEE) analyzed associated factors.

**Results:** Adolescents demonstrated moderate levels of spiritual growth and life adaptation. Academic underachievement was the primary stressor, and 13.4% showed depressive tendencies. The highest spiritual dimension was “Living with Meaning,” while “Religious Reliance” was lowest. Democratic parenting style and high family functioning were significantly associated with positive spiritual trajectories. LCGM revealed heterogeneous patterns, including a stable-growth group, a moderate-stable group, and a persistently-low group.



**Conclusions:** Spiritual development is dynamically shaped by family support and academic stress. Family-centered interventions and individualized spiritual guidance for high-stress students are recommended.