**FAITH AND WELL-BEING: THE INFLUENCE OF FAITH ON THE PSYCHOSOCIAL WELL-BEING OF MEXICAN AMERICANS**

Edwin J. Medina  
Faculty Advisor: Dr. Ed de St. Aubin  
Marquette University

---

**INTRODUCTION**

- Religiosity: The belief in, practice of, or participation in the rituals of an organized religion (Lujan & Campbell, 2006).
- Evidence of religion having a role in human life dates back 500,000 years ago to when ritual treatment of skulls took place during the Paleolithic period in China (Smart & Denny, 2007).
- Currently, 90% of the global population is involved in some form of religious or spiritual practice (Barrett & Johnson, 2001).
- Latinos constitute the single largest minority population in the USA (Garcia & Ellison & Sunil & Hill, 2013).
- No work has examined the relationship faith has to specific facets of well-being.

**METHODOLOGY**

- 137 Participants of Mexican descent
- Self-report questionnaires
- Measures
  - Religious Behavior Measure (RBM)
  - Faith Salience Measure (FSM)
  - Psychological Well-Being Measure
  - Social Well-Being Measure

<table>
<thead>
<tr>
<th></th>
<th>Females</th>
<th>Males</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>United States</td>
<td>13</td>
<td>11</td>
<td>24</td>
</tr>
<tr>
<td>Mexico</td>
<td>72</td>
<td>65</td>
<td>137</td>
</tr>
<tr>
<td>Total</td>
<td>85</td>
<td>76</td>
<td>161</td>
</tr>
</tbody>
</table>

**RESULTS**

Correlations

<table>
<thead>
<tr>
<th></th>
<th>FSM</th>
<th>RBM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Purpose in Life</td>
<td>-0.03</td>
<td>0.07</td>
</tr>
<tr>
<td>Autonomy</td>
<td>-0.21</td>
<td>-0.23</td>
</tr>
<tr>
<td>Personal Growth</td>
<td>0.13</td>
<td>-0.06</td>
</tr>
<tr>
<td>Environmental Mastery</td>
<td>-0.24</td>
<td>0.02</td>
</tr>
<tr>
<td>Positive Relationships</td>
<td>-0.12</td>
<td>0.02</td>
</tr>
<tr>
<td>Self-Acceptance</td>
<td>-0.15</td>
<td>0.01</td>
</tr>
<tr>
<td>SWB</td>
<td>-0.09</td>
<td>-0.14</td>
</tr>
<tr>
<td>Social Acceptance</td>
<td>-0.25</td>
<td>-0.02</td>
</tr>
<tr>
<td>Social Actualization</td>
<td>-0.09</td>
<td>-0.10</td>
</tr>
<tr>
<td>Social Contribution</td>
<td>0.1</td>
<td>-0.12</td>
</tr>
<tr>
<td>Social Coherence</td>
<td>0.61</td>
<td>-0.14</td>
</tr>
<tr>
<td>Social Integration</td>
<td>0.66</td>
<td>-0.22</td>
</tr>
</tbody>
</table>

* = P ≤ .05

**SEX DIFFERENCES**

Mean Scores of RBM by Sex

- Male: 78.57
- Female: 85.57

**PLACE OF BIRTH DIFFERENCES**

Mean Scores of PWB by Place of Birth

- United States: 76.35
- Mexico: 75.30

**DISCUSSION**

- Negative relationships to Faith Salience
  - Autonomy
  - Environmental Mastery
  - Social Acceptance

- Negative Relationships to Religious Behavior
  - Social Actualization
  - Social Integration

- Positive Relationships to Religious Behavior
  - Autonomy

**LIMITATIONS**

- Self-report
  - Underreport
  - Truthfulness

- 18-item version of PWB
  - Not as statistically reliable

- Socio-economic status
  - Did not explore this variable

**SELECTED REFERENCES**


Contact: Edwin.medina@marquette.edu