

## RESEARCH ON CORRELATION BETWEEN THE LIFE ATTITUDE AND WELL-BEING—WITH SPIRITUAL HEALTH AS THE MEDIATOR

**Chou, Mei-Ju**

Assistant Professor, Early Childhood Education and Center for Teacher Education, National Pingtung University, Taiwan, R. O. C.

**Tsai, Show-Sau**

Doctoral candidate, Dept. of Education, National Kaohsiung Normal University, Taiwan, R. O. C.

**Hsu, Hsiu-Mei**

Teacher, Kaohsiung Municipal Sin Jhuang Primary School, Taiwan, R. O. C.

**&**

**Wu, Ho-Tang\***

Professor, Dept. of Education, National Kaohsiung Normal University, Taiwan, R. O. C.

\*corresponding Author: t1665@nknucc.nknu.edu.tw

### ABSTRACT

This study aims to explore the mediator's correlation between the teacher's life attitude, spiritual health, and well-being. In accordance with the results of literature analysis, the hypothesis model with the mediator, spiritual health, was proposed. Among the samples of 533 teachers in Taiwan with age  $M=42.05$ ,  $SD=5.13$ , and 109 (20.4%) were males, and 424 were females (79.6%), tested with 3 questionnaires--Questionnaire of Life Attitude, Questionnaire of Spiritual Health, and Questionnaire of Well-being. After analyzing with structural equation modeling(SEM), it is found that significantly positive correlation exists among life attitude, spiritual health, and well-being. Next, spiritual health is the complete mediator of life attitude and well-being.

**Keywords:** Life attitude, spiritual Health, well-being.