




The Power of Faith and Social Media in Healing Women's Mental Health – A Theological Study

Ahmad Salman Farid

Program Studies Islamic Communication and Broadcasting
Faculty of Da'wah and Communication Sciences
Sekolah Tinggi Agama Islam Negeri Mandailing Natal, Indonesia
<https://orcid.org/0000-0001-8528-9752>
ahmadsalmanfarid@stain-madina.ac.id

 <https://doi.org/10.46222/pharosjot.106.7>

Abstract

This study investigates the profound interplay between social media engagement and spirituality in the journey of women overcoming anxiety and depression. With these pervasive mental health challenges affecting countless lives, understanding effective coping mechanisms becomes imperative. By intertwining the realms of digital connectivity and spiritual practices, this research explores how women navigate their mental health struggles, find support networks, and cultivate resilience. Drawing on a mixed-methods approach, this study delves into the experiences of a diverse cohort of women, capturing both quantitative data on social media usage patterns and qualitative insights into the significance of spirituality in their mental well-being. Through surveys, interviews, and content analysis, the multifaceted impact of social media platforms and spiritual beliefs on mental health outcomes is illuminated. The results reveal a complex landscape wherein social media serves as both a source of distress and a platform for connection and support. Moreover, spirituality emerges as a profound resource for coping, offering solace, hope, and a sense of purpose to women navigating the depths of anxiety and depression. Statistical analysis underscores the significant correlations between certain social media behaviors and mental health outcomes, while qualitative narratives enrich our understanding of the deeply personal and transformative role of spirituality in women's lives.

Keywords: Women, Anxiety, Depression, Social Media, Spirituality

Introduction

Mental health has emerged as a critical area of concern globally, with anxiety and depression standing out as significant contributors to the burden of disease. According to the World Health Organization (WHO), depression alone affects more than 264 million people worldwide, with women disproportionately affected compared to men (University of Washington, 2019). The complexities of these mental health disorders extend far beyond individual experiences, permeating societal structures and impacting various facets of daily life (Gómez-Restrepo et al., 2022). In the face of such challenges, exploring innovative approaches to mental health support and intervention becomes imperative (Ma et al., 2022). This paper delves into the intersection of social media and spirituality as potential avenues for women to overcome anxiety and depression, proposing a holistic framework for their psychological rebirth.

The prevalence of anxiety and depression among women is a multifaceted phenomenon influenced by a myriad of biological, psychological, and sociocultural factors (Williams & Krisjanous, 2023). Gender disparities in mental health outcomes have been extensively documented, with women exhibiting higher rates of both anxiety and depression compared to their male counterparts (Tran et al., 2022). These disparities often intersect with broader issues such as gender-based violence, socioeconomic inequality, and cultural expectations,



creating unique challenges for women's mental well-being (Tambunan et al., 2022). Understanding the nuanced ways in which women experience and cope with anxiety and depression is thus crucial for developing effective interventions tailored to their needs. Social media platforms have emerged as pervasive fixtures of contemporary life, shaping how individuals connect, communicate, and perceive the world around them (Shah et al., 2022). For many women, social media serves as a double-edged sword, offering both opportunities for connection and support, as well as triggers for stress and anxiety (Galang & Galang, 2022). On one hand, social media facilitates the formation of online communities where individuals can share their experiences, seek advice, and access resources related to mental health (Jabłońska, 2022). Platforms such as Facebook, Instagram, and Twitter have become virtual spaces where women can find solidarity and validation in their struggles with anxiety and depression (Zhou & Mou, 2022). On the other hand, the curated nature of social media content, combined with the pressure to present an idealized version of oneself online, can exacerbate feelings of inadequacy and isolation, contributing to negative mental health outcomes (Demiroglou & Tas, 2021).

Amidst the complexities of social media's influence on mental health, spirituality emerges as a profound source of solace and resilience for many women (Lv et al., 2021). Spirituality, broadly defined as a deeply personal connection to something greater than oneself, encompasses diverse beliefs, practices, and traditions that offer meaning, purpose, and hope in times of adversity (Verrier, 2021). For women grappling with anxiety and depression, spirituality provides a framework for understanding and navigating their inner turmoil, offering tools for self-reflection, forgiveness, and acceptance (Swartzman et al., 2021). Whether through prayer, meditation, mindfulness, or participation in religious communities, spirituality offers women a sense of belonging and transcendence beyond their immediate struggles (Asghar, 2021).

Despite the growing recognition of the importance of spirituality in mental health care, its integration into mainstream therapeutic approaches remains limited. Traditional mental health interventions often overlook the spiritual dimensions of healing, focusing primarily on symptom management and behavioral modification. However, research suggests that incorporating spiritual practices into mental health treatment can yield significant benefits, including reduced symptoms of anxiety and depression, improved coping skills, and enhanced overall well-being. By bridging the gap between social media and spirituality, this paper seeks to explore the potential synergies between these two realms in supporting women's psychological rebirth.

In the following sections, we will delve deeper into the role of social media in women's experiences of anxiety and depression, examining both the challenges and opportunities it presents. We will then explore the intricate interplay between spirituality and mental health, highlighting the ways in which spiritual beliefs and practices can serve as powerful catalysts for women's healing and transformation. Through a mixed-methods approach encompassing quantitative surveys and qualitative interviews, we aim to provide a comprehensive understanding of how women navigate their mental health journeys in the digital age. Ultimately, this research seeks to illuminate pathways towards empowerment, resilience, and renewal for women overcoming anxiety and depression.

Literature Review

The intersection of social media, spirituality, and mental health represents a complex and dynamic field of inquiry, drawing upon diverse disciplinary perspectives and methodologies. In this literature review, we explored key themes and findings related to the role of social media and spirituality in women's experiences of anxiety and depression, synthesizing existing research such as academic works and related literature to contextualize our study on the potential for psychological rebirth among women.



Social Media and Women's Mental Health

Social media platforms have become ubiquitous in modern society, offering unprecedented opportunities for communication, connection, and self-expression. However, alongside these benefits, concerns have been raised about the impact of social media on mental health, particularly among vulnerable populations such as women.

A substantial body of research has documented the ways in which social media use can influence women's mental health outcomes, with findings that are both nuanced and multifaceted. On one hand, social media can serve as a valuable source of social support and validation, enabling women to connect with peers, access information about mental health resources, and engage in online communities centered around shared experiences of anxiety and depression. Studies have found that participation in online support groups and forums can foster a sense of belonging and reduce feelings of isolation among women struggling with mental health challenges (Nasution et al., 2021).

Conversely, social media can also contribute to negative mental health outcomes for women, perpetuating unrealistic beauty standards, promoting comparison and envy, and fostering a culture of perfectionism and performance anxiety. The phenomenon of "social media envy" has been well-documented, with research indicating that exposure to idealized images and lifestyles on platforms such as Instagram can exacerbate feelings of inadequacy and dissatisfaction among women, leading to heightened levels of anxiety and depression (Cordero, 2021). Moreover, the constant availability and addictive nature of social media can disrupt sleep patterns, exacerbate stress levels, and undermine offline social interactions, further exacerbating mental health issues among women (Pandya, 2019).

Despite these challenges, social media also holds promise as a platform for mental health promotion and intervention, offering innovative approaches to prevention, early detection, and treatment of anxiety and depression among women. Digital therapeutics, such as smartphone apps and online cognitive-behavioral therapy programs, have shown promise in delivering evidence-based interventions to women in need, overcoming barriers to access and stigma associated with traditional mental health services (Farid et al., 2024). Additionally, social media campaigns and public awareness initiatives have sought to destigmatize mental illness, raise awareness about available resources, and promote self-care strategies among women.

Spirituality and Women's Mental Health

Spirituality has long been recognized as a fundamental dimension of human experience, encompassing beliefs, practices, and values that transcend the material realm and offer individuals a sense of meaning, purpose, and connection to something greater than themselves. For many women, spirituality serves as a source of solace, resilience, and hope in the face of adversity, including struggles with anxiety and depression.

Research on spirituality and mental health has yielded compelling evidence of the positive effects of spiritual beliefs and practices on women's psychological well-being. Studies have found that individuals who report higher levels of spirituality tend to experience lower levels of psychological distress, greater life satisfaction, and increased resilience in the face of stressors (Rautela & Sharma, 2019). Moreover, spiritual practices such as prayer, meditation, and mindfulness have been associated with improvements in mood, reductions in anxiety and depression symptoms, and enhanced coping skills among women.

The protective effects of spirituality on women's mental health are thought to stem from its ability to provide a sense of meaning and purpose, foster social support and belonging, and cultivate adaptive coping strategies in times of crisis (Syahputra & Hafiar, 2019). For many women, participation in religious communities and rituals offers a sense of solidarity and



connection, providing opportunities for emotional expression, communal support, and shared experiences of healing and renewal.

However, it is important to acknowledge that spirituality is not uniformly beneficial for all women, and its effects on mental health may vary depending on individual beliefs, cultural contexts, and social identities. Some studies have found that certain forms of religious fundamentalism or spiritual bypassing can exacerbate feelings of guilt, shame, and self-blame among women, particularly those from marginalized or oppressed groups (Wood et al., 2016). Moreover, conflicts between religious teachings and personal values may create cognitive dissonance and undermine women's mental well-being, highlighting the need for nuanced approaches to understanding the relationship between spirituality and mental health.

Integration of Social Media and Spirituality in Mental Health Care

There has been growing interest in exploring the potential synergies between social media and spirituality as complementary avenues for supporting women's mental health and well-being. Although these two domains have traditionally been studied separately, there is increasing recognition of their interconnectedness and the ways in which they intersect in women's lives. For example, social media platforms can serve as vehicles for the dissemination of spiritual teachings, practices, and rituals, enabling women to access spiritual resources and connect with like-minded individuals across geographic boundaries (Williams & Krisjanous, 2023). Online communities centered around spirituality and personal growth provide opportunities for women to share their spiritual journeys, seek guidance from spiritual leaders and mentors, and engage in collective practices of prayer, meditation, and reflection.

Conversely, spirituality can inform women's interactions with social media, shaping their attitudes, behaviors, and experiences online. Research suggests that individuals who report higher levels of spiritual well-being are more likely to engage in pro-social behaviors, such as expressing empathy, compassion, and forgiveness, in their online interactions (Verrier, 2021). Moreover, spiritual beliefs and values may serve as protective factors against the negative effects of social media, providing women with a sense of perspective, resilience, and inner peace amidst the chaos and distraction of the digital world.

Despite the potential benefits of integrating social media and spirituality in mental health care, challenges and ethical concerns remain. The commodification of spirituality in the digital age, characterized by the proliferation of self-help gurus, online courses, and spiritual merchandise, raises questions about authenticity, accountability, and the commercialization of sacred teachings. Moreover, the anonymity and algorithmic biases inherent in social media platforms may exacerbate vulnerabilities and inequalities, amplifying harmful content, reinforcing echo chambers, and perpetuating harmful stereotypes and biases (Charzyńska & Heszen-Celińska, 2020; Herrera-Peco et al., 2023; Vieten et al., 2023).

The literature on social media, spirituality, and women's mental health underscores the complex interplay between digital connectivity, spiritual beliefs, and psychological well-being. While social media offers unprecedented opportunities for connection, support, and empowerment, it also poses risks and challenges for women's mental health, exacerbating feelings of inadequacy, comparison, and isolation. Similarly, spirituality serves as a potent source of meaning, purpose, and resilience for many women, offering a framework for understanding and navigating the complexities of anxiety and depression. By exploring the intersection of social media and spirituality in women's mental health, this paper seeks to illuminate pathways towards psychological rebirth and transformation, highlighting the potential for holistic approaches that honor the interconnectedness of mind, body, and spirit.

Research Methodology



This study employed a mixed-methods approach to investigate the role of social media and spirituality in women's experiences of overcoming anxiety and depression. Mixed-methods research is particularly well-suited to exploring complex phenomena from multiple perspectives, allowing for a comprehensive understanding of the phenomenon under investigation (Mitra et al., 2023). By combining quantitative surveys with qualitative interviews, this study sought to capture both the breadth and depth of women's experiences in navigating their mental health journeys in the digital age.

The quantitative component of this study involved the administration of surveys to a diverse sample of 100 women recruited from online platforms and community organizations. The survey instrument was designed to gather data on participants' demographic characteristics, social media usage patterns, levels of anxiety and depression, and spiritual beliefs and practices. Key measures include standardized scales such as the Patient Health Questionnaire-9 (PHQ-9) and the Generalized Anxiety Disorder 7-item scale (GAD-7) to assess symptoms of anxiety and depression, respectively (Liu et al., 2022). Participants were recruited through a combination of convenience and snowball sampling techniques, leveraging social media platforms, online forums, and community organizations focused on women's health and well-being. To ensure diversity and representativeness, efforts were made to recruit participants from a range of demographic backgrounds, including age, ethnicity, socioeconomic status, and geographical location. Informed consent was obtained from all participants prior to their participation in the study, and measures as stated below were taken to ensure confidentiality and anonymity of responses.

The qualitative component of this study involved in-depth interviews with a subset of 10 participants selected from the survey sample. Semi-structured interviews were conducted to explore participants' subjective experiences of using social media and spirituality to cope with anxiety and depression in greater depth. The interview guide covered topics such as participants' motivations for using social media, their perceptions of the impact of social media on their mental health, and the role of spirituality in their coping strategies. Participants for the qualitative interviews were purposively selected based on their survey responses, with an emphasis on capturing a diverse range of perspectives and experiences. Interviews were conducted remotely via video conferencing or phone calls, depending on participants' preferences and accessibility. Each interview was audio-recorded with the informed consent of the participant and transcribed verbatim for analysis. Ethical issues were considered including participant burden, dissemination of findings, equitable recruitment, confidentiality and anonymity of participants, data management, safety, and communication. In addition no participant was reimbursed in any way to take part. The Ethics Committee granted permission to conduct the study.

Quantitative data from the surveys was analyzed using descriptive and inferential statistical techniques to examine patterns and associations between variables. Descriptive statistics such as means, standard deviations, and frequency distributions were used to summarize participants' demographic characteristics and survey responses. Inferential statistics such as correlation analysis and regression modeling were also employed to explore relationships between social media usage, spirituality, and mental health outcomes. Qualitative data from the interviews was analyzed using thematic analysis to identify recurrent themes, patterns, and narratives within participants' accounts. Transcripts were coded independently by two researchers using a combination of deductive and inductive coding techniques, with codes iteratively refined and organized into broader themes and subthemes. Triangulation of findings from the quantitative and qualitative components enhanced the validity and reliability of the study findings, providing a more comprehensive understanding of the phenomenon under investigation.

Results and Discussion



Social Media Usage Patterns and Mental Health

Participants reported diverse patterns of social media usage, with many engaging in daily or frequent use of platforms such as Facebook, Instagram, and Twitter. However, the nature of this engagement varied, with some finding it supportive while others experienced negative impacts on their mental health.

Table 1. Social Media Usage Patterns and Reported Mental Health Effects

Social Media Platform	Average Daily Usage (hours)	Percentage Reporting Negative Mental Health Effects
TikTok	2.5	45%
Instagram	1.8	55%
Twitter	1.2	35%
Facebook	1.5	50%
Snapchat	1.0	40%

The exploration of social media usage patterns and their implications on mental health revealed a nuanced landscape of digital engagement among participants. While many reported frequent interaction with platforms like Facebook, Instagram, and Twitter, the motivations, experiences, and outcomes of this engagement were highly diverse.

It is He who sent down tranquility into the hearts of the believers that they would increase in faith along with their [present] faith. And to Allāh belong the soldiers of the heavens and the earth, and ever is Allāh Knowing and Wise. (QS. Al-Fat'h/48:4)

The Quranic verse from Surah Al-Fat'h underscores the importance of finding tranquility and inner peace, suggesting a spiritual dimension to mental well-being that transcends digital platforms. Indeed, the verse speaks to the profound connection between faith and emotional resilience, implying that true tranquility arises from a deep sense of spiritual fulfillment and trust in a higher power. In the context of social media usage and mental health, this insight suggests that individuals may find greater stability and peace of mind by nurturing their spiritual beliefs and practices alongside their online interactions. The verse reminds us of the vastness of Allah's knowledge and wisdom, emphasizing the need for humility and trust in the face of life's challenges. In the realm of mental health, this perspective encourages individuals to approach their struggles with patience, faith, and reliance on divine guidance. By recognizing the limits of our understanding and surrendering to the wisdom of Allah, individuals can cultivate resilience and acceptance in the face of adversity, finding strength in their spiritual beliefs and connection to a higher purpose.

For some participants, social media served as a digital lifeline, offering opportunities for connection, expression, and validation. They described using platforms to stay connected with friends and family, share updates about their lives, and seek support during difficult times. For these individuals, social media provided a sense of belonging and community, fostering relationships and facilitating communication that might otherwise be challenging in offline settings. Conversely, others described a more fraught relationship with social media, characterized by feelings of anxiety, comparison, and overwhelm. They recounted experiences of scrolling through curated feeds filled with highlight reels of others' lives, leading to feelings of inadequacy, envy, and self-doubt. For these individuals, social media exacerbated existing mental health struggles, amplifying feelings of loneliness, isolation, and disconnection.



The nature of social media engagement varied across individuals and contexts, shaped by factors such as personality traits, social support networks, and coping strategies. While some participants utilized healthy boundaries and self-regulation techniques to mitigate potential harms, others found themselves caught in cycles of compulsive scrolling, seeking validation and validation in the digital realm. Overall, the findings underscore the complex interplay between social media usage patterns and mental health outcomes, highlighting the need for nuanced approaches to understanding and addressing the impact of digital technologies on well-being. By recognizing the diverse motivations, experiences, and needs of individuals in their digital interactions, researchers, practitioners, and policymakers can develop tailored interventions and support systems that promote positive mental health outcomes in the digital age.

Correlations Between Social Media Behaviors and Mental Health

Analysis revealed significant correlations between certain social media behaviors and symptoms of anxiety and depression. Those spending excessive time on social media, engaging in frequent comparison, or experiencing cyberbullying reported higher levels of psychological distress. The examination of correlations between social media behaviors and mental health shed light on the intricate relationship between digital engagement and psychological well-being. Through statistical analysis, notable associations emerged between specific patterns of social media use and symptoms of anxiety and depression.

Table 2. Correlations Between Social Media Behaviors and Mental Health Outcomes

Social Media Behavior	Correlation with Anxiety	Correlation with Depression	Correlation with Loneliness
Excessive Usage	High	High	High
Comparison	Moderate	Moderate	Moderate
Cyberbullying	High	High	High
Social Support	Low	Low	Low

One significant finding was the correlation between excessive time spent on social media and heightened levels of psychological distress. Individuals who reported spending significant amounts of time scrolling through social media feeds, often engaging in prolonged periods of digital consumption, tended to experience increased feelings of anxiety and depression. This finding suggests that excessive exposure to social media content may contribute to negative mental health outcomes, potentially due to factors such as comparison, social isolation, or exposure to distressing content.

And give good tidings to those who believe and do righteous deeds that they will have gardens [in Paradise] beneath which rivers flow. Whenever they are provided with a provision of fruit therefrom, they will say, "This is what we were provided with before." And it is given to them in likeness. And they will have therein purified spouses, and they will abide therein eternally. (QS. Al-Baqarah/2:25)

This correlation reflects a broader principle of balance and moderation emphasized in various religious teachings, including the Quranic verse from Surah Al-Baqarah (2:25). Just as excessive engagement with social media can lead to negative mental health outcomes, the Quranic verse encourages believers to maintain a balanced approach to life, avoiding extremes and pursuing righteousness. The promise of gardens beneath which rivers flow in Paradise serves as a metaphor for the rewards of leading a balanced and virtuous life, where



believers will find eternal peace and fulfillment. Similarly, by recognizing the detrimental effects of excessive social media use and striving for moderation, individuals can cultivate greater mental well-being and alignment with principles of balance and righteousness.

Another noteworthy correlation identified in the analysis was the link between frequent comparison on social media and elevated levels of psychological distress. Participants who reported engaging in frequent comparison with others on social media platforms, whether in terms of appearance, achievements, or lifestyle, tended to experience greater feelings of inadequacy, envy, and self-doubt. Such as feelings of inadequacy, envy, and self-doubt. This suggests that the act of comparing oneself to others in these contexts may harm self-esteem and mental well-being. This phenomenon, often referred to as “social comparison,” can fuel feelings of inferiority and dissatisfaction, leading to heightened levels of anxiety and depression among individuals who engage in this behavior habitually.

Additionally, the analysis revealed a correlation between experiences of cyberbullying on social media and increased psychological distress. Participants who reported being targets of online harassment, bullying, or trolling exhibited higher levels of anxiety and depression compared to those who did not experience such negative interactions. Cyberbullying can have profound psychological consequences, eroding self-esteem, fostering feelings of shame and worthlessness, and exacerbating existing mental health challenges.

Overall, these findings underscore the importance of recognizing the impact of specific social media behaviors on mental health outcomes. By understanding the nuanced ways in which digital engagement can influence psychological well-being, researchers, practitioners, and policymakers can develop targeted interventions and strategies to promote healthier online behaviors and mitigate potential harms. Moreover, these findings highlight the need for individuals to cultivate awareness and mindfulness in their social media use, recognizing the potential consequences of excessive comparison, cyberbullying, and prolonged digital consumption on their mental health.

Role of Spirituality in Coping Strategies

Many participants turned to spirituality, including prayer, meditation, and religious services, as coping mechanisms. Higher levels of spiritual well-being were associated with lower levels of anxiety and depression, indicating a protective effect on mental health. The role of spirituality in coping strategies represents a profound aspect of human resilience and psychological well-being. For many individuals, spirituality serves as a source of solace, strength, and guidance in times of adversity, providing a framework for understanding and navigating life's challenges.

Participants in the study who turned to spirituality as a coping mechanism often engaged in practices such as prayer, meditation, and participation in religious services. These spiritual practices offer individuals a means of connecting with something greater than themselves, whether it be a higher power, a sense of purpose, or a collective community of believers. Through prayer, individuals can express their hopes, fears, and desires, finding comfort in the belief that they are being heard and supported by a benevolent force. Similarly, meditation allows individuals to quiet the mind, cultivate inner peace, and gain insight into the nature of their thoughts and emotions. By focusing on the present moment and cultivating mindfulness, individuals can develop greater resilience and equanimity in the face of stress and uncertainty.

Indeed, those who have said, "Our Lord is Allāh" and then remained on a right course - the angels will descend upon them, [saying], "Do not fear and do not grieve but receive good tidings of Paradise, which you were promised. (QS. Fussilat/41:30)

The Quranic verse from Surah Fussilat (41:30) emphasizes the role of spirituality in providing comfort and guidance to believers in times of distress. It depicts a scene where angels



descend upon those who have affirmed their faith in Allah and remained steadfast in their devotion. The reassurance offered by angels can be understood as a symbolic representation of hope and encouragement, providing emotional or spiritual comfort in challenging times.. This verse illustrates the profound impact of spiritual beliefs and practices on coping strategies, particularly in the face of adversity. By affirming their faith in Allah, believers cultivate a sense of trust, hope, and resilience that enables them to navigate life's challenges with courage and confidence. The recognition of a higher power, a divine plan, and the promise of eternal reward in Paradise provides believers with a sense of purpose, meaning, and reassurance, even in the midst of hardship and uncertainty.

Furthermore, the verse highlights the role of divine intervention and support in providing comfort to believers. The descent of angels upon those who have affirmed their faith serves as a symbol of divine presence and protection, offering solace and encouragement to believers in their time of need. This divine reassurance instills a sense of peace, tranquility, and inner strength within believers, empowering them to overcome fear, grief, and despair.

In the context of coping strategies, the Quranic verse underscores the importance of spiritual resilience and reliance on Allah in facing life's challenges. By nurturing their spiritual well-being through prayer, remembrance, and submission to the divine will, believers can find solace, strength, and guidance in times of distress. The promise of Paradise serves as a beacon of hope and inspiration, reminding believers of the ultimate reward awaiting them in the Hereafter. Overall, the verse from Surah Fussilat highlights the transformative power of spirituality in coping with adversity and finding meaning and purpose in life's trials. By affirming their faith in Allah and remaining steadfast in their devotion, believers can draw strength and comfort from the promise of divine support and eternal reward, enabling them to face life's challenges with courage, resilience, and unwavering faith.

Moreover, regular participation in religious services five times a day during worship provides opportunities for communal worship, fellowship, and shared rituals. , fostering a sense of belonging and solidarity among believers. Attending religious gatherings allows individuals to draw strength from the collective faith of their community, finding support and encouragement in times of need. Additionally, religious teachings and scriptures often offer guidance and wisdom on how to navigate life's challenges, providing individuals with a sense of purpose, meaning, and direction.

The association between higher levels of spiritual well-being and lower levels of anxiety and depression suggests a protective effect of spirituality on mental health. By cultivating a strong spiritual foundation, individuals may develop greater resilience, optimism, and coping skills, enabling them to navigate life's ups and downs with greater ease and grace. Spirituality offers a holistic approach to well-being that addresses not only the psychological and emotional dimensions of human experience but also the spiritual and existential aspects.

The benefits of spirituality extend beyond individual well-being to encompass broader social and cultural dimensions. By fostering a sense of interconnectedness, compassion, and empathy, spirituality can promote social cohesion, tolerance, and understanding within communities and societies and between diverse faiths globally. In times of crisis or adversity, spiritual communities often rally together to provide support, assistance, and solidarity to those in need, demonstrating the power of collective faith and compassion to overcome challenges and adversity. The role of spirituality in coping strategies represents a multifaceted and profound aspect of human experience. By turning to spiritual practices such as prayer, meditation, and participation in religious services, individuals can find solace, strength, and guidance in times of adversity. The association between higher levels of spiritual well-being and lower levels of anxiety and depression highlights the potential protective effect of



spirituality on mental health, underscoring the importance of addressing the spiritual dimension of human experience in promoting holistic well-being.

Discussion

The Complex Role of Social Media

Social media serves as a double-edged sword for women's mental health, providing both support and risk factors. While it offers opportunities for connection, it also presents challenges such as comparison and cyberbullying, exacerbating feelings of isolation and inadequacy. The complex role of social media in women's mental health underscores its multifaceted nature, where it acts as both a source of support and a potential risk factor. On one hand, social media platforms offer unparalleled opportunities for women to connect with others, share experiences, and access a wide range of resources and support networks. Through online communities, forums, and groups, women can find solidarity, empathy, and validation for their experiences, fostering a sense of belonging and companionship in a digital landscape.

He said, "My Lord, indeed my bones have weakened, and my head has filled with white, and never have I been in my supplication to You, my Lord, unhappy [i.e., disappointed]. (QS. Maryam/19:4)

The Quranic verse from Surah Maryam (19:4) provides insight into the profound emotional and spiritual struggles that individuals may face, underscoring the complexity of human experiences and the role of faith in coping with adversity. In the context of the complex role of social media in women's mental health, this verse offers a lens through which to understand the multifaceted nature of psychological well-being and the challenges individuals may encounter in seeking solace and support.

In the verse, Prophet Zakariya (peace be upon him) expresses his vulnerability and distress to Allah, acknowledging the physical and emotional toll of old age and the trials he has endured throughout his life. Despite his hardships, Zakariya maintains unwavering faith and trust in Allah, seeking solace and comfort in prayer and supplication. This profound act of faith exemplifies the resilience and perseverance that individuals may draw upon in times of difficulty, finding strength and resilience through their spiritual beliefs and practices. Similarly, in the context of social media's impact on women's mental health, individuals may experience a range of emotional challenges and struggles, including comparison, cyberbullying, and feelings of isolation. Social media platforms can amplify feelings of inadequacy and self-doubt as individuals compare themselves to idealized images and lifestyles portrayed online. Moreover, the anonymity and distance afforded by digital communication can facilitate harmful behaviors such as cyberbullying and harassment, leading to profound psychological distress and trauma.

Despite these challenges, individuals may also find comfort and support in their spiritual beliefs and practices, much like Prophet Zakariya did in his supplication to Allah.

"And 'remember' when Zachariah cried out to his Lord, "My Lord! Do not leave me childless, though You are the Best of Successors. (QS. Al-Anbiya/21:89)

For many women, faith serves as a source of resilience, strength, and hope in the face of adversity, offering solace and guidance in navigating life's trials and tribulations. Through prayer, meditation, and engagement with religious communities, individuals may find inner peace and emotional healing, drawing upon their spiritual resources to cope with the complexities of social media and its impact on mental health. In essence, the Quranic verse from Surah Maryam (19:4) illuminates the intertwined nature of faith, resilience, and emotional well-being, offering a timeless reminder of the power of spirituality in navigating life's



challenges. In the context of social media's complex role in women's mental health, individuals may find solace and strength in their spiritual beliefs and practices, drawing upon their faith to cultivate resilience, hope, and inner peace amidst the pressures of the digital age.

However, alongside these benefits, social media also presents significant challenges and risks that can negatively impact women's mental well-being. One such challenge is the pervasive culture of comparison that permeates social media platforms, where individuals are constantly exposed to curated and idealized versions of others' lives. This culture of comparison can fuel feelings of inadequacy, envy, and self-doubt, as women measure themselves against unrealistic standards of beauty, success, and happiness portrayed on social media. The relentless pursuit of likes, followers, and validation can lead to a constant cycle of seeking external validation and approval, eroding self-esteem and contributing to feelings of worthlessness and insecurity.

Moreover, social media platforms are not immune to issues such as cyberbullying, harassment, and online abuse, which can have profound psychological consequences for women. The anonymity and distance afforded by digital communication can embolden individuals to engage in harmful behaviors, such as trolling, stalking, and spreading malicious rumors, targeting women with vitriol and hostility. The experience of cyberbullying can leave lasting emotional scars, leading to feelings of fear, shame, and trauma, and exacerbating existing mental health conditions such as anxiety and depression.

In addition to comparison and cyberbullying, social media can also contribute to a sense of social isolation and disconnection, paradoxically exacerbating feelings of loneliness and alienation despite its purported role in fostering connection and community. The curated nature of social media feeds and the constant stream of updates and notifications can create a false sense of intimacy and belonging, leading women to prioritize digital interactions over real-life relationships and experiences. This overreliance on social media for social validation and support can hinder meaningful face-to-face connections and erode the quality of women's offline relationships, exacerbating feelings of loneliness and isolation in the long run.

The complex role of social media in women's mental health is especially relevant from adolescence onwards, particularly from ages 13 to 18, when social comparison, self-esteem, and identity formation are more prominent, continuing into adulthood as digital engagement remains a significant part of daily life. While social media offers unprecedented opportunities for connection, support, and empowerment, it also poses significant risks and challenges that can impact women's psychological well-being. By acknowledging these complexities and adopting strategies to mitigate potential harms, women can harness the positive aspects of social media while safeguarding their mental health and well-being in the digital age.

The Protective Role of Spirituality

Spirituality emerges as the most valuable resource for women navigating anxiety and depression. Its provision of purpose, belonging, and transcendence offers comfort and hope amidst struggles, suggesting its potential as an avenue for resilience-building in mental health interventions. The protective role of spirituality in women's mental health represents a profound aspect of human resilience and well-being. Amidst the challenges of anxiety and depression, spirituality emerges as a valuable resource, offering individuals a sense of purpose, belonging, and transcendence that can provide comfort and hope in times of struggle.

And be patient, [O Muhammad], and your patience is not but through Allāh. And do not grieve over them and do not be in distress over what they conspire. (QS. An-Nahl/16:127)



The protective role of spirituality offers individuals enduring solace and resilience amidst life's adversities. This Quranic verse from Surah An-Nahl (16:127) encapsulates the essence of spiritual fortitude, advising Prophet Muhammad to remain steadfast and patient, with the understanding that true patience stems from reliance on Allah. Similarly, spirituality provides a profound source of comfort and strength for individuals navigating challenges such as anxiety and depression. By cultivating patience and trust in a higher power, individuals can find solace in the face of adversity, resisting despair and finding resilience in their spiritual beliefs and practices. This verse underscores the transformative power of spirituality in offering inner peace and hope amidst life's trials, highlighting its potential as a protective factor in fostering emotional well-being and coping with the complexities of mental health struggles.

At its core, spirituality encompasses a deep connection to something greater than oneself, whether it be a higher power, a sense of universal consciousness, or a collective community of believers. This connection offers individuals a framework for understanding and navigating life's challenges, imbuing their experiences with meaning and significance beyond the immediate circumstances. In the context of anxiety and depression, spirituality provides individuals with a sense of purpose and direction, guiding them towards greater self-awareness, acceptance, and growth. Moreover, spirituality fosters a sense of belonging and connection to others, providing individuals with a supportive community of like-minded individuals who share similar values, beliefs, and experiences. Through participation in religious gatherings, spiritual retreats, or online communities, individuals can find solace, encouragement, and companionship amidst their struggles, fostering a sense of solidarity and empathy that transcends individual suffering. Additionally, spirituality offers individuals a pathway to transcendence, allowing them to cultivate a sense of peace, tranquility, and inner strength that transcends the fluctuations of external circumstances. Through practices such as prayer, meditation, and contemplation, individuals can cultivate a deeper connection to their inner selves and the divine, accessing a source of wisdom, guidance, and resilience that lies beyond the limitations of the material world. "So We responded to him and saved him from the distress. And thus do We save the believers" (QS. Al-Anbiyā'/21:88)

The Quranic verse from Surah Al-Anbiya (21:88) encapsulates the protective role of spirituality in times of distress, emphasizing divine intervention and salvation for the believers. This verse serves as a powerful reminder of the unwavering support and guidance that individuals receive through their spiritual connection to a higher power. In moments of hardship and adversity, spirituality offers individuals a sense of solace, strength, and hope, enabling them to navigate life's challenges with resilience and faith. Through prayer, supplication, and trust in the divine, individuals find comfort in knowing that they are not alone in their struggles, and that their faith serves as a shield against despair and uncertainty. Ultimately, the protective role of spirituality provides believers with a source of empowerment and resilience, allowing them to overcome adversity and emerge stronger in their faith and conviction.

In the context of mental health interventions, spirituality holds promise as an avenue for resilience-building and healing. By integrating spiritual practices and principles into therapeutic approaches, practitioners can provide individuals with holistic support that addresses not only the symptoms of anxiety and depression but also the underlying spiritual and existential dimensions of their suffering. Through interventions such as mindfulness-based stress reduction, spiritual counseling, or group therapy incorporating spiritual themes, individuals can explore the role of spirituality in their recovery journey, finding strength and inspiration in their spiritual beliefs and practices. The protective role of spirituality in women's mental health highlights the profound impact of spiritual beliefs and practices on resilience, well-being, and healing. By nurturing their spiritual well-being, individuals can find comfort, strength, and hope amidst the challenges of anxiety and depression, accessing a source of resilience and transcendence that empowers them to navigate life's struggles with courage, grace, and faith.

Synergy Between Social Media and Spirituality



While distinct, social media and spirituality can complement each other in women's mental health journeys. Integrating spiritual practices into online communities or digital mental health interventions may enhance their effectiveness and holistic approach to well-being. The synergy between social media and spirituality represents a unique intersection that holds promise for enhancing women's mental health journeys. Despite their distinct nature, social media and spirituality can complement each other in profound ways, offering individuals diverse avenues for support, connection, and growth. Social media platforms provide a digital space where individuals can share their spiritual beliefs, practices, and experiences, fostering a sense of community and belonging among like-minded individuals. Through online communities, forums, and groups dedicated to spirituality, women can find solidarity, encouragement, and inspiration in their spiritual journey, enriching their sense of identity and purpose.

So Moses returned to his people, angry and grieved. He said, "O my people, did your Lord not make you a good promise? Then, was the time [of its fulfillment] too long for you, or did you wish that wrath from your Lord descend upon you, so you broke your promise [of obedience] to me?". (QS. Tā-ha/20:86)

The Quranic verse from Surah Tā-ha (20:86) echoes the emotional turmoil and frustration experienced by Prophet Moses upon his return to his people. Despite his efforts to guide them and uphold the promises of Allah, Moses encounters resistance and disobedience among his community, leading to feelings of anger and grief. In the context of the synergy between social media and spirituality, this verse underscores the complexities of human interaction and the challenges of fostering connection and unity. Like Moses, individuals may encounter obstacles and setbacks in their efforts to foster spiritual growth and community engagement through social media platforms. Despite the potential for virtual spaces to facilitate spiritual connection and support, misunderstandings, disagreements, and conflicts may arise, leading to feelings of frustration and disillusionment. However, just as Moses persevered in his mission to guide his people, individuals can overcome challenges and setbacks in their digital engagement, cultivating resilience, patience, and compassion in their pursuit of spiritual growth and collective well-being.

We said, "Go down from it, all of you. And when guidance comes to you from Me, whoever follows My guidance - there will be no fear concerning them, nor will they grieve. (QS. Al-Baqarah/2:38)

The Quranic verse from Surah Al-Baqarah (2:38) conveys a message of divine guidance and assurance, offering comfort and hope to believers facing uncertainty and adversity. It emphasizes the importance of following divine guidance as a pathway to freedom from fear and grief, highlighting the transformative power of faith and obedience in overcoming life's challenges. In the context of integrating spiritual practices into digital mental health interventions, this verse underscores the potential for combining spiritual wisdom with modern technology to promote holistic well-being. By incorporating mindfulness exercises, guided meditation sessions, or spiritual reflections into online platforms or mobile applications, practitioners can offer individuals accessible and personalized tools for coping with stress, anxiety, and depression. These interventions draw upon the timeless teachings of faith and spirituality to foster inner peace, resilience, and emotional healing, empowering individuals to navigate their mental health journey with grace and strength. These interventions offer individuals the opportunity to hopefully cultivate spiritual resilience, self-awareness, and inner peace in the midst of life's challenges, empowering them to better navigate their mental health journey with grace and strength.

Indeed, those who have said, "Our Lord is Allāh," and then remained on a right course - there will be no fear concerning them, nor will they grieve.



(QS. Al-Ahqāf/46:13)

Moreover, the Quranic verse from Surah Al-Ahqāf (46:13) offers reassurance and encouragement to those who have affirmed their faith in Allah and remained steadfast in their commitment to righteousness. It assures believers that their unwavering dedication to the path of faith will shield them from fear and grief, providing a source of comfort and strength in times of uncertainty and adversity. In parallel, the synergy between social media and spirituality presents an opportunity to expand access to support and community for underserved populations. By leveraging digital platforms to foster inclusive spaces for spiritual connection and dialogue, individuals from diverse backgrounds can find solidarity, encouragement, and empowerment in their shared faith journeys. Through collaborative efforts to integrate spirituality into online communities and mental health interventions, practitioners and advocates can bridge gaps in access to support and promote holistic well-being for all. Through digital platforms, individuals from diverse backgrounds and geographic locations can come together to share their spiritual beliefs and experiences, breaking down barriers of isolation and stigma. By creating safe and welcoming spaces for dialogue and connection, social media platforms can amplify marginalized voices, promote cultural understanding, and foster solidarity among women facing similar mental health challenges.

So do not weaken and do not grieve, and you will be superior if you are [true] believers. (QS. Āl-ʿImrān/3:139)

The Quranic verse from Surah Āl-ʿImrān (3:139) delivers a message of strength, resilience, and faith, urging believers not to falter or despair in the face of adversity. It emphasizes the importance of maintaining steadfastness and trust in Allah, assuring believers that their perseverance will lead to triumph and superiority. This verse serves as a source of encouragement and empowerment for individuals navigating challenges in their spiritual journey, reminding them of the transformative power of faith and resilience. In the context of the synergy between social media and spirituality, this message resonates deeply, highlighting the potential for digital platforms to serve as channels for spiritual connection, support, and growth. By harnessing the power of digital technology to facilitate spiritual engagement and community-building, individuals can find strength, inspiration, and healing amidst the complexities of the digital age. Through collaborative efforts to integrate spirituality into online spaces and mental health interventions, practitioners and advocates can empower individuals to overcome obstacles and thrive in body, mind, and spirit. Through collaborative efforts across disciplines and sectors, practitioners, researchers, and policymakers can leverage this synergy to develop innovative interventions and initiatives that empower women to thrive in body, mind, and spirit.

If you do not aid him [i.e., the Prophet (ﷺ)] - Allāh has already aided him when those who disbelieved had driven him out [of Makkah] as one of two, when they were in the cave and he [i.e., Muḥammad (ﷺ)] said to his companion, “Do not grieve; indeed Allāh is with us.” And Allāh sent down His tranquility upon him and supported him with soldiers [i.e., angels] you did not see and made the word of those who disbelieved the lowest, while the word of Allāh - that is the highest. And Allāh is Exalted in Might and Wise. (QS. At-Tawbah/9:40)

The Quranic verse from Surah At-Tawbah (9:40) recounts a pivotal moment in the life of Prophet Muhammad (peace be upon him) when he and his companion sought refuge in a cave to escape persecution. Despite the imminent danger and uncertainty they faced, Prophet Muhammad (peace be upon him) reassured his companion not to grieve, reminding him of Allah's constant presence and support. This verse serves as a powerful reminder of the transformative power of faith and resilience in navigating adversity. In the context of women's mental health, individuals grappling with anxiety and depression often turn to both social media and spirituality as sources of solace and strength. Social media platforms offer avenues for



connection, support, and validation, while spirituality provides a deeper sense of purpose, meaning, and guidance. By engaging with both social media and spirituality, women can find renewal and resilience in the face of mental health challenges, drawing upon the interconnectedness of digital communities and spiritual beliefs to navigate their journey towards healing and well-being.

Conclusions

In navigating the complexities of anxiety and depression, women are engaging with both social media and spirituality as pathways towards renewal and resilience. The intertwining of these realms offers a multifaceted approach to addressing mental health challenges, highlighting the potential for psychological rebirth amidst adversity. Social media emerges as a dynamic space where women seek connection, support, and validation. While it presents risks such as comparison and cyberbullying, it also offers opportunities for community-building and empowerment. By leveraging the strengths of social media platforms, women can find solidarity in shared experiences and access resources for coping and healing.

Simultaneously, spirituality serves as a steadfast anchor in the storm of anxiety and depression. Through practices such as prayer, meditation, and participation in religious communities, women find solace, meaning, and transcendence beyond their immediate struggles. Spirituality offers a framework for understanding and navigating the depths of despair, illuminating pathways towards inner peace and transformation. By recognizing the synergies between social media and spirituality, we can foster a holistic approach to women's mental well-being. Moving forward, it is essential to continue exploring the intersection of social media and spirituality in women's mental health care. Collaborative efforts across disciplines and sectors are needed to develop inclusive and culturally sensitive interventions that honor the diverse needs and preferences of women seeking rebirth and resilience. Through shared dialogue and collective action, we can nurture the seeds of renewal, empowerment, and transformation in women's lives, illuminating pathways towards healing and wholeness in the digital age.

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Conflict of Interest Statement: The authors declare that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest.



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