

## **Abstract**

This work is a basic research in the field of manifestations of spirituality as a coping strategy in students facing stress during preparation for university exams. In an effort to supplement the existing mostly quantitative research with qualitative data concerning spiritual coping in the academic environment, I performed an analysis of interviews with twelve psychology students immediately after passing a course exam using the grounded theory method. The basic division of informants was into those who believe in God, who believe in the existence of something beyond this world, and those who do not believe in anything; they rationally reject it. Even those who rationally reject spirituality can use spiritual coping. The psychology students who have participated in this project consider the exam to be manageable on the basis of a direct proportion „the more and better I prepare for the exam, the more likely I am going to pass it“. Spirituality is reflected in the perceived possibilities of what they may or may not influence in the preparation by their own will. Spiritual coping is thus closely related to gaining control over the situation. Students, from those with a very complex relationship to God, to those for whom the spiritual world is not relevant, tried to gain maximum control over the situation and opposed the idea of transferring control to external forces. Spiritual coping can thus be one of the emotion-oriented ways to strengthen the feeling of one's own locus of control. This research can serve as a pilot study to further exploration of the relationship between spiritual coping and academic locus of control.