

The study investigated the causal direct and indirect relationships between spirituality, religiousness, self-honor, others' esteem and perceived stress among student- teachers. Western Researchers believed that spirituality (defined as relationship to God or to nature) is different from religiousness (following a religion). In this study I examined whether spirituality and religiousness is one construct or two different constructs, and how they are related to each other, and how they are affecting the relationships to the self and to others. Eighty –six student teachers participated in the study. It was revealed that the best model describing the sample data was that religiousness is an exogenous variable which a has a direct effect on spirituality, others' esteem, perceived stress. It was also found that spirituality is a mediating variable which has a direct effect on self-honor, others' esteem and perceived stress. Recommendations were provided concerning providing student teachers with religious counseling.