Chapter 5

SUMMARY AND CONCLUSION

This chapter will describes summary and conclusions of the whole study in nutshell. The chapter presents main objectives and hypotheses of the study with main findings. The limitations of the present study and recommendations for the future investigations has been outlined. This chapter gives the full account of this whole dissertation in summary form.

The study intended to investigate the relationship between personality, sexuality and spirituality among medical and non-medical students. The population census of 2011, revealed that Indian population is becoming young with India setting to move by 2020 with most of the Indian population to be young, who are below 30 years of age with student strength already touching at 315 million.

Sexuality and spirituality are essential aspects of one’s life. With the act of sex individual comes to this world and some time or the other he or she involves in the procreation of species. On the other side of life, every individual faces with the quest of himself or herself, and many times this quest creates a lot of conflicting situation. Unless people balance between these two that appear to be at two extremes or parallels, person appears veered or not normal. Too much of indulgence in any of these two appear to be different.

Attitudes can be formed, reformed or modified as many investigations in psychology has shown. On the other hand person is bestowed with personalities, which make person unique in their own way. Personalities are dispositional and known as relatively stable. Today, in psychology most extensively it is agreed on five factors of personality, which could be categorized people fairly well in order to understand the dispositional factors of individual personality. When review of literature was done a question arises was whether personality influences the way attitudes are formed towards sexuality and spirituality. If this is true and if we understand that indeed in Indian context also personality is linked with attitudes of sexuality or spirituality many things could be understood and also modified.
Secondly, India as a country irrespective of religious affiliations facilitated religiosity and spirituality among its citizens from ancient times. India is the land where majority of the religions and spiritual ideas were born. In fact, India is known more for its spiritual leaders than scientific leadership. The study intended to examine what is the attitude of students towards sexuality and spirituality. As students represents the average India and not the exceptions, which means if the study takes somebody who is socio culturally impoverished, which is lower in percentage many not represent the youth and its mentality. Similarly study was intended to conduct in the urban area like Bangalore as urban young generation is bombarded with all sorts of exposures today. Therefore, it was thought urban would be ideal.

Thirdly, there are very few studies in the proposed field, and those which are available are mostly in the west. The available Findings with in the west has not been tested in the Indian context, and western studies have shown that there is a relationship between extroversion and favourable attitudes towards various factors of sexuality. This may not generalized to India context, as the societal differences warrant the scientific studies, as there is a lack of such studies.

Finally, understanding this would help for implications. Many people opine that introducing spirituality makes the society very harmonious. However, whether spirituality alone would bring harmony is not sure. Therefore, in the backdrop of all the above the present study was undertaken with the following objectives and hypotheses.

Objectives

1. To study the relationship between sexual attitudes, spiritual attitudes and personality dimensions.

2. To study the influence of personality dimensions on sexual and spiritual attitudes.

3. To study the difference between medical and non-medical students in sexual and spiritual attitudes.
4. To study the influence of demographic variables (gender, age, etc.) on sexual and spiritual attitudes.

Hypotheses

1. There will be a significant relationship between sexual attitudes, spiritual attitudes and personality dimensions.

2. Personality dimensions would be found to influence the sexual and spiritual attitudes.

3. There will be a significant difference between medical and non-medical students in sexual and spiritual attitudes.

4. Demographic variables (gender, age, etc.), significantly influence sexual and spiritual attitudes.

Sample

The sample was consisted of medial and non-medical students studying in Bangalore City. The sample size was determined using Krejcie & Morgan (1970) criteria with confidence Level of 95% and confidence interval of 4. The total sample of 630 students were included in the study based on the willingness of participants in the study and method of purposive sampling technique was used.

Tools

1. Sexual Attitude Scale (Abraham, 1997): The scale has the following five dimensions, namely, premarital sex, Polygamy, Pornography, Lesbianism and Homosexuality. It has a total of 70 items with Chronbach alphas ranging from .93 to .83 and high validity.

2. A spiritual attitude scale (Husain et al, 2011): The scale has two dimensions namely, Sense Purpose and Maintenance of Discipline, and the scale also yields overall spirituality score. There are 31 items with reliability of internal consistency of .84 to .82 and high Validity.
3. NEO-FFI (Costa & McCrae, 1992): This scale has the following dimensions namely, Extroversion, Agreeableness, Conscientiousness, Neuroticism, and Openness to experience. It has 60 items with the internal consistency reported - N=.79, E=.79, O=.80, A=.75, C=.83 and high validity.

4. Demographic Data Sheet: This was used to collect the personal details of the participants in the study.

Statistical Methods

The obtained data was analyzed using the following techniques, namely, Descriptive Methods, t test, ANOVA, Correlation Coefficients, Regression Analysis - Stepwise Multiple, and Canonical Correlation.

Major Findings

- Hypothesis 1 has been accepted as the study found that there was a significant relationship between sexual attitudes, spiritual attitudes and personality dimensions.
- Hypothesis 2 has been accepted as the study found personality dimensions being influential factors for sexual and spiritual attitudes.
- Hypothesis 3 has been accepted as the study found medical and non-medical students differed significantly in the sexual and spiritual attitudes.
- Hypothesis 4 has been accepted in the light of the difference in the sexual and spiritual attitudes as a result of demographic variables.
- The study found difference between medical and Non-medical students in the sexuality and spirituality.
- Medical students were found to have higher mean scores for spirituality and non-medical students were found to have higher mean scores for sexuality.
- There was a gender difference in the present study. Men found to have higher mean scores for sexuality, whereas women students found to have higher mean scores for spirituality.
- Students who were 21 years of age favoured sexual attitudes.
Students who were 18 years of age favoured spirituality attitudes. Christians favoured sexual attitudes more than other religious groups. Muslims, and Hindus favoured spiritual attitudes. Students who revealed their community had higher mean values for spirituality, whereas students who did not reveal their community had higher scores for dimensions of sexuality. Sexuality, spirituality and personality were found to be related to each other. Personality factors influence the dimensions of sexuality and spirituality. Personality variables contributed negatively with sexual attitudes and positively with spirituality and neurotic personality contributes positively with attitudes toward sexuality and negatively with spirituality.

**Limitations**

The current study was not without limitations.

- One of the dimensions of spirituality maintenance of discipline was found to be positively related to neuroticism and more studies are needed to test this aspect in further studies and account it.
- Religious groups were not sufficiently represented. Buddhists and students belonging to other religious categories were too less.
- As the sample was limited only to private colleges in Bangalore, the results of this study might not be possible to generalize.
- The study included only urban based students and including rural sample could have given insight into other interesting facts.
- The sample in the present study were divided as medical and non-medical and the study could have included various academic streams in their nomenclature itself.

**Implications of the Study**

This study made a lot implications possible, one major finding was that the mean scores are more for spirituality and its dimensions compared to the dimensions of sexuality. This reveals perhaps that the spirituality is more in the students participated
in this study. Students have low mean scores indicating low attitudes towards sexuality dimensions namely premarital sex, polygamy, pornography, lesbianism and homosexuality. This indicated at least indirectly that when the spiritual orientation is more sexual orientation would be lowered. This aspect of results could be a boon in today’s materialistic world. The materialistic world creates stress and spirituality could be used to successfully combat the stress and anxiety among people as an additional implications.

Spirituality could be introduced in the curriculum of schools, and colleges to inculcate the concept of spirituality for balancing the attitudes of sexuality. Probably the roots of spirituality is already in the society, and psyche of children in India, and this needs to be nurtured and expanded further. Therefore, this study could be applied in large context as the study found a negative relationship between spirituality and sexuality, which found higher the spirituality lower the sexuality.

**Recommendations for the future study**

In the light of the present study the following recommendations are given. Addressing the limitations presented in the preceding section in a replication of the current study would be both informative and interesting. Scientific studies of sexuality, spirituality and personality could be undertaken with large samples of students from different religious backgrounds as India is known for religions and at the same time most of the religions overlap with each other. This unifying factor is not been the subject matter of any research studies, and the studies on spirituality and sexuality could include this aspect in the scientific research investigations.

The students from all geographical regions like urban, rural, semi-urban localities could be used for studying this topic keeping its beneficial aspects in view. This would give insight into many aspects of sexuality and spirituality. The exposure to materials related to sexuality, and spirituality could be different for students from different geographical regions, and this aspect itself might contribute significantly. However, only objective studies would bring out the actuality.
Students from all types of educational institutes could be used for the study. Future studies could involve students from schools, colleges as well as universities from private as well as government institutes, the type of institute might contribute to a lot of differences in terms of social status, economical status, medium of education and all these aspects might contribute to the personality, and sexual attitudes and spiritual attitudes.

India has a lot of indigenous cultural groups, and the spiritual practices or outlook towards sexuality could be influenced by their nativity. Such sample could be used to make a study and understand their concepts of sexuality, spirituality and their personality, which could be interesting and path breaking.

Conclusions

The present research made an attempt to examine the relationship between the dimensions of personality, attitudes toward sexuality and spirituality. The univariate and multivariate statistical techniques were applied and found that there was a relationship between the study variables and attitude toward sexuality and spirituality was found to be influenced by personality factors. Even though the studies on spirituality thought that it could be one of the dimensions of personality (Löckenhoff, Ironson, O‘Cleirigh, & Costa, 2009; Piedmont, 1999) the present study found that the variance in the dimensions of sexuality and spirituality accounted to some extent by personality factors. The current study also throw light on the way the spirituality and sexuality are positioned in the personality aspects of individuals. The study has implications with scope for further research in Indian context.