DISCUSSION OF THE RESULTS

This section of the present research work aims at discussing the major findings of the current study in line with previous research findings reviewed in the literature.

The purpose of the present study was to find out the relationship between spirituality and well-being of different religious groups. A number of studies have already been conducted to study the relationship between spirituality and well-being. But very rare are done to study this relationship in different religious groups and to study whether religion matters in spirituality (spiritual attitude and spiritual orientation) or not? In this way the present study would shed light in this area for layman understanding and future researches.

Being religious or spiritual certainly seems to contribute to one’s sense of psychological well-being. This statement gaining strong support from a wide range of researches has already been conducted. From the inspiration of these researches, present research work got a platform to implement the idea practically.

The findings of the present study reflect a positive relationship between spirituality and well-being in all religious groups those were tested. The results are very consistent with the hypotheses of the present study.
Thus the first hypothesis of the present study, ‘There would be positive correlation between spirituality and well-being of Hindu religious group’ is retained here with the consistent findings.

The available data of the present study and the results of other studies are consistent with the model that the importance of spirituality to a person affects that person’s psychological well-being. It can also be observed in all the prior studies that spirituality and religiosity affects people’s life in a very significant manner.

A research has been done by Mathew Marlin, (2009) to examine if spirituality and well-being are correlated and to determine differences in gender, ethnicity, class standing and parental marital status among college students, under the light of spirituality and well-being. Spirituality and well-being were shown to have a significant positive correlation with higher levels of well-being associated with higher levels of spirituality. No statistically significant differences were found for gender, ethnicity, class standing or parental marital status. These findings are aligned with present research findings.

Studies have shown that spiritual involvement and spirituality are associated with better health outcomes, greater longevity, healthy coping skills, better quality of life and brings overall sense of well-being. Go through the review and introduction part of the present research work, it is indicating that yoga and meditation are known as the other spiritual activities besides
prayer, scripture reading, chanting etc. Within the current paradigm yoga and meditation are used as exercises of body and mind, enabling stress management, changing brain chemical and neurotransmitter structures to live longer and happier. These are also used as an effective alternative medicine.

At the time of collecting the data of the present study it seems to be very correct. There were many participants who were regularly used to these activities and found better outcomes in the form of mental peace.

The second hypothesis of the present research work, ‘There would be positive correlation between spirituality and well-being of Muslim religious group’ is also retained to get the positive correlation between spirituality and well-being of the same group.

A study has been done by Zeenat Ismail (2012) in the same line with a different model. To explore the link between religiosity/spirituality and psychological well-being of Pakistani Muslims (65 men, 85 women) with age range from 18 to 60 years. Correlation statistics suggested that a strong negative correlation exists between religiosity and loneliness (r= -0.852) and between religiosity and anxiety (r= -0.511). A strong positive correlation was found between religiosity and life satisfaction (r= 0.76). Thus the results of this study support the hypothesized relationship between spirituality and different facets of psychological well-being of the present study.

Following the same way the third hypothesis of the present study ‘There would be positive correlation between spirituality and well-being of Christian
religious group’, is retained here with a positive correlation between spirituality and well-being of the same group.

People who participate in spiritual activities are more likely to have better emotional and mental health, which is an important facet of psychological well-being. These people rarely suffer with depression. In the same line another study has been coded here, that was done by Jones and colleagues, (2010), it was identified that spirituality is associated with many social, cognitive and emotional factors. These are the key components of a complete sense of well-being. This study has already been coded in the “Review of Literature” section of the present study.

Religious/spiritual beliefs and practices are commonly used by both medical and psychiatric patients to cope with their illness and other stressful life changes. A large volume of research shows that people who are more religious/spiritual have better mental health and adopt solutions more quickly to health problems. These benefits have better physiological as well as psychological consequences that affect the well-being of the individual. Spirituality promotes better health behaviors and is associated with less alcohol and drug abuse, less smoking, more physical activity, better diet and safer sexual practices. Spiritual involvement is associated with greater social support, greater marital stability, less crime/delinquency and greater social capital. (H.G. Koenig, 2012).
All these aspects have been coded here are strongly support the findings of the present study that there is a positive relationship exist between spirituality and well-being.

The fourth hypothesis of the present research work, ‘There would be positive correlation between spirituality and well-being’, is retained with the supportive findings. This hypothetical statement has been accepted with the positive Pearson correlation between spirituality and well-being. To crosscheck the present finding, this relationship has also been analyzed through Spearman’s rho method of correlation, and again got the consistent results.

There are a number of research findings that are consistent and support the findings of the present study. Brendan T. McMahon (2012) has done a study on students. Findings revealed that spirituality is an effective way to cope with stress and anxiety among students approaching exams. Spirituality provides a sense of meaning which may reduce the disturbing effects of exam anxiety and creates a sense of well-being. A finding of this study is useful to understand a sense of spirituality in students (teenagers) and consistent with the results of present study.

The work of Ryan and Francis, (2012) was selected as a key study due to their unique investigation of the association among locus of control, spiritual/religious functioning and psychological well-being. They postulate that the internal locus of control mediates the relationship between spiritual...
awareness and psychological well-being. This research work creates a new insight in this area of research. It is suggested that the present research work confirms the relationship between spirituality and psychological well-being and the work of Ryan and Francis helps to investigate other factors (meaning in life, locus of control) that mediates the relationship between spirituality and well-being.

There are a wire number of studies offer support to the relationship between spirituality and well-being. The present research work is an attempt to investigate this relationship in the three major religious groups and found the positive results. This positive relationship helps the individual to face life’s challenges. A spiritually oriented individual have a strong social support which makes him/her emotionally strong. As concerned the health aspect, spiritual awareness make one’s life disciplined and punctual towards daily routine. Spirituality/religion works as a support system for pro-social behavior. Spiritual beliefs can potentially alter the way; people cognitively react to stressors and decrease the likelihood of individuals experiencing particular stressful life events (divorce or imprisonment etc.).

Observing the table no.10, Mean, SD and standard error of Mean of all the pairs on spirituality and well-being scales and go through the “Review of Literature” of the present study, the hypothesis no.5, “Religion would not take place in spiritual orientation” has been retained. As the Mean values of all the pairs are close to one another. Furthermore there is no significant difference was found in psychological well-being in any pair of groups of the present
study. This finding also supports hypothesis no.5, that spiritually oriented people obtain approximately the same score on psychological well-being scale regardless their religious path.

There is a positive correlation exists between spirituality and well-being. As Ivtzan Itai, et al. (2013) have confirmed in their current study. They investigated the importance of spirituality on psychological well-being, regardless of whether it is experienced through religious participation. This finding also supports the finding of the present study.

Shobhna Joshi, et al. (2008) have confirmed in their research paper that there is a positive link between spiritual beliefs and psychological well-being. Spirituality brings many things such as social and emotional support, motivation, health care resources and healthy life style. All these aspects are adjunct with psychological well-being. This is appeared to be consistent with the present research findings.

A current research has been conducted by Jenny Rapheal (2013), correlation and ANOVA results substantiated the significant role played by spiritual intelligence in the psychological well-being of the participants. Transcendental awareness, personal meaning and conscious state expansion proved to be highly significant in the psychological well-being. It is required to code here that spiritual intelligence strengthens through spiritual awareness and spiritual orientation. It was also reflects in this research work that spiritual
intelligence of different religious groups differ significantly. If SI score differs than spiritual attitude would also differs.

This finding is consistent to one of the present research findings which denote a significant difference in spiritual attitude between Hindu and Christian religious groups as well as between Muslim and Christian religious groups. This result has been presented in table no.11. In this way hypothesis no.6 of the present study- “On the matter of spirituality all three religions would come on the same place”, has not been retained.

The result shows no significant difference between Hindu and Muslim religious group on SAS. Same as no significant difference was found in psychological well-being in any pair of groups. This result on WB scale confirms that spiritual orientation matters in psychological well-being apart from spiritual attitude or religious belongingness.

A cross sectional analysis of 160 individuals from different faith traditions including Buddhists, Catholics, Jews, Muslims and protestants- has been conducted by Brick Johnstone, et al. (2012). Pearson’s correlations for the entire sample indicated that better mental health is significantly related to increased spirituality and increased positive personality traits. ANOVA indicated that there were no significant group differences in health status and well-being. Furthermore there were group differences found in spirituality and religiosity. These findings strongly support the findings of the present study.
A supportive study has been conducted in the same direction by Asma Hafeez and Rafia Rafique (2013). The results highlight that psychological well-being is predicted by spirituality/religiosity. Spirituality significantly moderates association between social isolation and psychological well-being, when controlled for age, gender, marital status, level of education, employment status, household income and place of residence. High level of spiritual involvement have found to relate to reduced level of functional impairment as well as depression among a large community sample. No significant gender difference was found in spirituality and psychological well-being.

The review of the literature of the present study was collected from a wide range of sources including psychological, medical religious and clinical journals and a number of research related web sites. All these sources strongly support the findings that spiritually oriented people are happy, peaceful, having a sense of meaning and purpose, and easily cope with life stressors and negative life events.

These people also having greater social support, marital stability, positive emotions and possess positive personality traits. All these components further leads to a greater sense of psychological well-being. These supportive findings and present research finding are in accordance with the study conducted by Patty Van Cappellen, et al., which investigates the positive impact of religiosity and spirituality on well-being. Results show that the relation between spirituality and well-being is mediated by self transcendent positive emotions (awe, gratitude, love and peace). Spirituality brings happiness and a sense of satisfaction with itself.
In the present research work researcher has tried to clear the difference between spiritual orientation and spiritual attitude with the help of statistical analysis of the data. As spiritual orientation refer what we do to express our spiritual thoughts (spiritual activities). And spiritual attitude is what we think about this construct and how we take it.

There are many reasons that why people are drawn to a spiritual/religious way of life. Many people find comfort and guidance from the teachings of wise thinkers, philosophers and prophets. Having faith in something ‘bigger than us’ can encourage strength and provides peace. Many people find a meaning and purpose in their lives. Many find coping awareness and social support. Many get better recovery from their physical or mental illnesses. Spirituality plays a central role in development of inner peace and happiness, managing substance abuse and alcoholism, managing suicidal tendency, adjust marital functioning and parenting.

Spirituality is positively related to acceptance of death and enhanced quality of life. It is positively related with life satisfaction and negatively correlated with loneliness. There are some studies suggest the positive role of spirituality in education or student life. It helps to cope with exam anxiety, fear, frustration, anger, inferiority feelings and hopelessness.

It is well-known that spiritual benefits and spiritual consciousness are imbibed by the individual during the process of socialization and becomes a part of individuals’ psychological make-over. It is considered that balancing of emotional
aspects, harmony with nature; harmony with others and harmony with one-self are required for maintaining well-being. Spiritual practices are considered as additional measures for promoting physical, mental and emotional health. Today people in general are more concentrated on overall well-being promotive strategies to strengthen health behaviors and reducing high risk behaviors.

Taking the role of spirituality in clinical and medical field, there are several health care services and organizations are working in this area.

Look after all the reviews of prior work and findings of the present research work; it is clear that spirituality has a positive relationship with various measures of psychological well-being, as- life satisfaction, physical and mental health, better and quicker recovery from illnesses, lessens anxiety, depression and enhances happiness. It is a therapy and a source of meaning and purpose in life. Spirituality tends to increase hope and strengthens immunity during later adulthood.

There are so many aspects that work as motivating system to study in the area of spirituality and well-being and thrown light on the positive relationship between spirituality and psychological well-being. The present research work is an effort in the same direction to find some new facts.

*Faith in the God or in saints cures one,*  
*hypnotic suggestion another,*  
*faith in a plain common doctor a third.*  
*William Osler.*
SUGGESTIONS FOR THE FURTHER RESEARCH

Findings of the present study shed light on our understanding of the relationship between spirituality and well-being. While it was reflected in the present study that religion doesn’t matter in spiritual orientation but other religious groups should also be studied and tested over the relationship between these two variables. Because it was also reflected in the present research findings that spiritual attitude of an individual could be different sometime from the individual, belongs to other religious groups. Studies in different religious groups and across different cultures, having different life styles and world views should be carried out.

The minimum qualification of the respondents of the present study is graduation. It is suggested that further researches should be carried out on different qualification levels. Further researches should be done to take the participants of different age groups, as students and elderly people.

The findings of the present study may be helpful in strengthen patient’s belief system and coping skills. It may create positive impact on health outcomes. But in future, researches should be conducted on a sample of patients suffering from various health problems.

Further research should be done in the area of clinical and other counseling as well as in the area of suicide proneness especially in teenagers.
An important suggestion has been coded here for the future researches, that the relationship between spirituality and well-being should be studied in atheists and agnostics’ people.

There are a few psychologists have viewed religion as a cause of psychopathology. Hence the exploration of its psychopathological implications should also be pursued and research should adopt different approaches to make the relationship between spirituality and well-being more reliable.

Religious and spiritual activities may serve as adjunct therapy in many diseases and addiction treatment programs. Future studies should also be conducted on specific spiritual/religious interventions, which may prove beneficial for individuals in particular and society in large.
LIMITATIONS OF THE PRESENT STUDY

The present research work has been conducted to keep in mind all the relevant and important aspects which can affect the results. Even than every research work has some limitations itself.

The participants of the present study were taken from three religious groups i.e. Hindu, Muslim and Christian, so the generalizability could be limited.

The sample of the present study was selected purposively; the minimum qualification of the participants is graduation. In the same way, the age range of the participants is 30 to 50 years. The students and people below the age of 30 years and elderly people above the age of 50 years have not been taken in the present study.

The variable- gender has been controlled through randomization in the present research work, so male and female population has been selected randomly as subject. In this way we are unable to find gender difference in the relationship between spirituality and well-being.

As like religion and culture, socio-economic status can also affect some where the relationship between spirituality and well-being. The present study carried the participants from all socio-economic status. So, there is a little chance of bias.
IMPLICATIONS OF THE PRESENT STUDY

There are number of researches have been conducted in the same area as reflected in the review of literature of the present study. The present research work is an effort to find something new and more relevant that could be beneficial for the individual and in welfare of the society at large.

First of all, the findings of the present study would be helpful to understand the relationship between spirituality and well-being. There is no difference found in spiritual orientation among the groups in the present study. This finding is helpful to accept the fact that spiritual engagement doesn’t require any type of religious commitment and boundation to follow the rules.

The present research findings could be beneficial in the area of counselling and helpful for psychotherapists to deal with their clients and patients. As the present study reflects that being spiritual is more important rather than being religious.

Findings of the present study could be beneficial and relevant in the area of organizational behavior. The employees of any organization belongs different religious groups. The present study findings would be helpful to understand the spiritual awareness of the employees. Many researches suggests that spiritual awareness is an important factor to enhance work potential and efficiency of the worker.

The present research findings would be helpful to understand and to work on the relationship between spirituality and well-being in other religious
groups. There are many studies have been done on some particular religious path, but very few are there to study the same relationship in different religious groups. This study is an attempt to understand this relationship of different religious groups on the same platform.