SUMMARY

AIM: To study the relationship between spirituality and well-being of different (three) religious groups.

Spirituality is broadly encompasses matters of the spirit or the soul, our personal understanding and relation with God, the universe or the Higher self. Spiritual perspective of an individual gives him a sense of happiness and satisfaction, which further leads to a condition of freedom from inner conflicts and negative emotional states. Any particular religious paths, code of conduct of beliefs are not being referred in spirituality. At the time of failure or emotional breakdown, spiritual treatment and activities helps to nurture the inner world.

Spirituality is as much a part of human experience as any other normal form of thought and behavior. It is a universal phenomena and influence people of all ages, socio-economic status and educational levels. Only level of influence varies due to age and education. Spirituality tends to increase during later adulthood. Spirituality has been identified with experiencing a meaning of life or purpose in life, together with a sense of belongings. It is about integration and wholeness through self-care interventions.

The main goal of spirituality is to alleviates emotional suffering to liberates and blossom the self. Spiritual people feel distend chances in their psyche, their approach towards their fellow beings, positive personality traits and values in their lives.
Religion

Religion is the belief in the Supreme Being, practiced through faith, obedience, prayer and worship, specific system of belief about deity, often involving rituals, a code of ethics and a philosophy of life. It is an organized system of beliefs, ceremonies, practices and worship involving some specific names of God. Membership is important for being religious. There are many religious faiths followed by the people all over the world. Religious people necessarily being attached their religious organization or group and tend to follow all the rules and code of conducts of that particular religion.

Religion is a powerful force that works as a socializing agent and control the life activities of the followers. Every religion is made up of certain elements as rituals, belief system symbols, organization and emotions.

There are three major religious faiths followed by the people in our country- Hindu, Muslim and Christian. These three major religions are taken in the present research work.

Spirituality and Religion

Conceptually spirituality and religiosity are taken as sharing much in common. As religion is institutionized spirituality. There is no institutional membership is required in spirituality. Every religion has different set of beliefs, traditions and doctrines.
Thus spirituality is typically regarded as a personal relationship with something divine but religion is a social institution which gratifies the need for belongingness, social standings, social support and powers.

**Religion** is concerned with a framework for beliefs, traditions, conducts and rituals. It tends to focus on ideology and rules of faith.

**Spirituality** encompasses an individual’s relations to self, to others and to universe as well as the feeling of inner peace, strength and meaning to life.

So, the personal form of religion is spirituality and the practical, societal form of spirituality is religion.

Religion and spirituality are intimately interconnected, even though these terms are not interchangeable.

**Well-being**

Well-being is concerned with how and why people experience their lives in positive ways, including cognitive judgment (subjective well-being) and affective reactions (psychological well-being). It is an outcome of a complex usage of biological, socio-cultural, psychological, economic and spiritual factors. It is a fundamental component of health, an individual’s satisfaction with life with cultural and intellectual conditions. Well-being is a process of living at one’s highest possible level as a whole person.

The measure of well-being includes several dimensions as life satisfaction, work satisfactions, increase of positive affect and low levels of negative affect.
So well-being is generally defined as a combination of two factors—positive affect (happiness, satisfaction with life) and low level of negative affect (stress, depression, lack of confidence etc.)

**Psychological well-being**

This concept has been advocated by C.D. Ryff (1989). It may be defined as a state of feeling healthy and happy, having satisfaction, relaxation, pleasure and peace of mind. Psychological well-being deals with people’s feelings about everyday experiences in life activities. Such feelings may range from negative mental states (psychological strains as anxiety, distress, frustration etc.) to a state which has been identified as positive mental health (correct self concept, self acceptance, self actualization, perception of reality etc.)

The present research is based on the psychological well-being and the dimensions of psychological well-being by referred by Ryff, are- autonomy, environmental mastery, personal growth, positive relations with others, purpose in life and self acceptance.

**Spirituality and well-being**

Today in the contemporary world of throat cut competition human beings finds their selves in a miserable plight. Although due to tremendous achievements of science and technology, our lives become more comfortable and luxurious than even before, but this luxury and comfort brings conflict and stress in our minds. Increasing condition of anxiety, frustration, depression,
blood pressure, insomania, neurotic and psychotic disorders are the main reason to approach spiritual exercises. Spiritual orientation gets a major enhancement these days and people are approaching spiritual practices more frequently.

It is found in many researches that an understanding of spirituality gives a strong mental support to nurture our inner world, a feeling of gratification and security.

A vast number of studies show a positive connection between spirituality and well-being. A spiritual person gets rarely depressed, having excellent physical health, and is satisfied with the meaning and purpose in life. Those with a regular spiritual attendance tend to have higher levels of self esteem and optimism.

There are many alternative spiritual practices apart from prayer, chanting, reading spiritual texts etc.; yoga, meditation, transcendental meditation, Osho, Art of living etc, shows a positive effect on a sense of well-being. Spiritual orientation provides hope in despair in daily life.

There is number of studies have been conducted to see the relationship between spirituality and well-being. But very few researches are there to study this relationship among different religious groups.

The objective of the present research work is – To study the relationship between spirituality and well-being of different religious groups.
To attain the objective, there are six hypotheses have been formulated, -

1. There would be positive correlation between spirituality and well-being of Hindu religious group.

2. There would be positive relationship correlation between spirituality and well-being of Muslim religious group.

3. There would be positive relationship correlation between spirituality and well-being of Christian religious group.

4. There would be positive relationship correlation between spirituality and well-being.

5. Religion would not take place in Spiritual orientation.

6. On the matter of spirituality, all three religions would come on the same place.

In the present research work an independent variable is the spiritual attitude of the respondents, which was measured with the help of ‘Spiritual Attitude Scale’. The dependant variable is psychological well-being of the subjects, which was measured through ‘Ryff scale of Psychological Well-being’. There are some controlled variable exists in the present study – these are controlled variable methods of controlling.
Age : Constancy (30-50 years)
Gender : Randomization (male, female both)
Education : Elimination (Graduate)
SES : Randomization
Religion : Elimination (Hindu, Muslim and Christian)

A sample of 600 subjects has been taken in the present research work, belongs three different religions. All the respondents were selected through purposive random sampling from different areas of Kanpur city. The age range of the subjects was 30-50 years of age and the minimum qualification of the selected subjects is graduation.

The following tools have been administered on the selected sample-Spirituality Attitude Scale (SAS) by Prof. Akbar Hussain, et al. (2011), Psychological Well-being Scale by Prof. Carol D. Ryff (1989) and a personal data sheet to gather initial information about the subjects.

All the raw score were analyzed on mean, S.D., correlation and t test to see the relationship between the independent and the dependent variable.

After analyzing the data, it has been observed that there is a positive correlation exists between spirituality and psychological well-being of Hindu, Muslim and Christian religious groups. This positive coefficient of Pearson correlation of Hindu religious group is (0.159). The Pearson correlation of Muslim religious group is (0.135) and the Pearson correlation between Spirituality and Well-being of Christian religious group is (0.052).
The Pearson correlation of overall sample is (0.113) which is significant on (0.01) level of significance. The coefficient of correlation of overall sample from Spearman’s rho method is (0.129) which is also significant on (0.01) level of significance. In this way hypothesis number 1, 2, 3 and 4 are retained.

It is also indicated in the present research work that religion doesn’t matter in spiritual orientation so our hypothesis number 5 has also been retained.

There is a significant difference found between Hindu and Christian religious groups and between Muslim and Christian religious group on the matter of spiritual attitude. So, our hypothesis number 6 has not been retained. In addition, no difference was found in psychological well-being in any pair of the groups.

There are so many studies supports to the present research findings. Spirituality is the fundamental part of all religions and Psychological systems. It is the core of our thought system and concerned with our feeling of satisfaction, happiness and a peace of mind.

Simons, Simons and Conger (2004) have examined the effect of parent’s spirituality on their offspring. Children’s spiritual attitude was linked to delinquent behavior.

Spirituality provides a strong belief system and a positive way of thinking about inevitable stressful situations. Jones and Colleagues
(2010) identified that spirituality is associated with social support, sense of belonging, coping skills, problem solving capability, unit cohesion, friendliness and healthy life style further these qualities leads a complete sense of well-being.

As Ng Chi Wai (2009) has conducted a study and found that, different dimensions of spirituality exhibited different sense of well-being. Spirituality affects peoples emotions, cognitions, behavior patterns and social environment, which finally leads to various kinds of well-being.

A study was conducted by Singh Manisha and Kohli Neena (2007), the findings reveled that spirituality brings mental peace, joy, love, faith, discipline in life, forgiveness, happiness, feeling of bliss and satisfaction, these are the key components of a wide sense of well-being.

Bookwala and Schulz (1996) found in their researches that spiritual dependence of one spouse is directly influenced the psychological balance as well as the well-being of the other spouse. It was also found that well-being of one spouse was significantly predicted by the other spouse’s well-being.

Koenig, George and Titus (2004) examined and found that spiritual attitudes, activities and experiences predicted greater social support and better psychological/physical health. These are the significant predictors of psychological well-being. Spirituality creates a wide impact on health related factors, illness, living styles, stress management and overall personality development.
Spiritual involvement tends people to engage in healthy acts and behavior and discourage them to participate in non-healthy behavior as alcohol and drug abuse, sexual crime etc.

As Mueller et al. (2001) indicated an association between increased spiritual involvement and better health outcomes with a complete sense of well-being.

Koenig et al. (2001) have examined many studies and reported that the spirituality-well-being relationship shows a positive correlation between spirituality/religiousness and greater happiness, life satisfaction, moral and other measures of well-being.

Powell et al. (2003) found in their studies that participation in spiritual activities as prayer may act as an effective tool in improving overall health outcomes. Moreover spiritual involvement is often accompanied by greater feelings of personal satisfaction, lower depression and anxiety and a greater sense of peace and forgiveness. All these components are very strong indicators of psychological well-being.

Ahrenas et al. (2009) found that positive religious coping was related to higher levels of psychological well-being and negative religious was related to higher levels of depression.

As Aghili Mojtaba and Kumar G. Venkatesh (2008) reported on the basis of their researches that, belief in a higher power might engender a sense of optimism, control and meaning that would affect stress levels, health and well-being.
Kathleen, A. et al. (2007) have conducted a research in the same area, statistical analysis of the collected data indicated that spirituality and prayer contributed to the prediction of psychological well-being.


Seybold and Peter (2001) have found that spirituality is largely beneficial for mental strength as well as psychological wellness, which denote overall well-being of an individual.

Paloutzian and Kirkpatrick (1995) have indicated that spirituality promotes well-being and often helps people to maintain a proper adjustment towards all intimate relations.

Ellison (1991) reported on the basis of his research findings that people with strong spiritual faith and regular to spiritual exercises reported greater life satisfaction, greater happiness and fewer negative consequences of traumatic life events.

Timothy P. Daaleman, et al. (2005) describes that spirituality is predominantly a cognitive construct incorporating the domains of positive intentionality. All the participants of his study felt a power and confidence through belief and spiritual practices.

Findings of a study indicated that older adults report higher levels of emotional well-being than those reported by younger adults. The reason
described that older people are more concerned with spiritual exercises and having clear sense of spirituality than younger people. (Berdict, et al. 2005).

Findings of a study conducted by Sonali Bhattacharya, (2010) shows that mental happiness has significant positive correlation with materialistic and spiritualistic happiness. Spiritual orientation leads spiritual happiness that further leads to mental happiness.

Another study has been done by Meena Rani Yadav, et al. (2008), findings revealed that students having a faith in the Divine Power mostly far away from any type of addiction. It means they have a strong self confidence and it is a very important indicator of overall well-being.

The present investigation has tried to throw light on spirituality-well-being relationship among different religious groups. Even though there is much to learn about how spirituality evolve throughout the life span and its significance during different developmental phases.
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 matters 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 belonging 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.