REVIEW OF LITERATURE

The present review has concentrated upon the studies which examined the effect of spirituality on well-being of people. This chapter tries to compile some of the studies those are relevant to the present research findings.

Since ancient times it is relentlessly believed that spiritual engagement leads a sense of complete well-being. It has been found that life satisfaction correlates positively with spiritual experiences. These experiences lead positive feelings and spiritual people deals well with negative life events. It has been observed that spiritual people reports higher level of satisfaction, personal happiness and better coping with life stressors. These individuals rarely depressed, posses excellent physical health and are satisfied with the meaning and purpose they find in their lives.

Yoga and meditation are taken as the best exercises of body and mind, enabling stress management, changing neurotransmitter structure to live longer and happier, as well as works as an effective medicine. It is identified that spiritual practices leads people to live a healthy and meaningful life. Family spirituality has strengthened relationships between elders and family caregivers that is associated with low levels of depression and increases family well-being. Many people reported that their understanding about mutual relationships was strengthened by spiritual orientation. It was also found that spirituality significantly affect people’s quality of life and a sense of well-being.
Wachholtz, *et al.* (2007) have suggested that spiritual interventions provide people with a rich resource of coping models to develop a positive framework of sufferings. This framework in turn, influences people’s ability and motivation to cope with pain.

Ellison, (1992) interviewed a sample of 2,107 people and found that those who were engaged in frequent devotional activities (e.g. prayer, reading scripture etc.), were more open and less suspicious as well as more enjoyable to competitive situations. Furthermore, people who reported that religion/spirituality is an important source of moral guidance, was friendlier and having a strong feeling of empathy.

Myers & Diener, (1995) have conducted a wide study and reported that spiritual involvement is associated with higher level of well-being, optimism and positive expectations for the future.

Koenig, *et al.* (2001) have examined over 100 studies and identified that the spirituality- well-being relationship shows a positive correlation between spirituality/religiousness and greater happiness, life satisfaction, morale and other measures of well-being.

It is found that usual coping resources enhanced by religion/spirituality, that is very helpful for life stressors, perceived from outside the individual (external environment). Spiritual involvement helps people to cope with the effects of stressful life circumstances.
Pargament, *et al.* (2001) have found in their study that older adults particularly women who attend spiritual services at least once a week, appear to have a survival advantage over those attending these services less frequently. They further reported that spiritual/religious activities appear to be benefited in blood pressure, immune function, depression and mortality. Prayer was the most commonly used coping strategy to deal with chronic pain of arthritis.

Researches show that religion and spirituality not only influence mental health and benefits about mental illness, but treatment is also affected. A few studies have investigated the role of spirituality in psychiatric patients; findings revealed that religion/spirituality is important in dealing psychiatric problems. Bhugra & Osbourne, (2004).

Spirituality has been found to be an important and unique component in ability to cope with serious and chronic illness. It may be protective against physical and psychological illness and an important helping tool to manage life stressors.

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. Moreover, religious involvement is often accompanied by greater feelings of personal satisfaction, lower depression and anxiety, and a greater sense of peace and forgiveness.
Ahrenas et al. (2009) found that, positive religious coping was related to higher levels of psychological well-being and negative religious coping was related to higher levels of depression. Spiritual variables were significant predictors of reducing depressive symptoms over time.

A cross-sectional study was carried out at Government Medical College and Hospital – Sector (32), and General Hospital – Sector (16) in Chandigarh and Community Health Centre, Manimajra. The results revealed that out of 150 health personnel, 72.4% strongly believe that spiritual dimension exists, 24% of doctors and 16% of paramedics believed that spiritual dimension is the first priority in maintenance of health. About 73.34% doctors and 50.7% paramedics expressed the view that spiritually healthy person can cope better with illness. Further it was also examined that spiritual health practices have a positive correlation with survival, low blood pressure, less remission time from depression, less number of cigarettes smoked per day, better quality of life and cooperativeness etc. (Bansal & Sharma, 2003).

Goel, et al. (2006) have found similar results in their studies. They got the findings that 70% of the doctors reported that spiritual dimension is important for patients to get well, 96% physicians expressed the view that spiritual well-being is important for good health and positive approach to life.

Many researchers have examined the relationship between spirituality and a wide variety of medical conditions as addiction, chronic pain, depression, heart disease, hypertension during pregnancy, suicide and AIDS. It
has also proven to be essential to rehabilitation outcomes. Additionally is was also found that spiritual persons have lower blood pressure, fewer cardiac problems, better cardiac surgery outcomes and greater longevity. (Hurts, 2008).

Spirituality is observed as probably having healing power on an individual’s health. It is found as a functional addition to the management of chronic illness. Researches indicated statistically significant relationship of spirituality with lesser substance abuse, greater social support, better mental health and quick stress management. It is identified that people who are less spiritual may experience more depression and appears to recover from depression more slowly. Coping without God’s help was correlated with greater depression and poor quality of life. (Braam & Eeden, 2001).

Galvin, et al. (2006) have found in their studies that prayer puts a person in a deep state of relaxation, which decreases muscle tension and improves functionality of the muscles. Indeed spiritual activities such as prayer and meditation may be used by some individuals instead of traditional medical treatments. Further it was also observed that spirituality and religious commitment is correlated with lower use of physician services by the individuals with type 2 diabetes.

Spiritualistic people accept that spiritual experiences were valuable and beneficial for them. These people reported an increase in areas reflecting humanistic and spiritual concerns and a decrease in negative feelings and
beliefs. Spiritual activities are linked with enhanced coping skills, decreased depression, increased social support and better health outcomes. These positive outcomes of health promote the acceptance of spirituality in overall well-being. A strong protective relationship found between higher levels of spiritual commitment and lower suicide rates. (Curlin, et al. 2005).

In a recent study, it was found that high scorer on spirituality reflects high well-being (positive outcomes), with happiness, hope, optimism and gratefulness. Low scorer on spirituality (negative outcomes) shows depression, suicidal tendency, anxiety, psychosis, substance abuse, crime and marital instability. Further it was also examined that high spiritualistic people having most of the positive emotions including happiness, high self esteem, a sense of control and meaning and purpose in life. These people also possess positive psychological traits such as altruism, compassion, forgiving and gratefulness. (Koenig, 2012).

It is widely assumed that religion plays a positive role in providing a sense of identity, a network of social support and a coherent framework for responding to existential questions. It can help people to cope with negative life events or chronic illness and leads to a sense of shared understanding of a loss. It can also leads to protective effects against suicide or substance abuse. (Elliott & Hayward, 2007).

A research finding indicates that personal growth initiative is highest when one is highly spiritual as compared with individuals who score low on
spirituality measures. Psychological aspects of well-being were found to be significantly different for the groups carrying different levels of spirituality and spiritual involvement. Individuals with higher level of spirituality (with or without religion), showed higher levels of self-actualization and meaning in life. (Itai & Parashar, 2009).

Results of a longitudinal study revealed that increased spirituality was reported by 51% of the participants. This increase was associated with increased well-being, increased meaning in life, decreased anger and increased participation in meditation and yoga classes. (Kennedy & Robert, 2003).

A study was conducted by Coleman, (2003), results indicated that spirituality has a direct relationship with cognitive and social functioning and inversely related with HIV symptoms. Additionally it was revealed that spirituality, sexual orientation, age and HIV symptoms contributed significantly to psychological well-being and functional health status.

A growing body of scientific studies shows that spiritual involvement has salutary effects on physical and mental health. An individual possess better mental health and greater adaptability to stress, if he is spiritually orientated. Spiritual/religious beliefs and practices are associated with significantly lower anxiety, lesser degree and frequency of depression, lower suicide rates, less substance abuse, clear purpose and meaning in life, greater marital satisfaction, higher social support, greater hope, optimism and well-being. WHO has accepted spirituality as an important aspect of quality of life. (Chattopadhyay, 2007).
Comprehensive research evidences shows that spiritual beliefs and practices help in reducing symptom severity, speeding up and enhancing recovery and rendering distress and disability. It is a way of helping people in search of meaning. Spirituality plays an important role in Indian society across all ages. As one gets older, the role of spirituality becomes more prominent. People with good spiritual outcome experience low level of stress as compared with the people having low level of spiritual belief. This belief gives a feeling of strength in the time of crisis, when dealing with uncertainties of life. (Udhaya & Ilango, 2012).

Spirituality and the practice of religion help to slow down the progression of Alzheimer’s disease. A spiritual or religious individual may have a significantly slower progression of cognitive decline. Faith and spirituality guide the lives of people. It was found at the time of war in Iraq when threats of terrorism and economic recession were there, the majority of people found meaning in their lives and peace through faith in the Divine and spiritual beliefs.

Studies reported that adolescents have more religious doubts than other age groups, and this doubt often go together with tension, distress, conflicts, guilt depression and a decrease in self-esteem. This period restructuring the faith and could be regarded as anxiety accompanying change. (Hunsberger, Pratt, 2006).
Dr. Christian Smith, (2002) has done a research and found the results that, High school students who consider themselves spiritual, reported higher self-esteem and more positive attitude about life and their career than their less spiritual peers. He further found that 12\textsuperscript{th} grade students who attend spiritual/religious activities regularly and being spiritual is important to them, were significantly more likely to enjoy life. They have a clear meaning in life, are hopeful about their future and in addition having a sense of well-being. Dr. Smith has done various studies on students’ spiritual life.

Hierarchical regression analysis of the data in a longitudinal study revealed that surrender was consistently inversely related to stress. An abundance of evidence supports that stress predict poor health and religiosity typically predicts good health. \textbf{Surrender to God} is a measure that captures aspects of religiosity that would predict lower levels of stress. In addition findings supports that this relation (surrender and lower stress level) is a mechanism by which spirituality influences health outcomes. (Clements & Ermakova, 2012).

Belief in a Higher Power might engender a sense of optimism, control and meaning that would affect stress levels, health and well-being. Findings of a study conducted by Aghili & Venkatesh, (2008), proposed that spiritual attitude were found to be highly correlated with subjective and psychological well-being. Further well-being was found highly correlated with future and less correlated with formal religion. In addition it was reported that lower
levels of spirituality brings more tension and anxiety and lower levels of happiness.

Kennedy & Kanthamani, (1995) have conducted a study and found that majority of the respondents have accepted that their spiritual experiences resulted in increased spiritual belief and this belief increases their sense of well-being. Further the respondents consider that their lives are guided by a Higher Power and they are having a sense of happiness, confidence, optimism and well-being. They also feel a decrease in fear of death, depression, anxiety and loneliness. Depending upon the results of the study, it can be said that increased well-being resulted from increased spiritual experiences.

Another study has been done by Kennedy, et al. (2002), results revealed that spirituality was associated with increased meaning in life, decreased tendency to get angry, increased confidence in handling problems and above all increased well-being. It was also suggested that mutual spiritual collaboration between patient and medical personnel in exploring patient’s health is helpful for easy and quick recovery of the patient.

Kathleen, et al. (2007) has done 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. Spiritual variables are particularly important in coping with the potential life threats of the diseases and a strong ability to enhance overall well-being.
It was found in the study conducted by Hebert, *et al.* (2007), that caregivers of terminally ill patients, often report needs for social and spiritual support. A variety of interventions need to improve caregivers’ well-being, among these interventions spiritual practices are most effective and common. These caregivers also reported that their spiritual beliefs directly affect patients’ will to get well and their sense of well-being.

Another study has been done by Krishna Mohan, (1999) to look into the effects of the spiritual experiences of 200 respondents aged 20-70 years, belonging to 13 various spiritual organizations based on Hindu philosophy. The subjects were administered the Life Experience Questionnaire (LEQ), Index of Changes Resulting from Experiences (ICRE) and Checklist of Effects of Experiences (CEE). The findings revealed that after the spiritual experiences, respondents were generally happy, cheerful, and at peace most of the time. They were rarely downhearted or depressed. They gave more importance to the values and motivations which give them meaning in life. They further reported that they feel enhancement about the need to achieve personal growth and maintaining close relationships with loved ones.

In addition the majorities of the respondents were reported having excellent health and were satisfied with the meaning and purpose in their lives. A significant number of respondents said that their spiritual experiences were beneficial and valuable to them. Further they have reported an increase in areas reflecting humanistic and spiritual concerns, and a decrease in negative feelings and beliefs.
In Coward’s study of 107 women with advanced breast cancer, spirituality appeared to improve emotional well-being. Respondents who were spiritual and having a strong faith possess higher self-esteem, better personality functioning, less paranoia and lower rates of depression and anxiety. It was also examined that higher religiousness and spirituality are associated with lower rates of death, anxiety and alcoholism, better married relations, reduced loneliness and lesser distress with better mental health.

Moreira Almedia & Colleagues, (2006) have done a systematic review with a meta-analysis of 850 studies on the relationship of spirituality and mental health since the year 2000. They found that majority of the studies showing positive association of spirituality with psychological well-being and less depression. In addition it was found a major outcome of spiritual practices in the form of individual’s quality of life and global well-being (by encompassing physical, functional, emotional and social well-being).

Yakir Kaufman, (2005) has conducted a research and reported that the patients with spiritual/religious attitude may have a significantly slower progression of cognitive decline.

A study has been done by Kandasamy, findings of the study revealed that depression and anxiety was negatively correlated with spirituality. Spirituality found significantly negatively correlated with fatigue, symptom distress, memory disturbance, loss of appetite, drowsiness and sadness. The study suggested that spirituality is an important component of the quality of
life of advanced cancer patients and is closely related to the physical and psychological symptoms of distress. Spiritual coping methods have been found beneficial for patients with head and neck cancer in the Indian setting.

Mackenzie, *et al.* (2000) explored how religious belief, activity and spiritual support contributed to enhance psychological well-being among elders. They found that spirituality has a significant influence on the psychological well-being. The subjective experience of spiritual support formed the core of the spirituality-health connection. Most of the respondents believed that a higher power supported them constantly in the form of protecting, guiding, and teaching, helping and healing.

It is very natural that distressing life events like surviving catastrophes, natural calamities, caring for diseased relatives, death of near and dear ones and other such do have a demoralizing effect on the human-beings. These are some phases everyone suffers in their lives. Spiritual involvement can mitigate the drastic and adverse effect of such experiences.

In this regard Shastri Keyur Vasant Lal, (2008) have conducted a longitudinal study, included 135 relatives and close friends of patients with terminal illness. They were followed up to 14 months after their loved one’s death. It was observed that who were spiritual/religious and having a strong belief in the Higher Power, were found to easily come out of their grief and became firm than those not professing spiritual beliefs. Further it was also
coded that spiritual coping is a more common phenomenon among persons with asthma, chronic pain, cancer and HIV diseases.

Spiritual persons were found to embrace health promoting behaviors as eating proper diet, abstaining from abusive and habit forming substances etc. Spiritual practices can engender positive emotions like love, hope, compassion, gratitude and help to get rid of negative emotions as like suicidal tendency, hostility, frustration etc. Most of the studies have found that an increase in spiritual exercises helps to decrease in releasing stress hormones. In fact spiritual involvement alleviate the immunity of a person as well as spiritual involvement also accounts for the placebo effect in an individual. Placebo effect refers that, beliefs are powerful and can influence our health outcomes.

As Jang & Kim, (2003) coded on the basis of their studies that spiritual orientation influence people’s quality of life and overall well-being. Spirituality also found positively related to family support, social support and negatively related to loneliness. Spirituality plays an important role in physical wellness when combined with health related services as yoga and meditation.

Singh Maneesha & Kohli Neena, (2007) have conducted a study to explore the role of spirituality in keeping oneself healthy. Results of the study indicated that spirituality brings mental peace, joy, love, faith, and discipline in life, forgiveness, happiness, feeling of bliss and satisfaction. These traits can improve one’s health including physical, psychological as well as social
domains. Further it was also found that people who report greater meaning in their lives and more beneficial spiritual experiences, report greater well-being and lesser psychotherapy.

Another study shows a same finding that was done by- Emery & Pargament (2004), spiritual/religious coping with negative life events fosters feeling of optimism, hope and meaning. This in turn may speed healing by acting as a buffer against stress. They further propose that positive life events reinforce the belief system.

There are a number of studies supported, findings of the present study that spirituality has a significant influence on psychological well-being of the people and the subjective experience of spiritual support, form the core of the spirituality-health connection. Most of the people believe that a Higher Power supports them constantly by protecting, guiding, teaching, helping, healing and helps in decision making. In addition it can be said that people who have less faith or no faith in the Divine, can easily be trapped under threatening life events and easily disappointed. Most of these people having depression and acute depression can be the main cause of proneness to suicidal attempt.

Spirituality and religion may directly and indirectly influence mental and physical well-being. This relationship is apparent in wellness models. All these models have included spirituality as a vital component of well-being. The wellness model emphasized the important link between spirituality and overall health. This link further predicts the well-being of an individual.
Attention to spirituality may improve the overall health of those in need of care, regardless of their physical condition. Spiritual participation is often accompanied by greater feelings of personal satisfaction, lower depression and anxiety with a greater sense of peace.

A stronger spiritual foundation has been found to be linked with better coping mechanisms. As D’Souza and Rodrigo, (2004) have reported on the basis of their studies that spirituality augmented cognitive behavior therapy helped in reduce helplessness and despair, improved treatment collaboration and enhanced functional recovery. Spiritual variables were significant predictors of reducing depressive symptoms over time.

Psychologists Kelley and Miller, (2007) have found that spirituality and religiosity have generally reported positive correlations with well-being, including life satisfaction and happiness. They further reported that regular spiritual involvement is positively related to marital happiness, positive self-concept and negatively related with distress and worries. Happiness was emerged as a very important predictor of well-being. Here happiness is not a matter of desire satisfaction rather of life satisfaction.

In a recent study it was found that spiritual involvement creates a very strong influence on people who are deeply addicted to alcohol. Spirituality provides an insight to get rid of this addiction and quick recovery when adjunct with medicines. (Michelle, et al. 2009).
Sengupta Sunita Singh, a Homi Bhabha fellow (2008) has worked on spirituality at workplace and found that spiritual involvement is a very important predictor regarding stamina, productivity, mood, team-work and job satisfaction. These domains further leads to well-being of an employee.

Dr. Naveen Goel and his colleagues, (2008) have studied to understand the link between spiritual beliefs and practices of health care providers (doctors and nurses). They found that spiritual beliefs help them to be soft, caring and compassionate to deal with their patients. They also indicated that strong religious/spiritual beliefs help patients in healing better and earlier.

They have coded their research findings as-

1. Spiritually healthy people coped better with their illness.

2. Spiritual care givers can provide better patient care.

3. Spiritually oriented doctor-patient dyad can fight more effectively against disease.

4. 62% respondents were agreed to existence of a spiritual dimension to health outcomes, 59% felt that spiritually healthy people can easily cope with their illnesses, and strong religious/spiritual belief helps in healing patients better.

A report (Culligan, 1996) of a conference at Harvard University (1995) reflects the new collaborative attempts of religion/spirituality and medicine. The conference explored the relationship between spirituality and healing in medicine with reference to the major world religions. The conference provides
a platform to discuss the physiological, neurological and psychological effects of healing resulting from spirituality. Spiritual beliefs and practices were identified as essential tool to the healing along with medical care.

Many of the researches have indicated that people who have spiritual experiences and are spiritual in nature, have the above normal range of well-being and also have a tendency of extreme positive feelings. The combined element of spiritual practices, hope, personal control, social support and a meaningful energetic life enabled individuals to improve themselves in all manners. (Kennedy & Kanthamani, 1995).

Numerous studies have found positive relationships between spiritual beliefs and physical/mental health measures. The chronically ill patients who views spirituality as essential to their recovery and valued spiritual faith and practices in their treatment, got better and quick cure than others. A sense of spirituality stimulates hope and optimism which facilitates a healthier lifestyle that yields positive health outcomes. Religious/spiritual people follow the social norms positively that elicit approval and acceptance from others. Spiritual people have a relatively sustained level of happiness.

A wide number of researches show that spiritual beliefs and practices play an eminent role in the lives of millions of people worldwide. Patricia, (1998) reported that survivors of crisis or disaster may benefit by experiencing spirituality as a reason to have hope. Spiritual orientation helps adult survivors of childhood violence. It was also indicated that individuals with strong
spiritual faith have been found to report higher levels of life satisfaction, greater personal happiness and fewer negative psychological consequences of traumatic life events.

A study done by Mookherjee, (1994) indicated that the perception of well-being was positively and significantly influenced by frequency of spiritual exercises as prayer. Spiritual orientation is related to the mental health, internal locus of control, sociability, tolerance and a sense of well-being.

Naidu and Panda, (1990) studied on 465 Hindu adults aged 30-50 years, findings revealed that subjects with a strong spiritual faith and a positive concept towards spirituality, obtained higher scores on well-being measures. These results indicate that spiritual orientation reduces stress and strain, by eliminating negative emotions.

As Brody, (2003) found that people with regular involvement in spiritual exercises, were more likely to have harmonious marital relationships and better parenting skills. This in turn enhances their children’s competence, self-regulation, psycho-social adjustment and school performance. It was also identified that rare appearance in spiritual activities was associated with substance abuse in the children and adolescents. The majority of the parents believed that spiritual concerns were important in management of the problems of children.
It was found in a study that patients who believe in the higher power and attended spiritual/religious services weekly, prayed at least daily, read the Holy Scripture at least three times weekly, remitted from depression more than 50% faster than other patients. (Koenig, 2009).

Belief in the Divine Being enhances feeling of security, increases sense of control, and boost self-confidence. Verghese, (2008) followed out patients (n=386) with schizophrenia from clinics in Chennai and Vellore (India), for two years to examine factors influencing course of illness. It was found that patients, who reported a decrease in spiritual activities or less interest in spirituality at baseline, had significantly worse outcomes.

Mohr, *et al.* (2007), University of Geneva, have published a series of papers on the spiritual/religious beliefs and practices of outpatients (n=115) with schizophrenia and their interaction with clinicians. A majority of patients reported that spirituality was important in their daily lives. Many of the respondents used religion to cope with their illness. It lessened psychotic and other pathological symptoms in 54%, increases social integration in 28%, reduced suicidal attempt in 33% and increased adherence to treatment in 16%. Thus overall spirituality/religion played more a positive role in the lives of all respondents.

Brady, *et al.* (2004) have conducted a study and found the results that spiritual involvement was associated with less distress and better quality of life. It is helpful in reduced symptoms of distress in cancer patients.
Seybold & Peter, (2001) have reported on the basis of their research findings that influences of spirituality is largely beneficial for mental strength as well as psychological wellness, which denotes overall well-being of an individual.

Mark, D. Holder & colleagues, (2008), at the University of British Columbia discovered that 6.5 to 16.5 percent of children’s happiness is attributable to spirituality. It was the first study to establish the importance of spirituality to children. The researchers explained the reason for this finding may be the link between spirituality and meaning, hope, positive social norms and a social network. All these things can improve the person’s well-being. The age range of the children participants was 9-12. They further reported that children’s spirituality was strongly linked to their happiness. Even after removing the variance associated with temperament.

Many of the studies indicates the religion-substance abuse relations and found significantly less abuse in college students who gave importance to spirituality in their lives. Follow the same way, Stone, et al. (2006) have found that traditional spiritual activities had a significant positive effect on addictive behavior. It was also seen that those people completely withdraw from spiritual/religious involvement, resulting in social isolation and poor mental health, owing to feeling of guilt and shame.

People with strong spiritual belief reported greater life satisfaction, greater personal happiness and fewer negative consequences of traumatic life events in comparison with others. Further it was also reported about spiritual
engagement and academic achievement in college students that spiritualistic students often have high level of academic achievement and a set goal of life according to their aptitude and capacity. (George, et al. 2002).

Another research conducted by Yaday Meena Rani, (2008), to study the effect of spiritual orientation on addictive behavior of the students. Findings of the research indicated that students who have a faith in the Higher Power, were very rarely engage in any type of addiction. Those having a confusing mindset in this perspective were more likely to habitual of addictive behavior. They further proposed that spirituality/religion could be a strong source of social and self control.

A study has been conducted by National Institute for Health Care Research (NIHR), findings illustrated that college students who were connected to their campus spiritual centre, were visited doctors less often and less stressed during difficult times, than other students.

Another study found the results that adolescent that reported stronger levels of spiritual identity and having a sense of spirituality were more likely to be optimistic and happy. Their relationship status, personal identity and coping mechanisms become highly favorable. (Emmanuel, 2013).

Seligman and Csikszentihalyi, (2000) provides further strength for the argument that spiritual side of human existence plays an eminent role in fostering mental and physical health and brings excellence in human activities
(Humanistic nature and pro-social behavior). This further leads to positive functioning, better coping and well-being.

Many researchers have demonstrated the beneficial impact of spiritual belief and practices on psychological, physical and interpersonal functioning. The faith factor emerges as a significant correlate of mental health, life satisfaction, happiness, self-esteem, hope, optimism and meaning in life. It was also suggested that spiritual involvement is favorably associated with measure of physical health such as, high blood pressure, heart disease, stroke, suicidal tendency and suicide.

Kendler, et al. (1997) reported that spiritual involvement helps to buffer the impact of stress on physical and mental health.

It was indicated in a study that individuals who are spiritual in nature, are less likely to engage in risky behavior than others. (Paulson, et al. 1998).

Rice, (2003) exposed that spiritual beliefs and practices have been linked to increased self-control and reduced perception of pain.

It is evidenced that through regular spiritual exercises one can acquire the ability to remain calm and alert despite the external surroundings. It helps to enhance the activity of parasympathetic nervous system as response to chronic anxiety. Many of the studies show that feeling of security plays an important in shaping the personality of an individual. Security can be defined as the condition of being in safety or freeness from threat of danger. This feeling of security is gained and motivated through spiritual orientation.
In present scenario of throat cut competitive tendency it is shown everywhere that people (of any age) are becoming more spiritual and frequently involve in spiritual activities to attain a feeling of mental peace and security.

As Dr. David Spiegel says, “medical treatment is more effective when spiritual intervention is combined with the management of emotional distress. It is not simply mind over matter, but it is clear that mind matters”. (McEven, et al. 1999).

Ranchi Institute of Neuro-Psychiatry and Allied Sciences (RINPAS) organized an annual conference on 7th-9th March, 2003. At the conference, J.Venkatratnam and K.Rangaswami (Chennai), have presented their views that cognitive therapy found more effective in the improvement of coping skills, reduction of neurotic features and overall expression of anger, while applying along with spiritual practices.

In the same conference Kiran Rao and Anupama Rammohan (Bangalore) have presented their opinions that spiritual practices and meditation are useful adjunct in psychological intervention and helpful in enhancement of well-being of the caregivers of schizophrenic patients.

A study has been done by Mishra Nishi, (2002), results indicated that role of spiritual counseling in resolving moral and spiritual problems of security personnel was significantly positive and effective. Spirituality and religious coping strategies found the widely considering phenomenon.
People who perceive their family and friends as supportive tools during times of need, have a stronger sense of meaning and purpose in their lives and generally follows the set value system of their society. Spiritual point of view plays a vital role in this perspective. In addition it was found that people with a strong social network and posses a spiritual nature, reports greater emotional well-being in day-to-day life as well as when they experience stressful life events. (Krause, 2007).

Barnes, et al. (2008) depicted on the basis of their studies that in old age, social spheres and a clear concept of ‘Almighty’, influences cognitive functioning widely. Older adults who embedded in strong social networks and higher level of spiritual activity, having a strong and positive cognitive functioning than their peers who are less socially engaged and less spiritualistic. In addition rarely involvement in spiritual activities causes a decline in cognitive functioning.

A longitudinal study indicated that older adults with strong and positive social networks with spiritual belief were 60% less likely to show signs of dementia. Older people, who engage in volunteer activities as group prayer, also perform better on cognitive tasks. (Singh-Manoux, 2003).

Berdict, (2005) reported on the basis of their researches that older adults report higher levels of emotional well-being than those reported by younger adults. The reason observed behind that spiritual orientation increases with increasing age. In addition they indicated that spiritual engagement
strengthens one’s positivity towards life and these people report fewer social-emotional conflicts. They solve interpersonal problems often more effectively than others.

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

A wide study conducted in USA by Daaleman, (2005). Participants of the study describes that spirituality is predominantly a cognitive construct incorporating the domains of positive intentionality. It was exhibited that all the participants felt a power and confidence through belief and spiritual practices. The respondents have a clear understanding and a positive approach towards life. They always have a sense of subjective well-being. Their religious/spiritual beliefs grounded and maintained an interpretative structure through which they viewed their life and framed life experiences positively.

Another study has been done by Meraviglia Martha Gene, (2004) to examine the effect of spirituality on the sense of well-being of people with lung cancer. Findings of the study indicated that higher prayer scores were associated with higher psychological well-being scores. And higher meaning in life scores were associated with higher psychological well-being and lower symptom distress scores. It was also found that prayer mediated the relationship between physical health, psychological responses and
psychological well-being. Spiritual experiences, prayer and meaning in life have positive effects on psychological and physical responses of the respondents.

This research finding provides knowledge about spirituality, meaning in life and a sense of well-being to guide people.

Another research finding suggests that the pattern of correlations among importance of religion, well-being and religious guilt and fear, was consistent with the hypothetical statement- “religious guilt and fear contribute to suppressing a positive relationship between importance of religious faith and well-being”. Religious/spiritual faith possibly provides mechanism to counteract feelings of fear and guilt. It was found that controlling for religious guilt and fear would increase the association between well-being and importance of religion or religious faith. (Kennedy, J.E. 1999).

Chamberlain & Zika, (1992) proposed that available data generally support the picture that good or bad events cause corresponding fluctuations in well-being, that subsequently tend to return a relatively stable baseline level. But major losses can cause long term decreases in well-being. Spiritual belief helps to cope with these major loses and a long term positive shifts.

McIntosh, Silver & Wortman, (1993) have studied on 124 parents who had lost a child to sudden death syndrome. They found a positive correlation between religiosity/spirituality and well-being. Faith on Divine Power found positively correlated with positive affect, life satisfaction and negatively
correlated with negative affect. The importance of religion to a person affects
the person’s sense of meaning in life, which in turn affects the subjective well-
being. Correlation between transcendent experiences and well-being found
positive.

It was also reported that the crisis or severe loss leads many people to
re-evaluate their view to see the world and life priorities. This in turn leads to
an increase in the importance of religious beliefs. This belief gives a strong
moral and emotional support and a new sense to find well-being.

Ellison, (1991) found that people with strong spiritual faith and regular
in spiritual exercises, reported greater life satisfaction, greater personal
happiness and fewer negative consequences of traumatic life events in
comparison with others.

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

Dull & Skokan, (1995) have found in their studies that spirituality is
helpful in coping because it provides a belief system and a way of thinking
about stressful event. This enables people to find meaning and purpose in the
inevitable negative situations that they encounter.

Christina, M. Puchalski, (2001) has presented her views that, helping,
fixing and serving, represent three different ways of seeing life. When you
help you see life as weak, when you fix you see life as broken and when you
serve you see life as whole. Helping and fixing may be the work of the ego and serving is the work of the soul.

A sense of serving is enhanced when you are having a sense of spirituality, as it is the work of the soul. With the sense of spirituality you will have a sense of satisfaction, peace and a whole sense of well-being.

Another study investigated that the religious/spiritual people were most likely to be happy and satisfied and least likely to be distressed. (Park Nan, at.al. 2013).

In accordance to the relationship between spirituality and well-being, a study was conducted to investigate the role of spirituality and meaning at work in job happiness and psychological well-being. Result shows that there is a positive and significant relationship exists between spirituality and overall well-being. The series of chain for this relationship is-

Spirituality and meaning at work- job happiness- psychological well-being.
(Mohsen Golparvar & Hassan Abedini, 2014).

Results of a study conducted by, Mohamad Narimani, (2014) indicated that training of spiritual intelligence has been effective in improving psychological well-being of HIV positive patients. It is well known that spiritual intelligence can be improved through spiritual participation and spiritual orientation.
Findings of a study seems to suggest that the more spiritual a Muslim individual was, the less likely to be depressed or anxious. Further it was also indicated that the Muslim women scored higher on depression and anxiety scales and men scored higher on spiritual and existential well-being scales. (Howayda, Aly. 2010).

It is well known that spirituality/religion is a universal phenomenon. This constructs finds everywhere in the world in every caste, class, and region and in any kind of individual. A current study has been done by Erez Harari, (2014); they gathered data from heterosexual orthodox Jews and gay orthodox Jews. It was found that religiosity and spirituality were positively correlated with well-being in heterosexual orthodox Jews, and for gay populations spirituality was positively correlated with well-being but religiosity may not have the same association.

They further coded that spirituality may provide an alternative pathway for emotional benefits.

There are some current works have been done by elites in India in the same area.....

Prof. Ramnath Narayanswami, faculty of Economics and Social Sciences, IIM, Bangalore, has studied on spirituality in the workplace and spirituality as revelation.

Sr. Rajesh Jain, Director- Marketing at Jindal World Wide Ltd. New Delhi, is doing researches, presenting papers and coordinating conferences for
5-6 years, in the area of ‘integrating spirituality and organizational leadership development’. He is keenly interested to study in the area of ‘spirituality and organizational well-being’.

Dr. S.K. Kiran Kumar, Prof. Dept. of Psychology, University of Mysore, is working on spiritual psychology for a long time.

These people are working on spirituality and its influence on different physical and psychological aspects for the holistic development of an individual. They are working in expanding fields of spirituality and mental health.

After reviewing a bulk of literature and numerous researches regarding the positive relationship between spirituality and well-being, very few studies have been found denoting adverse or negative relationship between these two constructs. Hasnain N. et al. (2011) have studied and found non-significant difference between the happiness of high and low religious women. It was revealed that spirituality did not contribute to well-being in a significant way, and religiosity emerged as a negative predictor of well-being of women. A non-significant F-ratio was obtained for well-being and religiosity and for their interaction on spirituality.

Follow the same way Shastri Keyur Vasantlal, (2008) have worked on systematic population and found that spiritual/religious involvement may cause degradation in health related factors. It adversely affects one’s physical
health by avoidance of traditional treatment and failure to seek timely medical care. It may also affect mental well-being of the individual.

As like Freud, Gartner, (1996) has found religion is associated with some forms of psychopathology, including authoritarianism, rigidity, dogmatism, suggestibility and dependence.

Even though these negative outcomes are un-generalizable because masses of the worldwide experience the positive influence of religious/spiritual involvement on an individual holistically. And there are so many studies support this positive relationship strongly.

A glimpse on some sayings, opinions and experiences of celebrities and research information’s…

• Dr. Naresh Trehan, Heart Surgeon Medanta The Medicity, Gurgaon, says that, ‘when the patient enters to the hospital, his/her self (if possible) and the caregivers firstly pray on a particular place in the hospital. Patients who have faith in the Higher Power get quick and better healing. Spiritual belief is a very powerful medicine to get well when adjunct with regular prescribed medicines’.

• Sister Shivani, Prajapita Brahma Kumari Ishvariya Vishvavidyalaya, Mount Abu, says that, ‘if the doctor has some stress at the time of treatment, then it is very rare that the patient gets relief. Medicines and spiritual exercises should have a good coordination for quick and better cure of the patient’.
- Dr. Ashok Mehta, ex. head of the Dept. of Surgery, Tata Memorial Cancer Hospital, Mumbai, says that, ‘there should be a mind-body medicine department in every hospitals. One must have a positive feeling for quick recovery, and this positive feeling arises when spiritual upliftment is there. A peaceful mind leads a healthy body’.

- Cardiologist and Associate Professor, G.B.Pant Hospital, N. Delhi, has studied and says that ‘the combination of medicine and spirituality creates tremendous effect on the patient of heart (artery) blockage. The blockages were cured within 1-2 year’.

- Manindra Nath Thakur, Associate Professor, Dept. of Philosophy, Jawahar Lal Nehru University (JNU), N. Delhi, says that, ‘it is scientifically proved that at the time of changes of emotion, chemical reactions takes place, if this emotion is positive, antibodies produces fastly. This condition helps people to fight with diseases and heal the wounds quickly. Spiritual orientation leads positive emotions and emotional stability in an individual’.

- Dr. Arvind Mishra, Assistant Professor, JNU, N. Delhi, presents his views that, ‘if a patient participate in spiritual activities after surgery, he or she gets positive energy which further leads to quick healing. Spirituality helps in tolerating post-surgery pains’.

- Dr. S.C. Manchanda, Cardiologist, AIMS, N. Delhi, says on the basis of his medical experiences, ‘if a patient pray at the time of pre and after
surgery, he or she feels stress free and gets a positive energy to bear painful medication’.

- Sri Sri Ravi Shankar, the founder of Art of Living, says that, ‘prayer is not a tradition that we follow, when we pray we feel strength which gives us a feel to be confident, this determination is prayer’. Prayer makes us feel that, ‘I will be calm and stable in every situation of life and the Divine Power is with me to help every time’.

- Dr. Pankaj Kumar, Senior Neuro Surgeon, N. Delhi, says that, ‘our aim of life is to have happiness, and in search of this feeling, most of us goes through smoking, alcoholism, drug addiction etc. We need to move our society from this negative direction to the positive. Spiritual orientation gives us ultimate happiness and a sense of moral values, which further leads us to being well’.

- Sunidhi Chauhan, the Bollywood playback singer says that, ‘there is something that is Divine, its existence is omnipresent and we all pray in front of it. Prayer is an important part of our daily routine that gives strength to face the challenging situations of life. My faith on the Divine is the main source of my overall well-being’.

- Bollywood actress Shilpa Shetty says that, ‘I regularly practicing yoga and meditation for a long, to have mental peace. I got positive energy and strength through transcendental meditation. I have a strong faith on the Divine and God is the source of optimism for me’.
Another Bollywood actress Malika Arora Khan says that, ‘spirituality and faith are very personal matters. For me, spirituality and religion means the way through which one can get mental peace. It is a connection of an individual to his/her self’.

Shahrukh Khan, the Bollywood actor, unrevealed his thoughts, ‘we are all spiritual by nature. We believe on the Higher Power by the name as Allah, God or Ishvara. At the time of agony or disappointment, we got suppressed by the circumstances, suddenly we find a way, and that is the way of hope, the way of God’.

- Our Indian cricket world cup winning team (2011) express their thanks to the Divine after the final match. All members of the team as Harbhajan Singh, Yuvraj Singh, Suresh Raina, Sachin Tendulkar etc. have presented their regards and gratitude to God by their own way to pray. They say that, with the grace of Higher Power we can fight with all circumstances confidently.

- Go through the same way, Swami Anubhavanandji Maharaj, has presented his view in a sat-sang organized by Satbhawna Trust, held in merchant Chamber Hall, Kanpur, ‘spirituality is the only tool for well-being and it is the best medicine for being calm and get rid of tensions.

- Khursheed Batliwala, Art of Living says that, ‘even successful people (on professional front); sometimes have an emptiness in their lives. Those people who regular use to practice spiritual activities as yoga,
meditation etc. can fill this emptiness with Divine peace and gets an everlasting strength and happiness. These spiritual activities work as a vital recharger to work effectively in all the ways in our life. As we need to accomplish many tasks at a time, we require a lot of energy to perform better, spiritual orientation helps to perform well and to work with more productivity and dexterity’. He further coded that illogical and unscientific person is very rare to be spiritual.

- Liza Ray, the Bollywood actress, shared her experiences as, ‘I found myself more spiritual and having faith in the Divine when I got myself very disappointed to fight with a hardly curable disease- bone marrow cancer. I have learned vippasanna in a meditation centre at Dharmashala (Himachal Pradesh). Now I regularly practice Gayatri mantra and MahaMritunjaya mantra during meditation and taking medicines punctually. I feel amazing peace and got relaxed and my faith on the Divine becomes more and more strong.

- A research has been done in Australia to see the relationship between spirituality and well-being. It was a longitudinal study (11 years) conducted on 4000 people divided into two groups. Results revealed that people regularly spend even a few minutes in prayer as per their religious path, rarely disappointed and were happier. They feel contentment and happiness 65% more than other people. Main researcher of the study John Right Bager says that, ‘spiritual activities make people more positive automatically and gradually. These people
are less anxious and stressed in adverse life circumstances’. He further says that, ‘at the time of prayer invisible cosmic rays enters in our body and positive hormones releases, so that we feel happiness and relaxed’.

- A number of studies have indicated that prayer makes oneself energetic, gives a belief that God will do everything fine. It helps in controlling blood pressure; lessen the secretion of tension creating hormones and a good remedy for insomnia. (Cited in Dainik Jagran-Daily News paper, 3/03/2010).

- Researches indicate that faith in the Divine power helps people to cope with negative life events with confidence. Faithful and spiritual people having a deep sense of self esteem most often. They have a balanced sense of purpose and meaning in life. (Cited in Dainik Jagran-Daily news paper, 16/05/2010).

- In Columbia Presbyterian Medical Centre, New York, patients practices yoga and meditation and pronounce ‘Om’ before surgery. This practice gives them strength and make them stress free caused by operation. There is no religious approach or temperament behind this activity. It was studied that patients got nervous and anxious during pre-operation stage, through the ‘Om’ sound whether pronounce or hear by headphone, patience got confidence and concentration. This further helps them to accept their surgery as a simple part of their treatment.
• It was found in a study that, at the time of prayer and meditation the individual having a positive mood condition. At this state endorphin hormone secretes and produces lymphocytes - the white blood cells that saves our body from infections and illnesses. (Cited in Dainik Jagran-Daily News Paper, 08/10/2011).

• Many researches indicate that prayer is the medicine of heart, blood pressure, anxiety and tension. Prayer is the most important form of worship in all religions in the world, so that it is a spiritual activity rather than religious. Prayer helps to make strong our memory and concentration and develops positive energy. (Cited in Dainik Jagran-Daily News Paper, 07/12/2011).

• A research was done in USA, findings revealed that faithful patients got quick cure, and prayer creates a magical effect on patients. Regular praying strengthened confidence level to get well soon. Spirituality-medicine dyad creates tremendous effect on patients which further leads quick and better cure. (Cited in- Dainik Jagran- Daily News Paper, 24/03/2012).

• A study has been conducted by the researcher Dwivedi Vandana, (2011), it was found that if elderly people having proper support of the family, friends and spouse; and posses a spiritual temperament, they must be optimistic and having effective coping style. In the study some of the participants were suffering from blood pressure, cardiac trouble,
arthrities etc. were living this phase of life very successfully and enthusiastically due to social support and spiritual involvement.

This review of literature has focused on theoretical as well as empirical findings for the consideration of the fact that good nutrition and physical activity are the important components of a healthy lifestyle. But there are definitely some other factors that contribute to overall well-being of an individual. Spirituality is one of the most important components among them. There are a series of studies and researches provide evidence that spirituality has beneficial outcomes for the well-being of people.

Spiritually involved person is mentally stable and can tackle all the burdens in life in a very efficient manner. These studies demonstrate the pervasive use and apparent benefits of spiritual practices on well-being of people. The thrust of interest of these studies is to investigate the effect of religious/spiritual benefits on well-being of people. But most of the prior work has been conducted with selected community sample. The present study aims to explore the relationship between spirituality and well-being of three major religious groups (Hindu, Muslim and Christian) in our country.