IMPACT OF SPIRITUALITY ON PERSONALITY AND WELLBEING OF DIFFERENT PROFESSIONAL GROUPS

SUMMARY OF THESIS
SUBMITTED FOR THE DEGREE OF
DOCTOR OF PHILOSOPHY
IN
PSYCHOLOGY
TO
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2018

BY
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UNDER THE SUPERVISION OF
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GWALIOR (M.P)
How well do we know the persons in our life? For a minute, how about we take a short trip into the psyche of an exceptional individual. As we venture inside this "mind" we start to get a image of individual's preferences, detests, fears, contemplations, propensities, convictions, states of mind, inclinations, guidelines, values and so forth. We ultimately observe them for who they truly are, for what they remain for without disguise or mental trickery, and we surprise… about the pieces of information that their physical body leaves behind will give us a profound unguarded knowledge about their mind, mentioned by Adam Sicinski (2009) in his I.Q. Matrix blog.

The learning and understanding give a profound knowledge into individuals' considerations and thought processes regardless of what their verbal dialect may propose. This will further fortify convincing and intellectual capacities to persuade others to the way of thinking.

“Personality is the dynamic organization within the individual of those psychophysical systems that determine his unique adjustment to his environment.”
- Gordon W. Allport (1937)

The idiom "dynamic" intended to indicate the change occurs in the basic nature of personality which influences the changes in person’s quality of behavior. ‘Organization’ entail that the personality is comprise with different traits, equivalent to each other. The term personality alludes to continuing characteristics of a person that are appeared in his way of behaving in a wide assortment of conditions. The term personality originates from the Latin word persona signifying "veil".
Spirituality needs to manage the spirit and the acknowledgment. It has nothing to manage the only physical self; the insightfulness; the psyche and other stuff of human presence. Only Spiritual is profound who looks for a definitive awareness or the genuine cognizance in himself, and endeavors to join his own individual awareness with that extreme awareness.

India is home to all the major religions of the world, thriving in harmony since centuries. Spirituality and mystical charm have always drawn people from all over the world to India. As the world becomes increasingly capitalistic and materialist, the quest and urgency for spirituality grows more and more. The traditional Indian way of life has helped in the evolution and growth of Spiritualism. Numerous cultures and religions have thrived and flourished together for ages and resulted into the unique Indian way of life.

It is very pertinent to study different personality factors comparatively among spiritually oriented professional groups. Many research works organized by various prestigious universities also support the result that the different professionals require different personality and well-being traits because of their professional requirements and social status. In this study I have included spiritually oriented professionals from different professional groups. As per Shree Pushhpadanta; the rivers from different directions ultimately reach the ocean and become one with it (as all rivers leads to the sea).

रुचीनां वैचिथ्यार्जुकटिल नानापथजुषां
नृणामेको गम्यस्त्वमसि पयसामर्णेव इव॥ ७॥

Rucheenaam vaichithryaadhrujhoo kutila nana padha jhooshwam,
Nrunaam yeka gamyathwam aasi payasamarnava yiva॥ ७॥

In the same manner all the human beings for making god realization through self actualization lead towards the same ultimate supreme power, which is their final destination. It means the spiritually oriented professionals may follow different paths or
professions to quench their thirst of knowledge but ultimately they seek the same truth. They finally achieve self actualization through which they reach the sense of god realization.

Spirituality is not different, it is a personality characteristic, in fact it is a special ingredient which refines ones personality. The perfect example of this kind of personality is Swami Vivekananda. Many of us overlap spirituality with religion, but forget that religion is just one of the mediums and not the only way to achieve spirituality and worship God.

**METHODOLOGY**

Methodology alludes to greater then a simplest arrangement of strategies; rather it alludes to the justification and the philosophical presumptions that underlie a specific report in respect to the logical strategy. This is the reason literature regularly incorporates an area on the methodology. This area accomplishes more than layout of the analysts' strategies; it may clarify what the specialists' ontological or epistemological perspectives are. Methodology of the present research is as per the following-

Selecting a proper sample from the populace with the help of sampling method is a important step in the conduction of any study. It is extremely hard to lead any research on the whole universe. Conveniently, to maintain the objectivity, a segment of representative variable of the entire universe is chosen. Therefore the sample is the representative of the universe. In this research for the selection of the sample is through Random Sampling Technique. The structure of the sample is as follows:-
A variable is any entity that can take on different values. That means anything that can vary can be considered a variable. Variables aren't always 'quantitative' or numerical. The variable 'gender' consists of two text values: 'male' and 'female'.

A variable is any unit that can take on different value. That means anything that can shift can be viewed as a variable. Variables aren't generally 'quantitative' or numerical. The variable 'gender' comprises of two content qualities: 'male' and 'female'.

(i). **INDEPENDENT VARIABLE**

A) **Level of Spirituality**

*High

*Low

B) **Type of Professional Groups**

*Doctors

*Engineers

*Advocates

*Administrators
*Professors

*Spiritual Gurus

(ii). **DEPENDENT VARIABLE**

16 personality factors (As classified by Raymond B. Cattell)

**HYPOTHESIS**

Hypothesis is a proposed and testable answer of the problem. Research hypothesis is a scientific testable prediction made about the dependent and independent variables in the research. Usually the review of literature has given foundation material that legitimates the specific hypothesis is to be tested. Clearly hypothesis is certainly required for a study and without which the investigation would be unclear, on the grounds that they give the direction to work appropriately.

The NULL-HYPOTHESIS generally compares to a general or default position. For instance, the null-hypothesis may be that there is no significant connection between two evaluated variables or that a potential treatment has no impact. It is generally combined with another hypothesis, the alternative hypothesis, which states a specific connection between the variables. The main null-hypothesis formulated in the present research is as per the following:-

1) There is no significant difference between high and low level of spirituality of Doctors with regards to their various personality traits taken separately
2) There is no significant difference between high and low level of spirituality of Engineers with regards to their various personality traits taken separately
3) There is no significant difference between high and low level of spirituality of Advocates with regards to their various personality traits taken separately
4) There is no significant difference between high and low level of spirituality of Administrators with regards to their various personality traits taken separately.
5) There is no significant difference between high and low level of spirituality of Professors with regards to their various personality traits taken separately.

6) There is no significant difference between high and low level of spirituality of Spiritual gurus with regards to their various personality traits taken separately.

7) There is no significant difference between high and low level of spirituality of Doctors with regards to their different wellbeing factor.

8) There is no significant difference between high and low level of spirituality of Engineers with regards to their different wellbeing factor.

9) There is no significant difference between high and low level of spirituality of Advocates with regards to their different wellbeing factor.

10) There is no significant difference between high and low level of spirituality of Administrators with regards to their different wellbeing factor.

11) There is no significant difference between high and low level of spirituality of professors with regards to their different wellbeing factors.

12) There is no significant difference between high and low level of spirituality of Spiritual gurus with regards to their different wellbeing factor.

**DESIGN OF THE STUDY**

Research design can be thought of as the structure of research- the "paste" which holds all the components in a research study together. We frequently portray a plan utilizing a compact documentation that makes us efficiently able to summarize a complicated outline structure effectively. The "components" that a design incorporates are:

- Observations or Measures
- Treatments or Programs
- Groups
- Assignment to Group
- Time
Great research design minimizes the conceivable alternative clarifications for the hypothesized cause-impact relationship.

The present investigation is non experimental, which is of an exploratory nature. In this manner ex-post-facto research design would be followed. In such research design the assumption is that the independent variables have already been charged and in which the specialist tray to observe the impact of such independent variable on dependent variable consequences.

Therefore in the present research 2 x 6 (K x L) Factorial design is applied.

**TOOLS OF STUDY**

Among the different tools which are available to study the impact of spirituality on personality and its wellbeing factors of different professional groups, the research chooses the following:-

1. **SPIRITUALITY TEST OF PROFESSIONAL BEINGS (STPB)**

   The test would be developed by the investigator herself in the guidance of the supervisor following the norms, reliability and validity as per requirement of the present research.

2. **SIXTEEN PERSONALITY FACTORS** (As Classified By Raymond B. Cattle.)

   The sixteen personality factor questionnaire (16PF) is an objectively scorable test devised by basic research in psychology to give the most complete coverage of personality possible in a brief time. The test was designed for use with individuals aged 16 and above. Form A, B, C, and D, which are the subject of this manual, are most appropriate for individuals whose educational level is roughly equivalent to that of the normal high school student. Form-E is designed for individuals with marked educational and/or reading deficits. A separate manual for the 16PF, Form-E, is available through
IPAT. The 16PF can be scored by hand or by computer, and various types of answer sheets are available for this reason.

Norms for 16 PF Test Form A & B Revised Norms -1991 Prepared By: S.D.Kapoor

**TABLE**

**NORMS FOR GENERAL POPULATION-MALE: FORM A**

(Age: 25-47 years; N=2134)

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### TABLE

NORMS FOR GENERAL POPULATION-FEMALE: FORM A

(Age: 25-47 years; N=1125)

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RELIABILITY

Reliability is a general term that describes a class of statistical techniques addressing the precision of a scale. The standards for educational and psychological testing (hereafter referred to as the standards: AERA/APA/NCME, 1985) describes reliability as an index that measures “the degree to which test scores are free from errors of measurement.” While there are many ways to estimate reliability, in 16PF the test-retest method seems especially appropriate. Here, the test retest reliability not only reflects errors in measurement, but also real changes that occur in the trait being measured. As a consequence, there will be less agreement between test and retest.

The values were estimated using the procedure described in Guilford (psychometric methods. New York: McGraw-Hill, 1954). Overall, the average (across primary scales and samples) short-interval reliability for form (A+B) is .80. Similarly, the average long-interval reliability is .78. For Form-A alone, the averaged short-interval reliability is .80; the long-interval reliability is .52.

VALIDITY

As the standards (AERA/APA/NCME, 1985) point out, test validation is process by which evidence is accumulated to support inferences that may be drawn from a test score. Various types of evidence may be produced, depending on the type of test and the purposes to which the test scores may be put.

In case of 16PF, there are two important classes of evidences that need to be considered. The first, usually described as construct validity, focuses on the extent to which the test scores correctly measure the understanding traits they were developed to measure. The second focuses on the extent to which test scores related to external outcomes such as success in a job, performance in school, or response to treatment. This type of evidence is described as criterion-related test validity. An index of the validity of the primary scales is given in table. Cattle calls these concept validities. They are the correlation of the scale scores with the “pure” factors they were designed to measure.
Professor Maurice Tatsuoka has suggested that these might also be described as “factor-theoretic” validities since they index how well the observed scales correlate with the unobserved theoretical constructs.

**TABLE**

**FACTOR THEORETIC OR DIRECT CONCEPT VALIDITIES OF THE 16PF SCALES**

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Note. Decimal points have been omitted.
This research study not only concluded that how spirituality helps professionals to be professionally refined in their personality but also when they are, to evaluate where spiritual personalities be similar or different in their personality traits while applying the personality test of Cattels 16.P.F. (personality factors questionnaire).

The present study divulge that number of low spirituality level of professionals are more and shows quite common professional attributes then those of high spirituality group who are having rare spiritual idiosyncrasy of personality and utilizing it in their professional work.

In this study there is significant difference between spiritually oriented Professionals in terms of their personality traits and well-being factors.

Personality trait of professors in terms of high spirituality level is significantly different from low spirituality group with regard to ‘Abstractedness’. If we talk about other professional groups, high spirituality administrators are significantly different from low spirituality group with regard to factors ‘Reasoning’, ‘Sensitivity’, and ‘Perfectionism’. High spirituality group of Doctors are significantly different from their counterpart with regard to factors ‘Vigilance’ ‘Abstractedness’ and ‘Privateness’. Highly spiritual Engineers are significantly different with regard to factors ‘Rule Consciousness’, ‘Abstractedness’ and ‘Tension’. While Advocates high spirituality group is having clear significant difference with their counterpart with regard to factors ‘Rule Consciousness’, ‘Apprehension’ and ‘Perfectionism’. It was really interesting while evaluating result of high and low spirituality group of spiritual gurus. Their personality traits are significantly different with regard to ‘Warmth’, ‘Vigilance’, ‘Privateness’, ‘Apprehension’ and ‘Tension’ which reveals about their behavioral aspects in terms of these personality factors.

While evaluating research well-being factors of professors in terms of high and
low spirituality levels is not significantly different at any level of confidence but by analyzing well-being factors it has been found that in terms of mean value with regard to factor ‘Self-Reliance’ shows some difference.

(But by analyzing the factors well it has been found that in relation to factor Q₂ i.e. ‘Self-Reliance’ There is some difference in the context of the mean value.)

High and low spirituality group of administrators are significantly different in terms of well-being factors with regard to factor ‘Social Boldness’. On this cote doctors of high and low spirituality level are significantly apart at well-being factor ‘Openness to Change’. While results reveal that high and low spiritual engineers are significantly different with regard to well-being factors ‘Emotional Stability’, ‘Social Boldness’ and ‘Self-Reliance’. High spirituality level of Advocates is significantly different on wellbeing factor ‘Self-Reliance’. With regard to well-being factors, high spirituality level of spiritual gurus are not significantly different from their counterparts at any level of confidence but on the bases of analyzing mean value of wellbeing factors ‘Emotional Stability’, ‘Liveliness’ and ‘Social Boldness’ shows little difference.

With regard to personality and well-being factors spiritually oriented professionals utilize different aspects in their behavior which may be because of the influence of various factors such as personal and social connectivity, responsibility and their work demands in which spirituality actually directly or indirectly help them to manage their inner tension or frustration by developing a appropriate value system for fulfilling different professional requirements so that they could plan significant policies for the betterment of their work for the society.


