Chapter III

PROBLEM AND HYPOTHESES
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In the materialistic world of today man has mastered many way of accumulating wealth and amassing fortunes for leisure and rest. He has adopted fast pace of modern life style, which has made the wealthy health a secondary source of encouragement for maintaining one self and society. The sophisticated technology has provided him modified/artificial environment for easeful living standards. But this sophistication has brought forth various psycho-physical problems as well. Meaning of life is substituted to money, wealth collection and ease. Social bonding and emotional relationships are given limited importance. Increasing nuclear families have given rise to the problem of isolation, loneliness and poor social support. Through medical technology we have reduced death rate but increased psychological handicapped ness manifold resulting in poor mental health and psychological wellbeing. The environment and foodstuff on which we are surviving is filled with contaminated constituent causing undesired health problems. The etiology of major psycho-physical diseases is not only infection and contamination but also day-to-day stress and mental frustrations are reported as influencing immunity of our body more frequently. Consequently it makes us vulnerable to mental and physical health problems. Now question arises that what is the solution for it, so that a people and society can survive satisfactory with a good positive health.

Empirical studies and theoretical orientation of Indian literature revealed that Indian philosophy has better solution for such maladjustment and stress related problems, because it has introduced various living styles for human being before thousands of years ago. These life styles provided us with the ways of developing cognitive view to accept life in objective terms and spending satisfactory life without affected by worldly problems. The psychologists, sociologists and healthy workers are now promoting these activities for maintenance of health and well-being. The spiritualism, positivism, hopefulness and positive strengths of human being are reported to be showing some charismatic or magical effects on mental and physical health leading to psychological well-being. Some empirical studies revealed that the Indian spiritual concepts like...
karmayoga and non-attachment are positively associated with good mental health, and psychological well-being. Person with high scores on happiness, life satisfaction, hopefulness and optimistic view to life have shown favorable effects on immunity and protection against infections and disease. This is true that the allopathic medicines and surgical treatments are at boom cross the world today. Instead the area of positive health is a growing field to understand its components and effectiveness on various psychological components and people of society. The Indian philosophy of spiritual schools have suggested thousand of years ago that karmayoga, spiritual thinking, non-attachment, religious rituals, etc are helpful in managing health and well-being but limited empirical supports couldn’t make them popular in health industry.

Thus, the study is an attempt to understand some dimensions of positive health in relation to concepts like anasakti, karmayoga and spirituality. The concept of positive health is a broad area of positive psychology, which involves various components related to psychological satisfaction and wellbeing. In the present study positive health was studied in terms of four important components, they were life satisfaction, hope, optimism and happiness.

The study was conducted on male and females of working and retired adult subjects. Security and The concept of spirituality, anasakti and karmayoga are much closer to self actualization of Maslow, (1978), who viewed that need of self actualization develop after the satisfaction of physiological, safety, affiliation and self esteem needs. It means that presence of above factors require maturity of age, developed mental view and knowledge about daily life. Thus, the present study has taken the subjects above the 40 years of age. One important aspect of psychological satisfaction and wellbeing of every social human being is related to economic security and employment. In order to control this factor the present study has taken working and retired subjects of government offices so that economic factors should not affect the relationships among variables under study.
THE PROBLEMS AND OBJECTIVES OF THE STUDY

The Major Problem of the Study

To study the *Anasakti, Karmayoga and Spirituality* as Correlates of Positive Health of Working and Retired Persons

The present study was accomplished in two sections. The first section of the study is a co-relational section, which has studied the correlation among the variables under study and the second section is the experimental section investigating the effects of gender and age on different variables.

THE 1ST SECTION: Correlational Study

The first section of the study has investigated the correlation between positive health and *Anasakti, Karmayoga & Spirituality* of Working and Retired Persons.

The Problem

To study the correlation between positive health and *Anasakti, Karmayoga & Spirituality* of Working and Retired Persons

The Objectives for the First Section of the Study:

From the above problem of the study following objective were drawn:

1. To study the correlation between *anasakti* and positive health of working and retired persons.

2. To study the correlation between *karmayoga* and positive health of working and retired persons.

3. To study the correlation between spirituality and positive health of working and retired persons.

4. To study the correlation between *anasakti* and positive health of male and female subjects.

5. To study the correlation between *karmayoga* and positive health of male and female subjects.
6. To study the correlation between spirituality and positive health of male and female subjects.

7. To study the correlation between anasakti and positive health of total (working and retired persons) sample.

8. To study the correlation between karmayoga and positive health of total (working and retired persons) sample.

9. To study the correlation between spirituality and positive health of total (working and retired persons) sample.

10. To study the anasakti, karmayoga and spirituality as predictor/s of positive health of total (working and retired persons) sample.

11. To study the anasakti, karmayoga and spirituality as predictor/s of positive health of male and female subjects.

12. To study the anasakti, karmayoga and spirituality as predictor/s of positive health of total (working and retired persons) sample.

**The Hypothesis**

**From the above objectives following hypotheses were formulated:**

1. There would be no significant correlation between anasakti and positive health of working and retired persons.

2. There would be no significant correlation between karmayoga and positive health of working and retired persons.

3. There would be no significant correlation between spirituality and positive health of working and retired persons.

4. There would be no significant correlation between anasakti and positive health of male and female subjects.

5. There would be no significant correlation between karmayoga and positive health of male and female subjects.
6. There would be no significant correlation between spirituality and positive health of male and female subjects.

7. There would be no significant correlation between anasakti and positive health of total of working and retired persons.

8. There would be no significant correlation between karmayoga and positive health of total of working and retired persons.

9. There would be no significant correlation between spirituality and positive health of total of working and retired persons.

10. The anasakti, karmayoga and spirituality would not be found to be the predictor/s of positive health of working and retired persons.

11. The anasakti, karmayoga and spirituality would not be found to be the predictor/s of positive health of male and female subjects.

12. The anasakti, karmayoga and spirituality would not be found to be the predictor/s of positive health of total of working and retired persons.

**IIND SECTION: Experimental Study**

This section was an experimental section which has investigated the effect of gender and age on components of Positive Health, Anasakti, Karmayoga and Spirituality of Working and Retired Persons.

**The Problem**

To study the effect of gender and age on Positive Health, Anasakti, Karmayoga and Spirituality of Working and Retired Persons

**The Objectives for the Second Section of the Study:**

**From the above broad problem following objectives were drawn:**

1. To study weather the different groups of age (working-1, working-2, and retired subjects) would differ significantly in positive health, spirituality, anasakti, and karma yoga.
2. To study weather the different groups of gender (male and female) would differ significantly in positive health, spirituality, anasakti, and karma yoga of Working and Retired Persons.

3. To study weather there would be a significant interaction effect between gender and age on positive health, spirituality, anasakti, and karma yoga of Working and Retired Persons.

The Hypothesis

In line with the above objective following hypotheses were formulated in the study:

1. The different groups of age (working-1, working-2 and retired subjects) would not differ significantly in positive health, spirituality, anasakti, and karma yoga.

2. The groups of gender (male and female) would not differ significantly in positive health, spirituality, anasakti, and karma yoga of Working and Retired Persons.

3. There would not be a significant interaction effect between gender and age on positive health, spirituality, anasakti, and karma yoga of Working and Retired Persons.

With this background investigator may move on chapter-IV dealing with design and methodology of the investigation.