Abstract
Human body is the platform for all pleasure and pain at the sensory level. At the same time, it has a sophisticated mind, which keeps track of things at the psychological level. Today’s materialistic world is a product of technological change and development that has made people to become more self-centered. This might led to isolation and creation of vacuum around the people.

In mindless pursuit of worldly possessions negative emotions like greed, jealousy and hatred have overpowered our mind, creating tensions, leading an individual to a less satisfied life and adopting negative approach towards it. In order to overcome these problems many researches has to be done. One of the fruitful may to overcome these problem is that one should become spiritual. Spirituality helps an individual to be satisfied and form a positive frame of mind, in coping up the daily hazards of life.

This research enfolds five chapters. Chapter I deals with the detailed introduction of the variables i.e. spirituality, life satisfaction and explanatory life styles.

Spirituality: Spirituality is a special quality God has given to us. It is an institution whose purpose is to stabilize something to last that will not last. It is a process by which one unites to the Self, the God head within. Spirituality measures four dimensions viz. innerness, transcendence, purpose and meaning in life and unifying interconnectedness.
Life satisfaction: The striving for happiness satisfaction has so inextricably woven into the very deep core structure of the human psyche. Satisfaction is both a physiological state of contentment of the organism as well as a state of psychological well-being. The major causes of satisfaction are – income, health, status work, etc. Three models of life satisfaction are “Top-down Theories”, “Bottom-up” and “Bi-directional” Theories.

Explanatory Life Styles: Explanatory Life Styles is a stable trait, a relatively constant aspect of a given individual’s personality. It is a prime candidate as psychological precursor of good or bad health because it affects the severity of deficits following uncontrollable aversive events. The two explanatory life styles are optimism and pessimism. Optimism can be defined as the inclination to anticipate the best possible outcome for actions or events. While pessimism, in general language, describes a belief that things are bad, and tend to become worse or that looks to the eventual, triumph of evils over good.

Chapter II is exclusively meant for Review of Literature. Various studies on spirituality, life satisfaction and explanatory life styles has been done on different groups, emphasizing its effect on health and illness. More research is needed especially on the variable of explanatory life styles as its effect is only seen among elderly or adult people’s health. The effect of explanatory life styles on other aspect and domain of life should be explored. Various studies on job satisfaction has been done but on employees only. But this research has been done on students who are pursuing the professional courses of caregivers.
Objectives: In the light of literature reviewed the present study was planned to ascertain the relationship of spirituality with life satisfaction and explanatory life styles among prospective professional caregivers. To verify the objectives of present research certain null hypothesis were formulated. These are as follows:

$H_{01}$ : There would not be significant relationship between explanatory life styles and life satisfaction with spirituality among male and female

$H_{02}$ : There would not be significant relationship between explanatory life styles and life satisfaction with spirituality among different professional groups.

$H_{03}$ : There would not be significant relationship of explanatory life styles and life satisfaction with spirituality among male and female students of Modern Medicine, Indigenous Medicine and Humanities

$H_{04}$ : There would not be any moderating effect of spirituality on the relationship between life satisfaction and explanatory life styles among prospective professional caregivers.

$H_{05}$ : There would not be any moderating effect of life satisfaction on the relationship between explanatory life styles and spirituality among prospective professional caregivers.

$H_{06}$ : There would not be any moderating effect of explanatory life styles on the relationship between spirituality and life satisfaction among prospective professional caregivers.
Ho7 : There would not be any moderating effect of spirituality on the relationship between explanatory life styles and life satisfaction among male and female students of Modern Medicine, Indigenous Medicine and Humanities.

Ho8 : There would not be any moderating effect of life satisfaction on the relationship between explanatory life styles and spirituality among male and female of Modern Medicine, Indigenous Medicine and Humanities.

Ho9 : There would not be any moderating effect of explanatory life styles on the relationship between life satisfaction and spirituality among male and female of Modern Medicine, Indigenous Medicine and Humanities.

Ho10 : There would not be significant difference between male and female with regard to spirituality, life satisfaction and explanatory life styles.

Ho11 : There would not be significant effect of spirituality, life satisfaction and explanatory life styles among male and female students of Modern Medicine.

Ho12 : There would not be significant effect of spirituality on explanatory life styles and life satisfaction among male and female students of Indigenous Medicine.

Ho13 : There would not be significant effect of spirituality, explanatory life
styles and life satisfaction among male and female students of Humanities.

Chapter III: In this chapter the whole Methodology, related to this research has been discussed Sample. The research was conducted on 300 students of professional courses, pursuing Modern Medicine, Indigenous Medicine and Humanities. It comprised of male (0.50) and female (50) students of professional courses. Tools: The data were collected with the help of (i) Spiritual Assessment Scale (Howden, 1992); (ii) Life Orientation Test (Michael Schier and Carver, 1985) and (iii) Life satisfaction Scale (Warr et. Al., 1979). Analysis: The data were analysed by means of Pearson Product Moment Correlation, Partial Correlation and t-test.

Chapter IV: This deals with Results and Discussion, which are as follows:

- When male and female of prospective professional caregivers were compared, there was not significant relation found between explanatory life styles and life satisfaction with spirituality ($r_{\text{male}} = 0.14$, $r_{\text{female}} = 0.04$).

- There was found a significant relation among the students of Modern Medicine between explanatory life styles and spirituality ($r = 0.30$, $p < 0.05$). But an insignificant relation was found between life satisfaction and spirituality of this group ($r = 0.20$).

- Among the Indigenous Medicine there was an insignificant relation found between explanatory life styles and spirituality ($r = -0.12$) and a positive relation was found between spirituality and life satisfaction ($r = 0.15$).
There was a positive relation found between explanatory life styles and spirituality ($r=0.17$) and between life satisfaction and spirituality ($r=0.15$) among the students of Humanities.

When male and female students of Modern Medicine were compared there was a positive significant relationship found between spirituality and explanatory life styles ($r=0.27$; $r=0.36$, $p<0.05$, respectively). But between life satisfaction and spirituality, there was a positive significant relation found among female ($r=0.25$, $p<0.05$) of this group, and an insignificant relation was found among male ($r=0.15$) of this group.

Among the male and female students of Indigenous group a negative insignificant relationship was found between explanatory life styles and spirituality, in male ($r=-0.01$), while a positive relationship was found in female ($r=0.08$). Also between life satisfaction and spirituality there existed a negative correlation among male ($r=-0.18$) while among female a positive relationship was obtained ($r=0.21$).

When male and female students of Humanities were compared, a positive significant relationship was obtained among female ($r=0.29$, $p<0.05$) between explanatory life styles and spirituality, while an insignificant relation was found among male ($r=0.06$). There was found an insignificant relationship between life satisfaction and spirituality among male ($r=0.14$) and female ($r=0.19$).

A negative insignificant correlation existed between life satisfaction and explanatory life styles among males ($r_{XY,T}=-0.08$), when spirituality was partialled out of professional caregiver. While positive insignificant
relation was found between life satisfaction and explanatory life styles among female ($r_{XY} = 0.03$). A positive insignificant relation existed between life satisfaction and spirituality among female ($r_{X1} = 0.15$), when explanatory life styles was partialled out. But a negative insignificant association existed between life satisfaction and spirituality among male ($r_{X1} = -0.05$), when explanatory life styles was partialled out. An insignificant positive correlation was found among male ($r_{1YX} = 0.13$) and female ($r_{1YX} = 0.12$), when life satisfaction was partialled out.

In the case of Modern Medicine, it was observed a positive but insignificant relationship between life satisfaction and explanatory life styles ($r_{XY} = 0.07$) while spirituality was being partialled out. There a positive correlation was found between life satisfaction and spirituality ($r_{XTY} = 0.17$), when explanatory life satisfaction was partialled out. On the other hand spirituality was found significantly correlated with explanatory life styles ($r = 0.28$, $p<0.01$), when life satisfaction was partialled out.

Among the students of Indigenous Medicine, we find a positive insignificant correlation between life satisfaction and explanatory life styles, when spirituality was partialled out ($r_{XY} = 0.04$). A positive insignificant correlation was found between spirituality and life satisfaction, when explanatory life styles was partialled out ($r_{XTY} = 0.15$). While a negative insignificant correlation was found between explanatory life styles and spirituality, when life satisfaction was partialled out ($r_{TYX} = -0.12$).
Among the Humanities group, when spirituality was partialled out, a positive but insignificant relationship was obtained between life satisfaction and explanatory life styles ($r_{XY,T} = 0.07$). A positive correlation was obtained between life satisfaction and spirituality ($r_{XT,Y} = 0.16$), when explanatory life style was partialled out. When life satisfaction was partialled out, a positive correlation was obtained between spirituality and explanatory life style ($r_{TY,X} = 0.18$).

When spirituality was partialled out, among the male students of Modern Medicine, a negative insignificant correlation was found ($r_{XY,T} = -0.02$). While among the female students of the same discipline a positive relationship was found ($r_{XY,T} = 0.17$).

When explanatory life style was partialled out, it was found insignificant positive correlation between spirituality and life satisfaction among male ($r_{XT,Y} = 0.15$) and female ($r_{XT,Y} = 0.17$) students of Modern Medicine.

While partialling out life satisfaction the obtained correlation values between spirituality and explanatory life styles among male and female were found to be $r_{TY,X} = 0.27$ and $r_{TY,X} = 0.31$, respectively, which are significant at 0.01 level of significance on the students of Modern Medicine.

In Indigenous Medicine it was found that when spirituality was partialled out in case of male subject, the value was found to be negative and insignificant between life satisfaction and explanatory life styles ($r_{XY,T} = -0.06$). While in the case of female subjects on the same variable, insignificant positive relationship ($r_{XY,T} = 0.18$) was established.
When explanatory life styles was partialled out, a very weak positive correlation was found between life satisfaction and spirituality ($r_{XT,Y} = 0.08$) among male. On the other hand a satisfactory positive relationship was established among female ($r_{XT,Y} = 0.24$) of Indigenous Medicine.

When life satisfaction was partialled out there was a very weak positive relationship found between spirituality and explanatory life styles among male ($r_{TY,X} = 0.05$). While in the case of female, it was found a negative insignificant correlation ($r_{TY,X} = -0.22$) between spirituality and explanatory life styles, among Indigenous group.

A negative insignificant correlation among male ($r_{XY,T} = -0.10$) was found between life satisfaction and explanatory life styles, when spirituality was partialled out, among the students of Humanities. And contrary to it a reasonable positive relationship was found between life satisfaction and explanatory life styles, among female ($r_{XY,T} = 0.15$).

When explanatory life style was partialled out, a positive relationship was found between spirituality and life satisfaction among male ($r_{XT,Y} = 0.14$) and female ($r_{XT,Y} = 0.12$) of Humanities.

When life satisfaction was partialled out, a positive relationship was established between spirituality and explanatory life styles among male ($r_{TY,X} = 0.07$) and female ($r_{TY,X} = 0.26, p<0.05$) students of Humanities.

When male and female were compared on the variable of life satisfaction, they did not differ significantly ($t=0.37$). Also on the variable of explanatory life styles ($t=0.84$) and spirituality ($t=0.76$), they did not
differ significantly. But female tend to be more optimistic and spiritual oriented than male.

➢ When male and female students of Modern Medicine were compared on the variable of life satisfaction ($t=0.06$) and spirituality ($t=0.26$) they did not differ significantly. While on the variable of explanatory life styles they did differ significantly ($t=2.36$, $p<0.05$) and the degree of optimism was found to be more in female.

➢ Among the Indigenous Medicine group, when male and female students were compared on the variable of life satisfaction ($t=0.10$) and explanatory life styles ($t=0.91$) they both did not differ significantly and were equally satisfied and optimistic. On the variable of spirituality male and female did not differ significantly ($t=0.61$), but female were more spiritual oriented.

➢ Among the students of Humanities, male and female did not differ significantly on the variable of life satisfaction ($t=0.76$). Also on the variable of explanatory life styles male and female did not differ significantly ($t=0.06$) when male and female were compared on the variable of spirituality, they did not differ significantly ($t=1.07$). But the tendency of spirituality was greater among female than male.