CHAPTER V

CONCLUSION AND FUTURE RESEARCH SUGGESTIONS

Most of the time, a doctor’s advice for successful aging is to follow the right path for the health maintenance, i.e., quit smoking, exercise regularly, and eat five times but in little quantity, consume fruits and vegetables everyday. In recent years the focus has been shifted from medicine to spiritual practice i.e., attending of worship places for prayer and performing meditation. Recent researches are integrating spirituality in treatment of illness and consequently to maintain health. Numerous studies have shown that faith and participation in religious services offer benefits for healthy aging. Strawbridge, Cohen, Shema, and Kaplan (1997) reported that people with a strong personal faith who regularly attend religious services generally have lower blood pressure; are less likely to suffer from depression; have a greater sense of well-being; have stronger immune systems; and live longer-23% longer.

Conclusions

The main significant findings of the present study are:

1. Significant difference existed among the mean scores of Hindu, Muslim and Christian subjects on well-being after two months.

2. Significant difference existed among the mean scores of Hindu, Muslim and Christian subjects on well-being after three months.

3. Significant difference existed in three phases of well-being of male subjects.

4. Significant difference existed in three phases of well-being of female subjects.

5. Significant difference existed in three phases of well-being of young old subjects.


7. Significant difference existed in three phases of well-being of Hindu subjects.

9. Significant difference existed in three phases of well-being of Muslim subjects.

10. Significant difference existed between the frequency of male and female subjects on attachment to religious belief system.

11. Significant difference was found among the frequency of Hindu, Muslim and Christian subjects on attending organized service of Church, Mosque and Temple.

12. Significant difference was found between the frequency of male and female subjects on the strength of religious belief system when compared to others.

13. Significant difference was found among the frequency of Hindu, Muslim and Christian subjects on the practice of meditation.

14. Significant difference was found among the frequency of Hindu, Muslim and Christian subjects in response on the relationship between spirituality and well-being.

Further research suggestions

The researcher felt that certain limitations which are inevitably a part of exploratory research are contained in this study. When the researcher entered into actual research, it was like entering in a new world. What I had studied in books was very different from reality. The following research themes appear exciting to the researcher on the basis of his experience in the field.

1. In the present study the investigator took religious and spiritual practices as one variable to enhance well-being of the institutionalized elderly. It is better to conduct a study in order to examine the effect of religious practices and spiritual practices as two independent variables on well-being of the elderly. From the findings of such a
study it is possible to find out which variable has more effect on well-being than other.

2. In the present study the investigator studied effect of religious and spiritual practices on well-being of the elderly. This study is based on a single group and measured the progress of well-being in various phases. It will be useful to study the effect of meditation, prayer, fasting and pilgrimage on well-being of three groups of elderly subjects i.e. young old, old and old-old.

3. It is very difficult to quantify religious and spiritual behaviour and religious and spiritual practices as a dimension of ‘spiritual psychology’. It will be useful to develop proper measurement tools.

4. There is a need to understand the relationship between religiosity and spirituality and to find out how to enhance spirituality through religious practices.

5. Old age homes are growing rapidly. Inmates of these institutions are suffering from various problems. It would be helpful to identify various psycho-socio-economical strategies which may help them in improving quality of life.