

ATTITUDE TOWARDS SPIRITUALITY AMONG COLLEGE STUDENTS ADOLESCENT WITH REGARDS TO REGIONS AND GENDER

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INTRODUCTION

Spirituality is additional internal characteristics that have been linked with life satisfaction. The significance of spirituality in everyday life has been supported by empirical studies in the past decade. Studies of spirituality and religiousness have generally reported modest positive correlations between internal characteristics and subjective well-being including life satisfaction (Kelley & Miller, 2007; Zuling, Ward, & Horn, 2006). A growing body of research suggests that spirituality is related to various outcomes, including physical health, mental health and psychological well-being (Kelley & Miller, 2007).

Walker (1992) conducted a qualitative study on the benefits of spirituality for women. She defined spirituality as "a higher level of abstraction which transcends both the physical the emotional, and all other qualities in adult women. These qualities may include religiosity intellectual interests, beliefs, and attitudes". Benefits of spirituality were examined in three areas: personally, in the family, and in friendships. Two common themes discovered in all three of these areas were first Foundation, and second Relationship/Common Bond. Foundation referred to a reference point and a baseline from which to proceed and evolve. This lends support to the view of spirituality as a movement toward connectedness, and suggests there is an inherent human desire for meaning and purpose.

Lauver (2000) discusses women's spirituality and its relationship with health. She writes about spirituality as community and advocates for connection with self, other women, and one's community in the cultivation of spirituality. She also emphasizes the centrality of experience to women's spirituality stating: "as women reconstruct rituals, language, and symbols based on their experiences, they value and affirm these experiences. A related assumption is a fundamental honoring of the goodness of women's bodies and their functions". Louver further articulates the spirituality is viewed holistically, with women's bodies being the means through which life is experienced.

It is human nature to want to progress however people must concentrate on and develop the human, spiritual and social characteristics of progress i.e. termed as non material progress rather than focusing on materialism. Because psychological comfort which materialism has failed to provide is attainable through spiritualism (Williams, 1991). Indian religious philosophy especially of the Hinduism is of the view that life of spirit is more important than material comforts for having peace in life.

Diener, Lucns, Oishi & suh (2002) in a two large international studies of subjective well-being, examined whether happy and unhappy individuals weighted 8 life domains (health, finances family, recreation religion-self and education) differently when constructing life satisfaction judgments. In both studies regression equations predicting life satisfaction showed that there were significant interaction between happiness and a person's best domain and between happiness and a person's work domain.

OBJECTIVES

- (1) To study and compare attitude towards spirituality between Hindu and Muslim college students adolescent.
- (2) To study and compare attitude towards spirituality between Hindu male and female college students adolescent.
- (3) To study and compare attitude towards spirituality between Muslim male and female college students adolescent.
- (4) To study and compare attitude towards spirituality between Hindu and Muslim male college students adolescent.
- (5) To study and compare attitude towards spirituality between Hindu and Muslim female college students adolescent.

HYPOTHESIS

Ho₁ There will be no significant difference between Hindu and Muslim college students adolescent with regards to attitude towards spirituality.

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Ho₂ There will be no significant difference between Hindu male and female college students adolescent with regards to attitude towards spirituality.

Ho₃ There will be no significant difference between Muslim male and female college students adolescent with regards to attitude towards spirituality.

Ho₄ There will be no significant difference between Hindu and Muslim male college students adolescent with regards to attitude towards spirituality.

Ho₅ There will be no significant difference between Hindu and Muslim female college students adolescent with regards to attitude towards spirituality.

SAMPLE

In present research total 120 college students randomly selected from the Kanoriya Centre for Medical Education Ahmedabad. Total sample was categorized such as 30 Hindu male, 30 Hindu female, 30 Muslim male and 30 Muslim female.

VARIABLES

In present research religion and gender of participants were considered as independent variables and scores of attitude towards spirituality was considered as dependent variables.

TOOL

In present research spiritual attitude scale by (USACHPPM) US Army Center for Health Promotion and Preventive Medicine was used for data collection. Detail about reliability and validity were not available but so many researchers have used this scale in their research. So it is highly reliable and valid for measure the attitude towards spirituality.

PROCEDURE

The data for the research was collected by the students enrolled in the UG course in the Kanoriya Centre for Medical Education Ahmedabad. The students were instructed properly about the work they had to do. All the efforts were made to make the testing situation as objective as possible. They were further told that responses they have given on attitude towards spirituality scale were exclusively for research purpose only and would be kept confidential. After completion the data collection scoring was done by the scoring key of the scale.

STATISTICAL ANALYSIS

To analyze the data t-test was used.

RESULTS AND DISCUSSION

Table No. 1

Showing mean, SD and t value of attitude towards spirituality of Hindu and Muslim college students

Group	N	Mean	SD	t value	Level of significance
Hindu College students	60	96.63	10.97	2.36	0.05
Muslim College students	60	101.4	11.08		

Tabulated value of 't'

at 0.01 level of significant = 2.62

at 0.05 level of significant = 1.98

Table No. 1 shows the t value of attitude towards spirituality of Hindu and Muslim college students was 2.36 which is significant at 0.05 level. It means Hindu college students were significantly differed as compare to Muslim college students with regards to attitude towards spirituality. The mean scores of Hindu college students on attitude towards spirituality was 96.63 with 10.97 SD and mean scores of Muslim college students on attitude towards spirituality was 101.4 with 11.08 SD. Here Muslim college students have more positive attitude towards spirituality than Hindu college students.

Table No. 2

Showing mean, SD and t value of attitude towards spirituality of Hindu male and female college students

Group	N	Mean	SD	t value	Level of significance
Hindu male college students	30	92.22	23.71	0.24	NS
Hindu female college students	30	91.03	24.58		

Tabulated value of 't'

at 0.01 level of significant = 2.66

at 0.05 level of significant = 2.00

Table No. 2 shows the t value of attitude towards spirituality of Hindu male and female college students was 0.24 which is not significant. It means Hindu male college students were not significantly differed as compare to Hindu female college students with regards to attitude towards spirituality. The mean scores of Hindu male college students on attitude towards spirituality was 92.22 with 23.71 SD and mean scores of Hindu female college students on attitude towards spirituality was 91.03 with 24.58 SD.

Table No. 3

Showing mean, SD and t value of attitude towards spirituality of Muslim male and female college students

Group	N	Mean	SD	t value	Level of significance
Muslim male college students	30	106	12.07	3.14	0.01
Muslim female college students	30	96.80	7.77		

Table No. 3 shows the t value of attitude towards spirituality of Muslim male and female college students was 3.14 which is significant at 0.01 level. It means Muslim male college students were significantly differed as compare to Muslim female college students with regards to attitude towards spirituality. The mean scores of Muslim male college students on attitude towards spirituality was 106 with 12.07 SD and mean scores of Muslim female college students on attitude towards spirituality was 96.80 with 7.77 SD. Here Muslim male college students have more positive attitude towards spirituality than Muslim female college students.

Table No. 4

Showing mean, SD and t value of attitude towards spirituality of Hindu and Muslim male college students

Group	N	Mean	SD	t value	Level of significance
Hindu male college students	30	94.43	9.99	4.59	0.01
Muslim male college students	30	106	12.07		

Table No. 4 shows the t value of attitude towards spirituality of Hindu male and Muslim male college students was 4.59 which is significant at 0.01 level. It means Hindu male college students were significantly differed as compare to Muslim male college students with regards to attitude towards spirituality. The mean scores of Hindu male college students on attitude towards spirituality was 94.43 with 9.99 SD and mean scores of Muslim male college students on attitude towards spirituality was 106 with 12.07 SD. Here Muslim male college students have more positive attitude towards spirituality than Hindu male college students.

Table No. 5

Showing mean, SD and t value of attitude towards spirituality of Hindu and Muslim female college students

Group	N	Mean	SD	t value	Level of significance
Hindu female college students	30	98.83	11.61	0.76	NS
Muslim female college students	30	96.80	7.77		

Table No. 5 shows the t value of attitude towards spirituality of Hindu and Muslim female college students was 0.76 which is not significant. It means Hindu female college students were not significantly differed as compare to Muslim female college students with regards to attitude towards spirituality. The mean scores of Hindu female college students on attitude towards spirituality was 98.83 with 11.61 SD and mean scores of Muslim female college students on attitude towards spirituality was 96.80 with 7.77 SD.

CONCLUSIONS

- (1) Muslim college students have more positive attitude towards spirituality than Hindu college students.
- (2) Hindu male college students were not significantly differed as compare to Hindu female college students with regards to attitude towards spirituality

- (3) Muslim male college students have more positive attitude towards spirituality than Muslim female college students.
- (4) Muslim male college students have more positive attitude towards spirituality than Hindu male college students.
- (5) Hindu female college students were not significantly differed as compare to Muslim female college students with regards to attitude towards spirituality.

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