

# Spiritual Well-Being Among Undergraduates of Different Streams; An Explanatory study

Ms.Sindhu.V<sup>1</sup>, Dr.Maheshbabu.N<sup>2</sup>

<sup>1</sup>II M.Sc. student from Department of PG Psychology, SDM College, Ujire.  
email: sindhutdh@gmail.com.

<sup>2</sup>Assistant Professor, Department of PG Psychology, SDM College, Ujire.  
email: madhupratihasta@sdmcujire.in.

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**Abstract:** Spiritual well-being is an integral part of mental, emotional and physical health. The present study aims to know the level of spiritual well-being among undergraduates of different streams i.e. B.Sc., B. Com, and B.A by both quantitative and qualitative analysis. About 50 participants were taken for the study pursuing their degree, of different streams from SDM college, Ujire. The tools used for the study is spiritual well-being scale developed by R.F. Paloutzian and Ellison.C.W. The sampling method used is purposive sampling and survey sampling research design used. The questions for qualitative study consists of 11. The paradigm used here is constructivism. The method used is semi-structured interview. The Statistical analysis used for quantitative analysis is Independent Sample t-test and One-Way Analysis of Variance and for quantitative analysis Chi-square test is used to find the independence of attributes 4 pair of questions taken for the study. Percentage analysis is done for each question. The study reveals that, there is no significant difference in spiritual well-being across gender. Also, there is no significant difference of spiritual well-being among B.Sc. B. Com and B.A Students. The participants have good existential well-being than religious well-being. The study can be implied in the field of education to know spiritual well-being of individual and reduce misconception in them.

**Keywords:** Spiritual Well-Being, Undergraduates of Different Streams.

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## 1. INTRODUCTION

Spiritual Psychology is an innovative branch of psychology that examines man in his integrity- as a complex system consisting of his spirit, soul and body <sup>[1]</sup>. Few individuals think that, to be good is not enough, they want to explore and reflect human virtues or purpose of human life. Spirituality is beyond the reach of Individuals as it does not seek to fulfil social or moral mandates, but explains the highest expression of values <sup>[2]</sup>. Spirituality is a part of an Individual that helps find meaning, connectedness and purpose in life. It can include the practice of a philosophy, religion, or way of living. During difficult times, people often look for meaning and connectedness in the greater scheme of things to help them understand and cope with their experience. Serious illness can be one of those times. Several psychologists have proposed models in which religious experiences are part of a process of transformation of the self. Based on his study of Christianity, Hinduism, Buddhism, Gnosticism, Taoism, and other traditions, Jung perceived that this journey of transformation is at the mystical heart of all religions. It is a journey to meet the self and at the same time to meet the Divine <sup>[3]</sup>. Unlike Sigmund Freud, Jung thought spiritual experience was essential to our well-being. The notion of the numinous was an important concept in the writings of Carl Jung. Jung regarded numinous experiences as fundamental to an understanding of the individuation process because of their association with experiences of synchronicity in which the presence of archetypes is felt <sup>[4]</sup>. McNamara proposes that religious experiences may help in "decentring" the self, and transform it into an integral self which is closer to an ideal self <sup>[5]</sup>. Transpersonal psychology is a school of psychology that studies the transpersonal, self-transcendent or spiritual aspects of the human experience. Issues considered in transpersonal psychology include spiritual self-development, peak experiences, mystical experiences, systemic trance and other metaphysical experiences of living <sup>[6]</sup>. Young Adults (20-40years) where their physical conditions peaks, then declines slightly and life style choices influence health, cognitive developments and moral judgements assume more

complexity, education and career choices are made but changes in personality may be influenced by life stages and events<sup>[7]</sup>. No direct causal link has been established, but findings have shown that religious involvement is correlated with better physical and mental health, including better sleep, lower blood pressure, and an overall lower rate of mortality. Higher level of spirituality helps to increase compassion, strengthened relationships, and improved self-esteem. Studies shows that the brain may react in similar ways to diverse spiritual experiences. When people describe that they felt oneness, infinity, or connection to a higher power, people had less activity in the inferior parietal lobe, usually active during representations of oneself in space or time, indicating people temporarily lose their sense of self during spiritual experiences<sup>[8]</sup>.

## 2. METHOD

**Aim:** To study the level of spiritual well-being among undergraduates of different streams i.e. B.Sc., B. Com, and B.A.

### Hypothesis:

- There is no significant difference between male and female on spiritual well-being.
- There is no significant difference between undergraduates of different streams on spiritual well-being.

**Independent variable:** Gender and participants of different streams i.e. B.Sc., B. Com and B.A

**Dependent variable:** Spirituality well-being.

### Sample

The participants are from SDM college, ujire perusing their Bachelor's degree in different streams i.e. B.Sc., B. Com and B.A of age 18 to 21 years.

**Operational statement:** the participants are from different parts of Karnataka but resided in ujire for 3 years for the purpose of studies.

### Research Design

Research was explanatory in nature. The sample adopted for quantitative study is purposive sampling method and survey sample research design used and for qualitative study semi-structure interview method used to collect the necessary data from the participants.

### Tools

The tools used for the study is spiritual well-being scale developed by R.F. Paloutzian and Ellison.C. W which includes two sub-scale of 10 items each alternatively placed i.e. religious well-being and existential well-being. As an index of internal consistency, the alpha coefficients found were 0.89 for the general index, 0.87 for the subscale of RWB and 0.78 for the subscale of EWB. The magnitude of these coefficients suggests that the SWBS has high reliability and internal consistency.

### Procedure

The purpose of the study was explained to the participants in detail and informed consent was taken. The socio demographic details were collected, Spiritual well-being scale developed by R.F. Paloutzian and Ellison.C. W was administered with clear instructions. Responses of the participants on the scale were scored and interpreted by referring to the scoring key. Later, the questions which included both religious and existential well-being with yes or no options was framed which consisted of 11, which was in Yes or No format, was given to the participants and discussed on the same in detail. Later, data analysis is done using the software SPSS.

### Scoring

**Quantitative study:** The subscales of spiritual well-being i.e. religious well-being and existential well-being is placed alternatively. There were both positive and negative statements, which were scored as 1,2,3,4,5,6 and 6,5,4,3,2,1.

**Qualitative study:** there were 11 question i.e. religious well-being had about 6 questions and existential well-being had about 5 questions. Percentage analysis was done for each question based on the responses provided.

**Statistical analysis**

The statistical analysis used for the study is Independent sample t-test, one-way Analysis of variance and chi-square test.

**3. RESULT AND DISCUSSION****Part 1 of analysis**

**Table 1 shows the results of mean, SD, t-value, significance in religious well-being, existential well-being and spiritual well-being (overall) across gender.**

	Groups	Mean	SD	T	Significance value
<b>Religious Well-being</b>	Male	37.36	9.600	0.597	0.443
	Female	46.28	6.976		
<b>Existential well-being</b>	Male	37.08	4.434	0.071	0.792
	Female	38.92	4.010		
<b>Spiritual well-being (overall)</b>	Male	74.04	11.230	0.457	0.502
	Female	85.80	9.496		

Table shows, religious well-being, existential well-being and spiritual well-being (overall) does not differ significantly among males and females. However, mean scores indicate that religious well-being is higher among females (mean=46.28, SD=6.976) than males (MEAN= 37.36, SD=9.600) with a t-value 0.597, Existential well-being is higher among females (mean=38.92, SD=4.010) than male (mean=37.08, SD=4.434) with a t-value 0.071 and overall Spiritual well-being is higher among females (mean=85.80, SD= 9.496) than males (mean=74.04, SD=11.230). The results indicate that female have higher spiritual well-being than male and there is no significant gender difference.

A study done by Esa Jafari and others (2010) on “Spiritual well-being and mental health in university students” findings of the study supports the present study that spiritual and existential well-being in females was significantly higher than in males<sup>[9]</sup>.

**Table 2: mean and standard deviation of undergraduates of different streams**

Streams	N	Mean	SD
<b>B.Sc</b>	19	77.32	11.304
<b>B.Com</b>	15	79.25	9.983
<b>B.A</b>	16	83.93	14.007
<b>Total</b>	50	79.92	11.884

**Table 4:one-way analysis of variance of undergraduates of different streams**

	Sum of squares	df	Mean square	F	Sig.
<b>Between Groups</b>	377.641	2	188.821	1.357	0.267
<b>Within groups</b>	6542.039	47	139.192		
<b>Total</b>	6919.680	49			

Mean scores indicate that the participants from B.Sc. streams have higher spiritual well-being compared to B. Com and B.A streams. The F value for spiritual well-being is 1.357 which is not significant. Hence, the null hypothesis which states there is no significant difference between undergraduates of different streams on spiritual well-being is accepted.

**Part 2 of analysis**

There 11 question of 2 subscales i.e. religious well-being consisting of 5 items and existential well-being consisting of 6 items where semi-structured interview was used for the participants of all streams i.e. B.Sc. (out of 19 Participants), B. Com (out of 15 Participants) and B.A(out of 16 Participants).

No.	Questions	B.Sc	B.A	B.com
<b>Religious well-being</b>				
1.	According to you Spirituality is “worshipping god, performing rituals, matters related to soul, birth and death	42%	40%	31%
2.	“Do you believe in Gods as an individual and not somebody’s perspective”	63%	93%	81%
3.	“Do you believe in existence of God	68%	80%	75%
4.	Do you feel good and relaxed after going to temple, Church, Mosque etc., than any other place?	79%	93%	81%
5.	Are you afraid of doing a mistake due to the belief that God would punish you and you would face many problems and loose your comfortable life	83%	75%	73%
6.	“Do you believe in Hypnosis, Rekhi, chakra as an individual not in somebody’s perspective”?	39%	40%	25%
<b>Existential well-being</b>				
7.	Do you believe in hope of tomorrow	89%	87%	81%
8.	Do you feel your present life is full of restrictions”?	26%	20%	19%
9.	Is your interpersonal relationship good with peers, family?	74%	67%	81%
10	Are you worried about your future life	53%	33%	31%
11.	Are you afraid of making decisions on your own”?	5%	12%	20%

**Response of the participants, the reason behind agree and disagree:****Religious well-being**

Few participants said that the they see God in work, let the devotion remain in heart, they have experienced God helping them in difficult situations and few participants said that they do believe in hypnosis but few of them misuse and would feel positive visiting temple. Few participants reported that they follow parents and reason not known behind the religious practices.

**Existential well-being**

Participants said that there are not afraid to make decisions and lose hope of tomorrow as they are very confident about their own decisions and aware of to deal with their career and upcoming difficulties. All the participants’ interpersonal relationship is good and able to manage in difficulties.

**Chi-square test**

Non-parametric chi-square test is used to find the independence of attributes 4 pair of questions taken for the study namely,

1. “Do you believe in existence of God”? and “Are you afraid of doing a mistake due to the belief that God would punish you and you would face many problems and loose your comfortable life”?
2. “According to you Spirituality is “worshiping god, performing rituals, matters related to soul, birth and death” and “Do you feel good and relaxed after going to temple, Church, Mosque etc., than any other place”?
3. “Are you worried about your future life? and “Are you afraid of making decisions on your own”?
4. Do you believe in hope of tomorrow? and “Do you feel your present life is full of restrictions”?

The findings revealed that there is a significant difference in all the streams for the question 1 and there is no significant difference in all the streams for the question 2, 3 and 4. This indicates that there are participants still feel good going to temple but not believe in existence of God. Participants can manage and handle the current situation and challenges they come across in their life.

#### 4. CONCLUSION

There is no significant difference among undergraduates of all streams i.e. B.Sc, B. Com and B.A across gender. The study on the whole mean scores indicate spiritual well-being is higher in female compared to male. The existential well-being is more among the participants compared to religious well-being.

**Limitations:** Sample size is small; Data collection was not random; Participants selected only from one college.

**Implication:** The present study helps in educational setting, counselling, future research, said to students the reason behind every practice instead blindly following the practices, enhancing the existential well-being and spiritual well-being as both are important in an Individuals life.

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