



A STUDY OF SPIRITUALITY AMONG MALE AND FEMALE ADULTS

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Abstract

The present study is investigating the gender difference of male and female adults on spirituality. The sample consisted of 120 subject selected through the random sampling method. The age range between of 26 to 35, included in these sample 60 male adults and 60 female adults respectively. For the purpose of these study two psychological tests is used. Spirituality Scale developed Biswas & Biswas is used for this study. For the Statistical analysis t test is employed. Results indicate there is significantly difference between male and female adults on dependent variable spirituality.

Keywords: Spirituality and Adults.

Introduction:

Spirituality has many definitions, but at its core spirituality helps to give your life context. It's not necessarily connected to a specific belief system or even religious worship. Instead, it arises from your connection with yourself and with others, the development of your personal value system, and your search for meaning in life.

Spirituality is an integral part of the health and wellbeing of every individual. Spirituality means believing in a power operating in the universe greater than oneself; it involves a sense of interconnectedness with all living creature and an awareness of the purpose and meaning of life. Spirituality is an individual, personalized set of beliefs and practices that are not church related. Spirituality has become particularly interesting to specialized caregivers working with clients suffering from diseases, illness, chronic pain, trauma, the challenges of dying and processes of grief and bereavement. "Spirituality is a way of being and experiencing that comes about through awareness of a transcendent dimension and that is characterized by certain identifiable values in regard to self, others, nature, life and whatever one considers being the ultimate". Student leadership locations are not new aspects of higher education. For years, students have been given prospects to lead their college campuses in various capacities; however, little attention has been paid to the spiritual implications and opportunities for student growth within these roles.

Spirituality and religion are fundamental to many people's lives, health and wellbeing and are crucial for the effective delivery of holistic and person-centered care



because they address issues of hope, meaning and purpose. There has been a growing interest in spirituality within healthcare practice, research and policy, viewed now as an ethical obligation of professional care. Within psychiatry, attitudes have changed as the profession has become more accepting of the spiritual and religious concerns of patients. In 2015, the Executive Committee of the World Psychiatric Association accepted a position statement that the consideration of patients' spirituality, religious beliefs and practices and their relationship to the diagnosis and treatment of psychiatric disorders should be considered as essential components of psychiatric history taking, training and professional development. Spirituality refers to the diverse and personal ways people seek meaning, purpose and connection in their lives. Spirituality is often understood in a broader and more personally-defined way than religion, which is described as a system of faith or worship which seeks to understand the world and includes a transcendent being or beings and a metanarrative

Review of Literature:

Barbara J. Williams (2012). Spirituality is multifaceted as it is a nonphysical meaning placed upon existence and is unique to each individual. This exclusivity makes it difficult to measure or analyze, but the need remains to discover answers to questions regarding spirituality, human life, and its factors. This exploratory, pilot study involved interviewing three older adults to address issues of individual perceptions of spirituality, integration of spirituality in daily life, and utilization of spirituality to address individual needs. Thematic results indicate spirituality is a principle-based and intrinsic factor integrated into daily life. It involves motivation and meaning as spirituality addresses personal needs by providing strength and inspiration. Finally, spirituality affects chosen occupations by providing a sense of purpose.

Derek G. Turesky & Jessica M. Schultz (2010). Older adults may face many existentially related developmental challenges such as confronting their own death, forgiveness, coping with the loss of others, finding meaning and purpose in life, physical illness and limitations, decreases in social support networks, and adjustment to retirement. This article explores the unique developmental spiritual needs and changes among older adults. Several developmental contextual models related to these unique spiritual changes in older adulthood are discussed. The impact of spirituality and religion on the physical and mental health of older adults is also examined. Finally, several techniques to integrate spiritual and religious issues into counseling with older adult clients are delineated along with an illustrative case example.

Paul Wink and Michele Dillon (2002). Longitudinal data spanning early (30s) and older (late 60s/mid-70s) adulthood were used to study spiritual development across



the adult life course in a sample of men and women belonging to a younger (born 1928/29) and an older (born 1920/21) age cohort. All participants, irrespective of gender and cohort, increased significantly in spirituality between late middle (mid-50s/early 60s) and older adulthood. Members of the younger cohort increased in spirituality throughout the adult life cycle. In the second half of adulthood, women increased more rapidly in spirituality than men. Spiritual involvement in older age was predicted by religious involvement and personality characteristics in early adulthood and subsequent experiences of negative life events.

Objectives of the study:

- 1) To study spirituality of male and female adults.

Hypothesis:

- 1) There will be significant difference between female and male adults on spirituality.

Operational Definition:

1) Spirituality:

Spirituality can be thought of the personal, internal, and emotional expression of the sacred and is assessed by peace and comfort derived from faith, spiritual well-being, spiritual or religious opting, and spiritual connectedness.

Sample:

The sample of the present study were consist of 120 male and female adults with the age group between 18 to 25 years from Aurangabad city which were classified equally in both sex's 60 male and 60 female adults. The random sampling techniques were used for selection the sample. The sample distribution is as follows.

Variables:

In the present study there were three variables included. Namely spirituality these are the dependent variables. The independent variable is gender of adults.

Research Design:

Descriptive research design is selected for this study. First stage of this research mean and SD is calculated from the data. Second stage independent sample t test method is used for statistical analysis.

Tools use for data collections:-

1. Spirituality Scale:

To measure spirituality of the subjects Spirituality Scale (Biswas & Biswas, 2006) was used. Spirituality items for this measure were developed after reviewing the work of Indian spiritualist leaders and philosophers. Four aspects of Indian spirituality

were found which shares commonality with others spiritual practices. They included centrality of God, ethical and moral values, and the cyclical nature of pain and pleasure in one's life and power of meditation. Based on spiritual literature, twenty two statements were written which described different aspect of spirituality in Indian context. These statements were presented to seven different individuals who were knowledgeable about Indian spiritual tradition and also practiced different methods of spiritual practices. Based on their feedback one item is dropped and few items were reworded to make it more meaningful. Thus, the final instrument consisted of 21 statements. All items were rated on four point rating scale ranging from strongly agree (4) to strongly disagree (1). The possible score range on the scale can be 21 to 84. The crookback alpha for the measure was 0.84.

Results & Discussion:

The total data sets obtained for Spirituality prepared scoring. For the each subjects initially data of age group were separately tabulated by employing frequency distribution and descriptive statistics. Find out the gender wise differences using a mean scores comparison and 't' test were and suitable statistical technique and calculations were carried out with the help of calculated and SPSS software was used.

Table No. 1
Mean, SD and T value of the adults on spirituality

Variable	Gender	N	Mean	SD	T value	Sig.
Spirituality	Male	50	43.20	11.55	3.70	0.01
	Female	50	52.60	12.30		

Above table shows mean differences of dependent variable spirituality among male and female adults. The result shows that the spirituality means score of the male and female adults respectively 43.20 and 52.60. The difference between two Mean is highly significant at the level of 0.01 ('t'= 3.75, df= 118) that's means Hypothesis No. 1. 'There will be significant difference between male and female adults on spirituality,' is accepted. That's mean female adults are more spiritual than the male adults.

Conclusion:

There is significant difference between male and female adults on spirituality. Female adults are more spiritual than the male adults.



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