



Emotional well being in adults with Spiritual and non spiritual style of life

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April, 2023.

*“A man isn't made of blood and bones
But of emotions and beliefs”*

Abstract

This study examines and compares the emotional well being with spiritual and non spiritual style of life in adults belonging to different age groups from 21 to 45 years, of different gender (male, female and belonging to LGBTQ+, with different marital status (single, married, divorced and married with kids) and coming from different income groups with the sample size of 164 participants, using Positive Affect Negative Affect Scale (PANAS) as a measuring tool in a quantitative process of data collection and by conducting t test find that there is minimal difference in positive emotions adults with spiritual and non spiritual style of life but differences can also be observed when compared the negative emotions of Spiritual and Non Spiritual adults where the scores of Spirituals adults are high too. Also with relation to variables of age, gender, marital status and income groups it can be said that emotional well being is not only dependent on the style of life that one practises whether it is spiritual or non spiritual but also other related factors and variables such as age, gender, marital status and economic status.

Keywords - emotional well being, spiritual, non spiritual, age, gender, marital status, income groups

Introduction

In adults, emotional well being can be described as one's ability to produce a variety of positive emotions, moods, thoughts, and feelings, and adaptation of it when confronted with adversity and stressful situations (National Center for Emotional Wellness,, 1946). Also when one manages the many different elements of one's life and works with a range of emotions, without losing control and is able to bounce back from the tough time. When an adult is mindful of his actions and, who connects and understands other people's feelings and is humble enough to communicate his thoughts and perspectives without making the other person feel humiliated or by letting him down (Garling, Gamble, Fors, Hjerm, 2014). He who works towards a balanced life where he gives equal importance to his work, family and is able to get time for fun, relaxation and sleep for himself as these are also an important aspects of life and is resilient when it comes to navigate through stress and other challenging life events in life and is always hopeful when it comes in taking life decisions can be said as an emotionally healthy adult. An Emotionally healthy adult allows oneself to manage the emotions or feelings that are negative while focusing on the positive emotions that one may encounter in a given situation which helps to build strong relationships with those around us.

Concept of Spiritual Adult and Non Spiritual Adult

A spiritual adult can be defined as one who understands that all beings are interconnected, diverse and unique. We are all born in the "image" and "likeness" of God or the Sacred power, with the capability to discover that potential. An individual who is in the search in the meaning of life, to connect with the transcendental reality, and for the communion with the humanity and is thus operationalizing as the human with desire for transcendence, introspection, interconnectedness and the quest for wholeness or meaning in life which can be experienced either inside or outside of a specific religious context. (King & Boyatzis, 2015).

A non spiritual adult is a person who does not believe in supernatural beings, entities, or realms, a person who does not engage in religious behaviours, and a person who does not identify as religious and is neither a part of a member of religious community and one who does not owe his moral values to any religion. A non spiritual adult is to maintain a naturalistic worldview in which belief in anything is always proportioned to the evidence available and derive principle from the material world.

Rationale of the Study

This is important to study because here are the two contradicting views about lifestyle and how adults strongly believe in their way of life as a right approach. And how does this impact their emotional well being would help us in understanding the challenges faced by different styles of life and the satisfaction they get with choices they make.

Objectives

1. To identify emotional well being in adults with a spiritual and non spiritual style of life.
2. To study the difference in spiritual and non spiritual style of life.

Review of Literature

Nerelle Poroch, Kerry Arabena, et. al. (2009), conducted a study on aboriginal population of Australia to understand their spiritual way of life and how it affects their emotional well being with a population between 25 to 60 years using a questionnaire for face-to-face interviews after conducting a pilot test for cultural appropriateness, clarity and meaning (Woodward & Chambers, 1980) and then approached a qualitative means of case study analysis and personal interviews and data was analysed using thematic extraction which showed that spirituality and spiritual practices enhanced and promoted their emotional well being.

McEwan, A., Tsey, K., (2009), at Yarrabah, conducted a research on how connection between spirituality and emotional well being has been impacted by Family Wellbeing Program. A qualitative research method of interviews was conducted and the analysed data reported the outcomes where connection, attitudes, beliefs and behaviour were associated with spirituality which reveals that this program's positive impact i.e. improved relationships with family, empathy, a sense of calm, peace and healing strongly resonates with the concept of spirituality.

Bartz, et. al. (2015), researched on how when engaged with spiritual practices and guided spiritual imagery the level of oxytocin in the body increases and results in positive emotional responses which they observed when participants implicit more positive affect to the artificial words which were given to them and thus results showed that the affiliated positive emotional well being was observed in adults who went through the spiritual practices than the ones who did not go.

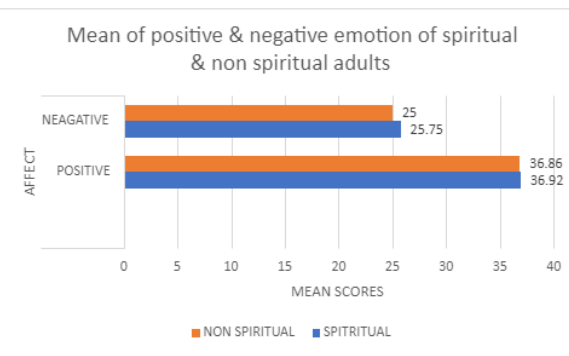
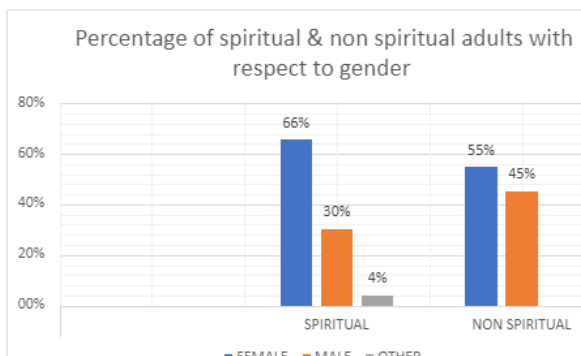
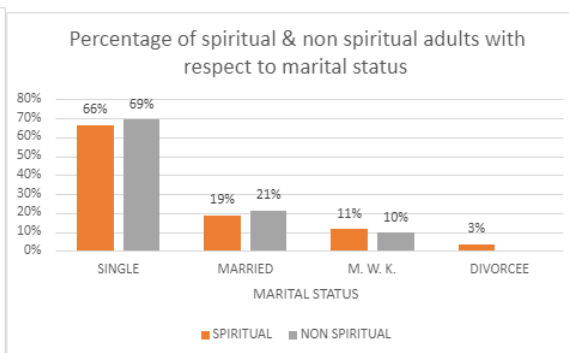
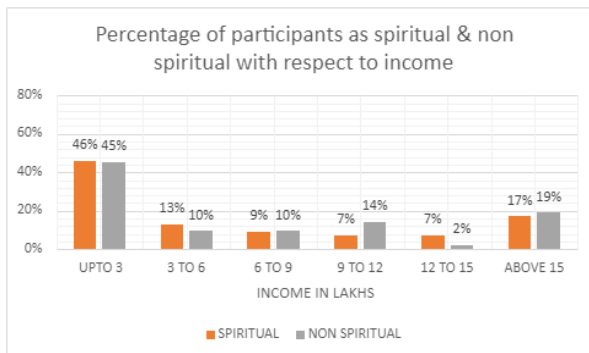
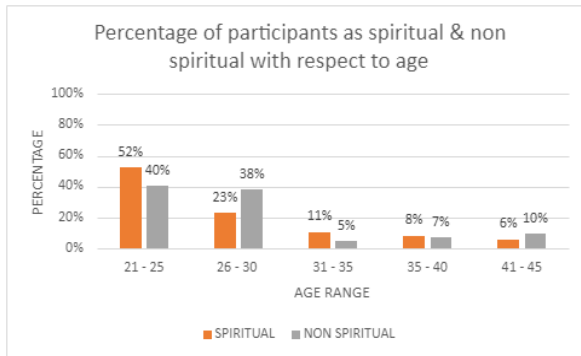
Methodology

It is a comparative research method design used for measuring Emotional Well Being in Spiritual and Non Spiritual adults, where the data is collected by quantitative way by Purposive method of sampling by means of questionnaire using Positive Affect Negative Affect Scale (PANAS) in both soft and hard copies in the corporate offices and various business houses in Mumbai and also floated among students, homemakers, and early retirement or job seeking adults for understanding emotional well being whereas the spiritual aspect is self observed whether one perceives oneself as spiritual or non spiritual and the data is analysed in both quantitative and qualitative methods. All the participants belonged between the age group of 18 to 45 with a sample size of 164 participants being male, female and LGBTQ+ and none of them suffered from any mental disorder or suffering living in Mumbai.

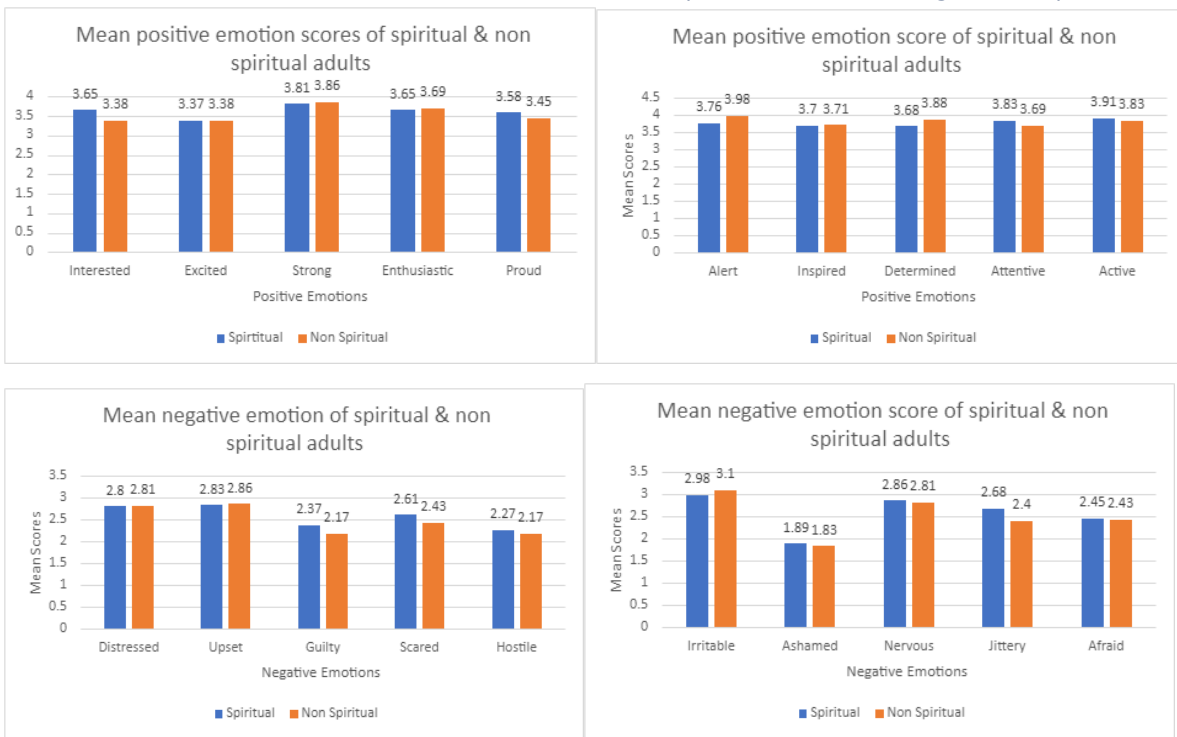
Null Hypothesis

1. There is no significant difference between spiritual and non spiritual style of life in relation to emotional well being.

Results and Discussion



Research Through Innovation



Analysis of Data

By comparing the mean of positive and negative emotions of adults with Spiritual and Non Spiritual style of life and by conducting the z test on the collected data we find the following:

	Mean	SD	z-test	p-value	Significance
Positive emotions in spiritual participants	3.68	0.646	-0.054	0.957	Non-Significant at 5% confidence level (2-tailed)
Positive emotions in non-spiritual participants	3.69	0.621	-0.055	0.956	Non-Significant at 5% confidence level (2-tailed)
Negative emotions in Spiritual participants	2.57	0.597	0.713	0.477	Significant at 5% confidence level (2-tailed)

Negative emotions in non-spiritual participants	2.5	0.546	0.745	0.459	Significant at 5% confidence level (2-tailed)
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The above z test score indicates that the difference between the positive and negative emotion scores in spiritual and non spiritual adults is not much significant. Thus we can say that although the positive emotions in spiritual adults may be marginally higher than non spiritual adults but with relation to negative emotions too the spiritual adults are higher than the non spiritual participants. Hence it can be said that there is a relationship between the emotional well being and spiritual and non spiritual style of life. Thus our hypothesis is accepted.

Conclusion

We can conclude based on the study that the style of life that one chooses does have an impact on one's emotional wellbeing. Positive emotions like "interest" in the tasks and activities one performs, "active" participation in events and work, "attentive" while listening or during a course of action or taking "pride" in things they do or having pride in their life decisions is seen higher among the spiritual adults whereas positive emotions like being "alert" with their present course of activity or "determined" to achieve their goals or being "inspired" for their future goals, or showing "strength" when it comes to making tough decisions and emotions like being "enthusiastic" or "excited" for the starting anything new or completing tasks at hand can be observed in adults with non spiritual style of life.

The negative emotions like holding oneself in "guilt" for a long time, "scared" or "nervous" or "afraid" for how future turns up or how things may not work, "hostile" or to hold grudge or strong feelings towards someone and not letting that go, or its whether being "ashamed" of oneself or one's deeds of past and can't get over that, "jittery" and keep worrying about what next would happen can be seen in adults with spiritual style of life whereas negative emotions like being "distressed", "upset" or "irritable" towards the turn of events or activities that one may not seem favourable to them or which isn't in the way they desired for it is higher among the adults who identify themselves as non spiritual.

Thus, from the above results and analysis we can conclude that although the spiritual adults may have a slight high positive emotions compared to non spiritual adults but the negative emotions too are higher than non spiritual adults. Hence we can say that although spirituality gives more frequent experiences to individuals to experience more positive emotions but when it comes to stressors or difficulties in life, the resilience in non spiritual adults to deal with the life stressors is more strong and are better able at maintaining the emotional equilibrium than the spiritual adults. Since we have found a relationship between the emotional well being and spiritual and non spiritual style of life we can say that the hypothesis is accepted.

References

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