

THE INTERNATIONAL JOURNAL OF HUMANITIES & SOCIAL STUDIES

A Study of Spirituality and Quality of Life in Relation to Psychological Well-Being among Adolescents Belonging to Urban and Rural Area

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Abstract:

Purpose of the present investigation was to study the role of Spirituality and Quality of Life in enhancing Psychological Well-Being of Adolescents. The sample comprised of 150 (75 Urban and 75 Rural) adolescent of Siwan (Bihar). Spirituality Scale (Biswas & Biswas, 2006) was used to measure Spirituality, Quality of Life Scale (Dubey et. al., 2007) was used for measuring quality of life and Well-Being Manifestation Measure Scale (Masse et. al., 1998) was used for measuring psychological well-being of adolescents. Pearson Product-Moment Correlation and t-test were used for analyzing the data by SPSS 16 software. Result showed that there was significant positive correlation between Spirituality and psychological well-being. Result also revealed that there was significant positive correlation between quality of life and psychological well-being. When group differences was conducted on same sample, it was found that Urban adolescents scored significantly higher on quality of life in comparison to Rural Adolescents. Further, it was also found that Urban adolescents scored significantly higher on psychological well being as compared to Rural Adolescents.

Keywords: Spirituality, Quality of Life, Psychological Well-Being and Adolescents.

1. Introduction

Present time is the age of modernization where, at one side, all type of facilities are available very easily and individuals want to achieve maximum success in their life than others for which they struggle round o'clock, while, on the other hand, physical and mental health problems are very common among adolescents and in general population, consequently, majority of the individuals are suffering from different types of physical and mental disorders such as, heart disease, hypertension, blood pressure, insomnia, anxiety, tension, depression etc. Therefore, there is a need to study on those psychological factors which enhance positive mental health and well-being of adolescents. Thus, the purpose of this study is to find the relationship between spirituality, quality of life and psychological well-being among adolescents. Spirituality and quality of life play important role in combating with stress and in enhancing positive mental health of individuals.

1.1. Psychological Well-Being

Psychological well-being is important with respect to how we function and adapt and with respect to whether our lives are satisfying and productive. Psychological well-being refers to how people evaluate their lives. According to Diener and Suh (1997), these evaluations may be in the form of cognitions or in the form of affect. The cognitive part is an information based appraisal of one's life that is when a person gives conscious evaluative judgments about one's satisfaction with life as a whole. The affective part is a hedonic evaluation guided by emotions and feelings such as frequency with which people experience pleasant/unpleasant moods in reaction to their lives. Kitchener and Jorm (2002) described psychological well-being as a state of mind with an absence of a mental disorder, from the perspective of positive psychology, it may include an individual's ability to enjoy life, and create a balance between life activities and efforts to achieve psychological resilience. Snyder and Lopez (2007) correctly proposed the formula: Happiness + Meaning = Well-being. Diener (1984, 2000) used the terms happiness and subjective well-being interchangeably, reflecting a hedonic perspective of subjective well-being. A eudemonic perspective of subjective well-being focuses on meaning and virtue (Waterman, 1993; Ryan & Huta, 2009). Huppert (2009) focused that "Psychological Well-being is about lives going well and it is the combination of feeling good and functioning effectively." Huppert (2009) further suggested that an individual with high Psychological Well-Being is happy, capable, well-supported, satisfied with professional and personal life.

1.2. Spirituality

Spirituality is important factor in relation to psychological well-being. Different researchers defined spirituality in different ways such as 'meaning in life', 'spiritual/ mystic experiences', spiritual practices, spiritual attitude etc. The commonly used definitions of spirituality are: (1) Integrating faith in God into one's life (Benson, Donahue, & Erickson, 1989), (2) Incorporating spiritual practices such as prayer, church attendance, and meditation into one's life (Carroll, 1993), (3) An independent, motivational personality trait

(Piedmont, 1999; McDonald, 2000), and (4) Experiencing a significant, life-altering event of religious content and nature (Legere, 1984).

One aspect through which spirituality may be understood is in terms of spiritual personality. Any person who possesses spiritual personality may keep his thoughts anchored, focused and disciplined. The essential characteristics of such persons are love, peace, and unity. A spiritual person's behavior is governed by the fundamental attributes of the divine character such as trustworthiness, righteousness, faithfulness, generosity, fear of God, and kindness. He has positive emotions, desires, and ideas. He is a whole person with a unifying pattern of thoughts and feelings that gives coherence to everything that he does. Husain (2012) identified two main components of spiritual personality i.e. noble attitude towards others and moral rectitude and developed a scale to measure the two dimensions of spiritual personality. Noble attitude refers to such divine attributes as trustworthiness, righteousness, faithfulness, generosity, fear of God, kindness, trustfulness, and living for the sake of others. Moral rectitude refers to the characteristics such as self-control, steadfastness, firmness and patience, purity, and satisfaction in life.

1.3. *Quality of Life*

The other important factor in relation to psychological well-being is quality of life. The quality of life is an important topic of research over the past two decades not only in the area of psychology, rehabilitation, health and social services but also in areas like medicine, education and working and non-working person's life. The World Health Organization (1995) defines Quality of Life as "an individual's perception of his/her position in life, in the context of culture and value systems in which he/she lives, and in his relation to his/her goals and expectations, standards and concerns". In other words, the term quality of life relates to the description and evaluation of the nature or conditions of life of people in a certain country or region. One of the most popular aggregate measures of the quality of life is the individual estimation of one's happiness. Happiness here is defined as the degree to which an individual judges the overall quality of her/his life as a whole favorably. The quality of life is a degree to which a person enjoys the important possibilities of his/her life. The quality of life should not be confused with the standard of living. The standard indicators of quality of life include not only wealth and employment but also the built environment, physical and mental health, education, recreation, leisure time and social belongings. Quality of life includes all of the emotions, experiences, appraisals, expectations and accomplishments that figure into a good life. It is found in studies that quality of life associated with health and wellbeing.

The purpose of present investigation is to study the spirituality and quality of life in relation to Psychological Well Being among adolescents.

1.4. *Objectives of the Study*

Following objectives were formulated for the present study:

- To find out the nature of relationship between Spirituality and Psychological Well Being.
- To find out the nature of relationship between Quality of life and Psychological Well Being.
- To find out the significance of difference between Urban and Rural adolescents on Spirituality.
- To find out the significance of difference between Urban and Rural adolescents on Quality of Life.
- To find out the significance of difference between Urban and Rural adolescents on Psychological Well Being.

2. Method

2.1. *Participants*

The sample of present research paper comprised of 150 (75 Urban and 75 Rural) undergraduate students studying in Z.A.I. College Siwan, Bihar. The sample were further comprised 40 males and 35 females in both Urban and Rural adolescents group. The random sampling technique was used for collecting data. Age of the subjects ranged between 20 to 24 years, the mean age being 22 years. All the adolescents belonged from middle and upper middle class socio-economic background.

2.2. *Instruments*

The following questionnaires were used for measuring Spirituality, Quality of Life and Psychological Well-being of the participants.

1. Spirituality Scale: To measure spirituality of the subjects Spirituality Scale (Biswas & Biswas, 2006) was used. The scale consists 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 Cronbach alpha for the measure was 0.84.

2. Quality of Life Scale: The Quality of Life Scale was developed by Dubey et. al. (2007). It consists 20 items. The scoring weights for each item ranges from 1-5 with the range of possible total scores from 20-100 respectively. Test-retest reliability of this scale was found 0.58, 0.87

3. Well-Being Manifestation Measure Scale: Well-Being Manifestation Measure Scale was used for measuring psychological well-being of students. It was developed by Masse et. al. (1998). It consists 25 items and rated on five-point scale with six factors or sub scale i.e. Self Esteem, Metal Balance, Social Involvement, Sociability, Control of Self and Events, and Happiness. Masse et. al. (1998) found an overall Cronbach's Alpha of .93 for the questionnaire, and range of .71 to 85 on the subscales.

2.3. *Analysis*

PearsonProduct Moment Correlation and t-test were used to analyze the data.

3. Results

Variables	Spirituality 'r'	Quality of Life 'r'
Psychological Well-Being		
Self Esteem	.212**	.373**
Mental Balance	.193*	.376**
Social Involvement	.264**	.402**
Sociability	.207*	.254**
Control of self and Events	.244**	.292**
Happiness	.198*	.332**
Composite Well-Being	.285**	.439**

Table 1: Showing the Correlation of Spirituality and Quality of Life with Different Dimensions of Psychological Well-being.

*correlation is significant at the 0.05 level.

**correlation is significant at the 0.01 level.

It is found from above table that there is significant positive correlation between spirituality and different dimensions of psychological well-being. Significant positive correlation is also found between quality of life and different dimensions of psychological well-being.

Variables	Group	N	Mean	S.D.	t-value	df	Sig.
Spirituality	Urban	75	66.04	10.97	1.60	148	NS
	Rural	75	63.35	9.46			
Quality of Life	Urban	75	74.48	5.59	2.43	148	.05
	Rural	75	72.16	6.07			

Table 2: Comparison of Urban and Rural Adolescents on Spirituality and Quality of Life scores. (N=150).

Table-2 shows that there is no any significant difference between Urban and Rural adolescents on Spirituality scores. Above table also shows that there is a significant difference between Urban and Rural adolescents on Quality of Life scores. In other words, Urban adolescents scored significantly higher on Quality of Life as compared to Rural adolescents.

Variables	Group	N	Mean	S.D.	t-value	df	Sig.
Self esteem	Urban	75	14.27	2.22	4.07	148	.01
	Rural	75	12.76	2.30			
Mental balance	Urban	75	15.53	2.89	1.25	148	NS
	Rural	75	15.03	1.95			
Social involvement	Urban	75	15.58	2.67	3.04	148	.01
	Rural	75	14.37	2.17			
Sociability	Urban	75	15.85	2.85	3.36	148	.01
	Rural	75	14.44	2.24			
Control of self and events	Urban	75	14.55	2.10	1.13	148	NS
	Rural	75	15.02	2.99			
Happiness	Urban	75	19.61	3.69	3.56	148	.01
	Rural	75	17.68	2.90			
Composite Well being	Urban	75	95.40	12.38	3.11	148	.01
	Rural	75	89.31	11.54			

Table 3: Comparison of Urban and Rural Adolescents on Different Dimensions of Psychological Well-being scores (N=150).

From the table-03, it is clear that there is significant difference between Urban and Rural adolescents on self-esteem, social involvement, sociability and happiness dimensions of Psychological well-being scores. In other words, Urban adolescents scored significantly higher on four dimensions of well-being (i.e. self-esteem, social involvement, sociability and happiness) as compared to Rural adolescents.

Similarly, the table also showed that there is significant difference between Urban and Rural adolescents on composite well-being scores. In other words, Urban adolescents scored significantly higher on composite well-being scores as compared to Rural adolescents.

4. Discussion

The present study aimed at both examining the relationship between Spirituality, Quality of Life and Psychological well-being among Urban and Rural adolescents, and as well as the group differences in Spirituality, Quality of Life and Psychological well-being among same sample.

The result in pertaining to correlation revealed that the significant positive correlation was found between spirituality and all dimensions of psychological well-being. It was also found that there was a significant positive correlation between spirituality and composite well-being. This is apparent from this result that spirituality is important factor for promoting psychological well-being of adolescents as it was positively related to psychological well-being.

Similarly, it was also found that there was a significant positive correlation between Quality of Life and all dimension of Psychological Well-being, as well as, it is also clear from the result that significant positive correlation was also found between Quality of Life and composite or total Well-being. On the basis of above results it may be said that Quality of Life is also other important factor for enhancing Psychological Well-being of adolescents as it was positively related to Psychological Well-being.

When group differences were investigated on above sample, the significant difference was found between Urban and Rural adolescents on only Quality of Life scores and no any significant difference was found on Spirituality score. It is clear from the results that Urban adolescents scored significantly higher on Quality of Life as compared to Rural adolescents. The reason may be that in Urban Area all types of facilities and opportunities are easily available for adolescent's development and growth that is why Urban adolescents have better quality of life in comparison to Rural adolescents. This study is supported by Sharma (2014), she also found in her study that Urban students have better quality of life in comparison to Rural students.

It was also found that there was significant difference between Urban and Rural adolescents on different dimensions of Psychological Well Being as well as composite Well-being. It is apparent from the results that Urban adolescents scored significantly higher on Psychological Well-being as compared to Rural adolescents. The reason may be that Urban adolescents are happier, capable, obtained more support from their parents and family, and generally more satisfied in comparison to Rural adolescents.

5. Conclusion

It is concluded that spirituality and quality of life play important role in enhancing psychological well-being of adolescents, as these two variables are positively correlated with psychological well-being. Similarly, it is concluded that Urban adolescents scored significantly higher on only quality of life as compared to rural adolescents. It is also concluded that Urban adolescents scored significantly higher on psychological well-being as compared to rural adolescents.

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