



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

Assess The Level Of Happiness And Spiritual Well-Being Among The Undergraduate Students Studying In Eternal University, Baru Sahib, District Sirmour, Himachal Pradesh.

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ABSTRACT:

Spiritual health is regarded as major dimension of human health and happiness plays a vital role in mental and physical health. Objective of the study was to assess the level of happiness and spiritual well-being among the undergraduate students studying in Eternal University, Baru Sahib, District Sirmour, Himachal Pradesh. 140 students selected by quota sampling technique for data collection and 2 standardized tools were used; the Oxford happiness questionnaire and spiritual experience index respectively. Results showed that 55% students were moderately happy, 45% were highly happy. In spiritual wellbeing 60.7% were moderately and 39.2% were highly spiritual well-being. There was a positive correlation between the level of happiness and spiritual well-being. There was a strong association of level of happiness with the course of study, type of family, type of spiritual activities and course of study. Happiness and spirituality both help to maintain the good health and help in individual's daily based performance. Most of the students having moderate level of happiness and spiritual well-being.

Key Words: Happiness, Spiritual well-being.

INTRODUCTION

Spirituality is a complete science that encompasses a thorough examination of the soul's basic character and its relationship to the outside world as well as to Universal Consciousness. Spirituality is also a journey, a self-discovery journey that leads not just within but also outside to the realization of the link. A person who is spiritually happy is aware of and accepting of oneself. They have no desire to impress or compete with others.

In philosophy happiness is translated from the Greek concept of Eudemonia and refers to the good life, or flourishing as opposed to an emotion. In psychology happiness is a mental or emotional state of wellbeing which can be defined by among other, positive or pleasant emotions ranging from contentment to intense joy. Mental health is the main component of health it is influenced by spiritual well-being and happiness. Because spiritual people have positive relationship, high self-esteem, are optimistic, and have meaning and purpose in life. Happiness helps to reduce stress have positives fact on health and happy people live long. So that we want to assess the level of happiness and spiritual well-being among under graduate students. Happiness and spirituality

both help to maintain the good health and help in individual's daily based performance. According to a growing amount of evidence, as we get happier, we become better people. We become more caring, creative, energetic, financially successful, emotionally and physically fit, and so on as we become happier. Due to these reasons researchers assessed the level of happiness and spiritual well-being because these two phenomenon are very important for our life.

A 2012 review of more than 326 peer-reviewed studies of mainly adult populations found that out of those 326 studies, 256 (79 %) found only significant positive associations between religiosity/spirituality and well-being. Religion's good impact on well-being, according to the author, can be explained by a few important processes, such as religion's position as a coping method and a support system for pro social actions. Furthermore, religious beliefs have the capacity to modify how people respond to stressors cognitively, and most faiths' rules reduce the likelihood of people facing exceptionally stressful life situations.

A study of the link between students' study habits, happiness, and sadness. The goal of this study was to see if there was a link between study habits, happiness, and depression among students at Isfahan University of Medical Sciences.

In this research stratified and random sampling techniques were used in which a sample of 100 students were selected .Data collection instruments were Beck depression inventory, Oxford Happiness inventory. Findings showed that 68.8% of students study less than 5 hours and only 2.5% of students study more than 10hour. 65% of Students had high amounts of happiness and 35% had medium amounts of happiness. In 60% of students there was no symptom of depression and 7.5% had depression.

MATERIALS AND METHODS:

Descriptive research design used in this study. Research Variables were level of happiness and spiritual wellbeing. This research was conducted in selected University, North India, (Eternal University, Baru Sahib, Himachal Pradesh). Total 140 undergraduate students from different streams like B.Sc. Nursing, B.Sc. Agriculture, B.Tech and B.Com taken by Quota sampling technique i.e. type of Non-probability technique, 3rd year students taken from the selected courses.

Tools for data collection: Part 1-Demographic variables of our study were age, educational stream, class, religion, occupation of father, occupation of mother, monthly income, parent's education, no. of siblings and type of family. **Part 2 Oxford Happiness Questionnaire-** It contains 29 statements to check the level of happiness. Maximum score was 174 and minimum score was 29. **Part 3- Spiritual Experience index-** It contains 38 statements to assess the level of spirituality in this scale maximum score was 228 and minimum score 38.

Data collection: Prior to data collection a written permission was obtained from principal of Akal College of Nursing, Dean of B.Tech, B.Sc. Agriculture and B.com, in March, 2018 at Eternal University, Baru Sahib. The data was collected from four stream students. Firstly explain about study purpose, the tool instructions after that 20 minutes given to students to fill the questionnaire according to instructions.

STATSTICAL ANALYSIS:

Analysis and interpretation of data was done according to the objective of the study and by using the descriptive and inferential statistics .In descriptive table, figure and graph were used to present the significant finding and in inferential statistics chi square test used to find association.

RESULTS:

Section A: Distribution of Undergraduate Students In Terms Of Demographic Variables:

Distribution of undergraduate students according to age revealed that the majority of students 57(40.7%) were in B.Sc. Nursing, 33(23.5%) were B. Tech students, 15(10.7%) were B. Com students and 35(25%) were B.Sc. Agriculture students. Distribution of undergraduate students according to religion shown that 97(69.2) were Hindu, 41(29.2%) were Sikh, 2 (1.4%) were Christian .Majority of students 66(47.1%) were residing in Nuclear families followed by 48(34.2%) in joint families and 26 (18.5%) in separated families respectively. Distribution of undergraduate students according to family monthly income revealed that the majority 84(60%) students were having family monthly income above 25,000 followed by 32 (22.8%) were having family monthly income 15,001-25,000 , 19(13.5%) students were having family monthly income 5001-15,000 and 5(3.5%) students were having family monthly income below 5000 respectively .

Section B: Level of Happiness and Spiritual well-Being among Undergraduate Students:

Figure 1: Pie diagram showing level of happiness among undergraduate students:

N= 140

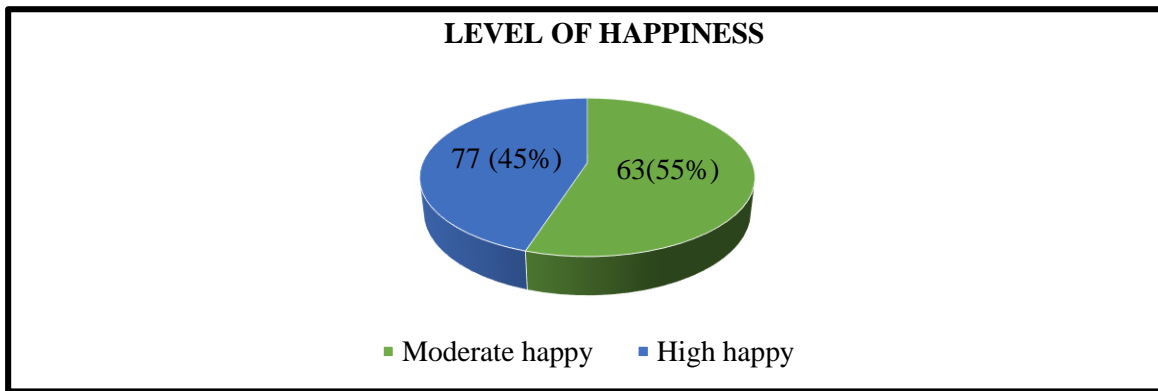


Figure 1: Pie diagram showed frequency and percentage of undergraduate students in terms of level of happiness. Majority of students 77(55%) were moderately happy followed by 63(45%) were high happy and 0(0%) were low happy.

Figure 2: Bar diagram showing the level of happiness among different educational stream students. (N=140)

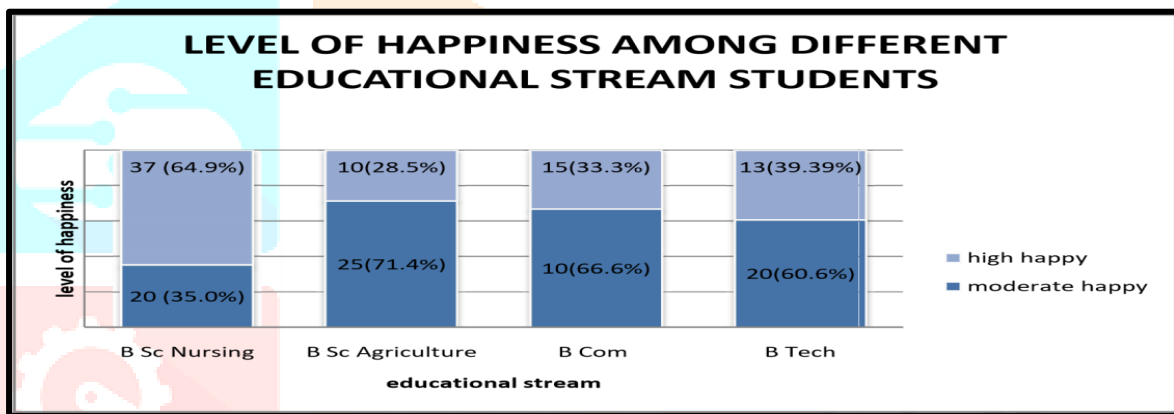


Figure 3: Pie diagram showing level of spiritual wellbeing among undergraduate students: (N=140)

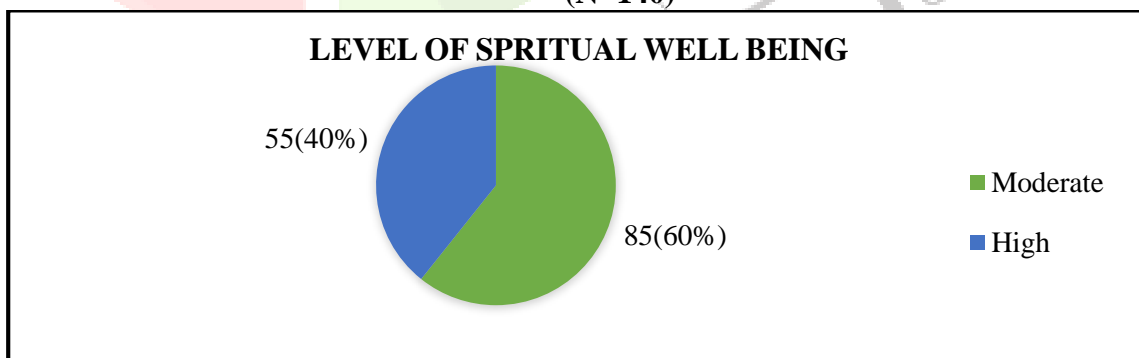
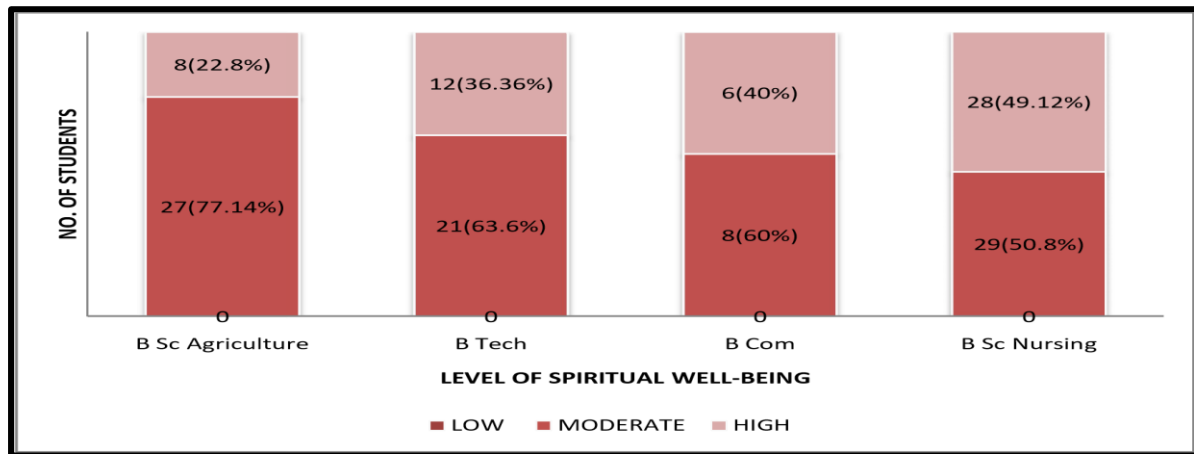


Figure 3: Pie diagram showed frequency and percentage distribution of under graduate students related to level of spiritual well-being. Majority of students 85(60.7%) were having moderate level of spiritual wellbeing followed by 55(39.2%) were having high level of spiritual well-being.

Figure 4: Bar diagram showing the level of spiritual well-being among different educational stream students. (N= 140)



Section C: Correlation between Happiness and Spiritual Wellbeing:

Figure 5: Scattered/ dotted diagram of correlation between level of happiness and spiritual well-being: (N=140)



Figure 5: Scattered diagram depict the correlation between happiness and spiritual well-being score. There was moderate positive correlation in happiness and spiritual well-being score ($r= 0.5$) based on Pearson correlation 'r' value.

DISCUSSION:

The present study was a descriptive study to assess the level of happiness and spiritual well-being among undergraduate students Eternal University, Baru Sahib, Tehsil Pachhad, District Sirmour, and Himachal Pradesh. A sample of 140 students was taken to analyze the results. Similar to study on comparison of spiritual well-being among the community dwelling elderly and those who lived in sanitariums. It is seen in the present study that Majority of students 77(55%) were moderately happy, followed by 63(45%) were high happy and no one were low happy. Majority of students 85(60.7%) were having moderate levels of spiritual well-being, 55(39.2%) were having high levels of spiritual well-being and no one had a low level of spiritual well being and there is a positive correlation between the level of happiness and spiritual well-being. Almost the same findings were depicted in a study of the community dwelling older adults: no one was at a high level of spiritual well-being while in sanitarium 24.4 % were at a high level of spiritual well-being. Also, 71.2 % of community dwelling older adults were at a high level of happiness while only 3.6% of those living in sanitarium expressed a high level of happiness. A significant association was found between the level of spiritual wellbeing and happiness in those who lived in sanitarium.

One study to find relationship between the components of spiritual well-being and happiness of students at Kermanshah University of Medical Sciences in 2016. The results of the present study showed that the students' spiritual health and happiness at Kermanshah University of Medical Sciences were average. The mean score and standard deviation of students' spiritual health measured 3.95 ± 0.47 . It can be expressed that such results are expected from the Iranian society where religious and spiritual issues are valued. However, the Iran's

religious atmosphere might have influenced how the respondents answered the questions.

Between 2006 and 2007, a British research of 7,403 people looked into the link between spirituality and religion and psychiatric symptoms. The authors discovered that those with higher spirituality and lower religiousness were more likely to suffer from mental disorders like generalized anxiety disorder (OR = 1.50, 95 percent confidence interval 1.09–2.06), phobia (OR = 1.72, 95 percent confidence interval 1.07–2.77), and neurotic disorders (OR = 1.37, 95 percent confidence interval 1.12–1.68)¹⁸. Leurent et al.¹⁹ found that people who were spiritual but not religious were 2.73 times more likely to develop depression than those who were neither religious nor spiritual. They evaluated 8,318 people from seven countries and found that people who were spiritual but not religious were 2.73 times more likely to develop depression than those who were neither religious nor spiritual. In a similar vein, a recent American study of 1,013 healthy adults found that spiritual but not religious people were more likely to hold paranormal and supernatural beliefs and had more schizophrenia symptoms than religious and non-religious people²⁸. Some authors, on the other hand, have discovered the inverse. Similarly, a study of 277 older persons in the United States found that geriatric outpatients who reported higher spirituality but not religiosity were more likely to think their health was good.

CONCLUSION:

Happiness and spirituality both help to maintain the good health and help in individual's daily based performance. Most of the students having moderate level of happiness and spiritual well-being. Therefore, nurses and health authorities are responsible not only to inform the students about the importance of spiritual well-being and happiness, but also to establish some strategies in this regard.

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