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## Spirituality And Life Satisfaction

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**Abstract:** The study aims to examine the relationship between spirituality and Life Satisfaction, defining spirituality as an intensely intimate and transcendent connection with something greater than oneself. Additional research has demonstrated that spirituality—which includes a range of activities and beliefs—allows one to have a deeper understanding of their values or purpose in life. In this study work, life satisfaction—which has both cognitive and emotional components—is the dependent variable. The research, aims to examine the possible connection between spirituality & Life Satisfaction, was carried out using a sample of 100 people, mostly in their 20s and 30s and equally divided between the genders. The notion of a considerable impact is supported by the results, which show a positive correlation (+0.46) in Spirituality & Life Satisfaction. This is constant with earlier research showing the beneficial link between spirituality and well-being, which is explained meaning and a relation with something superior to oneself. Resulting coefficient also supports a second hypothesis that suggests a strong association, highlighting the correlation between higher stated levels of spirituality and better life satisfaction. Because of the significance of this association for disciplines including psychology, sociology, and health sciences, further research is needed to explore the underlying mechanisms, which may include spiritual practices, beliefs, or coping methods. Surprisingly, the data show a stronger correlation for males, defying the third hypothesis that suggested higher correlation scores for women. These cast doubt on long-standing gender norms and highlight the nuanced ways in which spirituality affects life pleasure in all sexes. These results add to the body of knowledge and pose interesting queries on the underlying variables influencing how spirituality affects life satisfaction in both men and women. In conclusion, this research offers insightful information about the complex connection between spirituality and contentment in life. The discovered positive connection points to a gender-specific function for spirituality in affecting subjective well-being. It is suggested that these findings be investigated and replicated further to enhance our comprehension of the complex relationship between spirituality and life pleasure.

**Keywords** - spirituality, Life Satisfaction, Wellbeing.

### CHAPTER 1: INTRODUCTION

Spirituality, regarded as a deep personal and transcendent relation with something greater than one's own self, consists of a wide range of beliefs, practices, and values. It manifests diverse forms, varying from religious association with individualism, and wide spiritual ways. Researchers have found an association between spirituality & search for sense of meaningful life. Spiritual beliefs & practices are associated to understand values and purposes (Frazier, Steger, Oishi, & Kaler, Frazier, 2006; Park, 2005). Despite this variability, an increasing amount of research indicates that spirituality is crucial in determining how people view their lives and, in turn, how satisfied they are with them overall.

Life satisfaction relates to an individual's overall analysis and subjective evaluation of one's life. Life satisfaction is defined as an individual's cognitive & emotional impressions of one's life, comprising one's relationships, achievements, & general sense of well-being (Diener, Larsen, Griffin, & Emmons, 1985). Person is emotional and cognitive assessments of their well-being i.e. how much they believe their life is

important and fulfilling constitute their level of life satisfaction. Scholars have conducted a thorough investigation into life satisfaction, examining its factors, metrics, and consequences for diverse facets of human existence.

The idea of spirituality is beyond organized religion and includes expressions, such as meditation, mindfulness, personal beliefs. Recent works have highlighted the positive correlation between spiritual engagement and enhanced life satisfaction (Hackney & Sanders, 2003; Emmons, 2005). These studies explore the complex relationships that exist between spirituality, religion, and subjective well-being. They offer important new understandings of the possible channels by which spiritual beliefs can lead to a more fulfilling and meaningful life. Numerous studies have examined association between spirituality & life satisfaction; some have found a positive association, while others have found more subtle relationships that are influenced by individual characteristics, cultural contexts, and life situations.

Because of the enormous implications that this link holds for human well-being, the study of spirituality and its impact on satisfaction in life has become increasingly important. Comprehending the connection between spirituality and life pleasures is not just a matter of academic inquiry; it has practical ramifications for people on a personal, social, and political level. This talk explores the strong arguments for why studying spirituality and life pleasure is important for mental health, social dynamics, and total human flourishing, rather than just being a scientific endeavor.

Understanding how spiritual engagement contributes to a sense of peace, purpose, and emotional resilience is crucial for developing targeted interventions in mental health care. Research in this area can pave the way for incorporating spiritual dimensions into therapeutic approaches, offering holistic and culturally sensitive mental health support.

Conventional metrics for assessing well-being frequently emphasize material and bodily characteristics. But there are many facets to the human experience, including existential and spiritual aspects. Studying spirituality and contentment in life fits well with the trend towards more comprehensive approaches to health and wellbeing. Individuals are recognized by holistic conceptions of well-being as being more than the sum of their material accomplishments. They include social, emotional, and spiritual aspects that go into living a happy and meaningful life. Researchers may help create comprehensive well-being indices and advise policymakers on how to create policies that target all aspects of the human experience by knowing how spirituality fits into this holistic framework.

To better understand the factors affecting well-being, study aims to find intricate link of spirituality and Life Satisfaction. The research explores the many facets of spirituality, including its social and personal facets. Through a detailed examination of these correlations, we hope to contribute significant understanding to the fields of psychology and wellbeing, enhancing academic discourse as well as the real-world application of methods to raise people's quality of life in general. By revealing the complex interactions between spiritual elements and people's level of life satisfaction, this research aims to advance our knowledge of the variables affecting people's well-being. The investigation covers all of spirituality's facets, including both its individualistic and collective manifestations. Through a thorough analysis of these relationships, the research hopes to provide insightful viewpoints that can contribute to scholarly discussions and provide useful recommendations for improving people's quality of life in general.

## THEORETICAL BACKGROUND

The investigation and connection between Spirituality & Life Satisfaction explores complex and profound mechanisms by which spirituality affects a person's general state of well-being. This investigation makes use of several theoretical frameworks, each of which provides a different perspective on the relationship between spirituality and life Satisfaction. Talk, explores some of the most well-known ideas that help us comprehend this complex relationship, such as the Psychosocial Development ideas, Positive Psychology of Religion, Self-Determination Theory (SDT), and broaden and build theory.

### •Broaden and Build theory:

The Broaden and Build Theory developed by Barbara Fredrickson provides a foundational framework for understanding the relationship between spirituality and life pleasure. According to this hypothesis, experiencing happy emotions is essential for extending one's cognitive and behavioural repertoire, which in

turn increases one's level of overall life satisfaction. Positive feelings from spiritual experiences are linked to improved creativity, problem-solving skills, and social interactions when it comes to spirituality.

Positive feelings in the context of spirituality can come from a variety of places, including wonder in nature, transcendence during meditation, or a feeling of connectedness to a higher power. According to the Broaden-and-Build Theory, these fulfilling emotional experiences generate an upward spiral of well-being that promotes a more contented and significant life. Practicing spirituality, whether through meditation or religious rituals, generates good feelings that, over time, serve as the foundation for a higher level of life happiness.

#### •Self-Determination Theory (SDT):

SDT offers an additional insightful viewpoint on the connection between spirituality and contentment in life. According to this idea, relatedness, competence, and autonomy are fundamental psychological requirements for human beings and are necessary for the best possible functioning and well-being. Because spirituality can meet these fundamental psychological demands, it is direct that spirituality influences a significant part people view level of life satisfaction.

In spirituality, autonomy is the ability to make personal decisions and exercise free will when embracing and adhering to spiritual principles. People's sense of autonomy is increased when they can freely explore and express their spirituality in ways that are consistent with their values. In the context of spirituality, competence refers to one's perceived capacity to understand and effectively engage with one's spiritual beliefs. Finally, relatedness refers to the feeling of kinship and acceptance that arises from spiritual groups or personal bonds molded by common spiritual principles.

According to SDT, when people can fulfil these fundamental psychological needs through their spiritual experiences, they are more likely to have a sense of purpose & meaning in life. Personal development and well-being can be fostered by spiritual activities and beliefs that are in line with one's basic psychological requirements.

#### •Positive Psychology of Religion:

The positives feature of spiritual experiences and their capacity to nurture virtues, strengths, and pleasant emotions are highlighted by the pleasant Psychology of Religion. According to this theory, spirituality greatly enhances life pleasure by serving as a source of consolation, resiliency, and transcendence. Good spiritual experiences are thought to improve general well-being. These experiences include sentiments of thankfulness, connectedness, and a sense of purpose derived from religious or spiritual beliefs.

The ability of spirituality to develop a positive outlook, promote emotional well-being, and give people a meaningful framework for overcoming obstacles in life is what makes it have a beneficial psychological influence. Increased life satisfaction follows from this. The idea that spirituality is a dynamic force that may positively affect a person's mental and emotional state rather than just a collection of ideas and practices is emphasized by the Positive Psychology of Religion.

#### •Psychosocial Development Theories:

Psychosocial formation Theories—which were greatly impacted by Erikson's stages—suggest that spirituality is essential to identity formation and personal progress throughout life. These views, which are consistent with Erikson's phases of psychological development, imply that when people struggle with existential issues, spirituality becomes a tool for meaning and purpose. Studies show that spirituality affects psychological well-being and helps people navigate developmental obstacles successfully. This relationship demonstrates how spiritual inquiry corresponds with developmental stages, offering a structure for identity construction and existential significance, and eventually having a favorable impact on life pleasure.

To sum up, the incorporation of several theoretical viewpoints enhances our comprehension of the complex correlation between spirituality and contentment in life. Both the SDT and the Broaden-and-Build Theory emphasis how psychological requirements and happy feelings play a part in determining one's level of well-being. The existential, cognitive-behavioural, and developmental dimensions of the spiritual experience are explored by the Positive Psychology of Religion and Psychosocial Development Theories, respectively.

A thorough investigation of these perspectives offers a more comprehensive understanding of the ways in which spirituality affects the intricate fabric of human well-being. The body of knowledge is always changing, shedding light on the various ways that spirituality affects life fulfilment. These insights are useful for both academic research and real-world applications that aim to improve human flourishing.

The path forward is facilitated by the synthesis of these theoretical views, which promotes a greater comprehension of how spirituality influences the various dimensions of human life and happiness. The field of knowledge will continue to evolve as more studies are conducted on these frameworks, shedding light on the various ways that spirituality affects life fulfilment. These findings will be useful for both academic research and real-world applications that aim to improve human flourishing.

## CHAPTER 2: REVIEW OF LITERATURE

Tate, Martin Forchheimer Denise G., and (2002). "Quality of life, life satisfaction, and spirituality: Comparing outcomes between rehabilitation and cancer patients. Initially, the subjects were divided into five diagnostic groups". After that, patient data were reorganised into two sizable cohorts for further analytical needs. Every participant filled out the questionnaire once. Regression models were constructed, and differences in scores and correlations were calculated. Every quality-of-life parameter the study looked at had differences across the groups. There were also differences in life satisfaction and spiritual well-being. Although spirituality was found to be associated with satisfaction with life and the quality of life, it was not found to be a significant indication in a multivariate scenario. In summary, those who received a prostate cancer diagnosis reported higher average scores across all criteria. Among those undergoing rehabilitation, spirituality was an important indicator of life satisfaction and had a strong relationship with both happiness with life and satisfaction with the quality of life. Aspects of overall quality of life, such as interpersonal relationships and functional well-being, were found to be connected with variables such as marital status, age, and job status.

Zullig, K.J., Ward, R.M. & Horn, T. in year (2006) study examined the mediating role of self-perceived health between perceived spirituality, religiosity, and life satisfaction among a stratified, random sample of college students, while controlling for gender. While both models met the excellent fit criteria, self-perceived health  $\chi^2$  ( $n = 459, 4$ ) = 1.64,  $p = 0.80$ , CFI = 0.99, TLI = 0.99, and self-perceived religiosity and life satisfaction  $\chi^2$  ( $n = 459, 10$ ) = 22.29,  $p = 0.01$  CFI = 0.99, TLI = 0.99, mediated the relationship between perceived spirituality and life satisfaction. For both men and women, both models were equal. Students who identify as spiritual (or religious) are probably going to report feeling better about their own health, and feeling better about oneself is probably going to affect how happy men and women are with their lives. The findings provide preliminary credence to the claims that life satisfaction is correlated with varying self-reported levels of physical and mental health, and that life satisfaction can be impacted by involvement in spirituality and religion. There is a discussion on what this means for colleges and universities.

Kelley, B. S., & Miller, L. in year (2007) studied link between Life Satisfaction & dimensions of spirituality, investigated using Satisfaction with life scale and the brief multidimensional measure of spirituality in a sample of 615 teenagers from a variety of ethnic and religious backgrounds. Most religious and spiritual dimensions are linked to life satisfaction, according to the results. However, when daily spiritual experiences are included in simultaneous regressions, they attenuate association between other dimensions of life satisfaction & account for the most variance in the models. Single-item assessments of prevalence of prayer, degree of spirituality, or attendance at religious services were not as predictive as the dimensions of the BMMRS. The findings are explored considering earlier studies on adolescents and the positive psychology of spirituality and religion.

AHMED, K. M., Shirazi, M., & Ahmed, M. (2011). seeks to determine the correlation between spirituality and life happiness as well as the distinction in scores between male & female adolescents in these areas. Eighty students in total were chosen for this purpose from two distinct faculties at Aligarh Muslim University. An equal number of males and females were included in the sample. All subjects received two measures: the Spirituality Assessment tool and the LSS. Obtained scores subjected to independent sample T test, regression, and correlation analysis. The result shows that spirituality have highly important indicator of life satisfaction, spirituality and life satisfaction are positively correlated, and substantial distinction of spirituality and life satisfaction between male and female students was found.

Marques, S. C., Lopez, S. J., & Mitchell, J. (2013). The role of hope, spirituality, and religious practice in adolescents' life satisfaction: Longitudinal findings. The Portuguese versions of the SLSS, the Child Hope Scale, & single question about spirituality practice factor were completed by a sample of 227 teenagers, aged 15 to 19. The findings of the cross-sectional and longitudinal studies point to a strong relationship between adolescents' life satisfaction and hope and spirituality, but not religious activity. At one-year and six-month intervals, life satisfaction was substantially correlated with hope, and spirituality ratings contributed considerably to the variance above hope scores. For six months and a year, all the variables show moderate to high stability; no discernible differences were observed between them across administrations. These findings provide recommendations to support adolescent life satisfaction and are consistent with previous research on life satisfaction in adults and children.

Büssing, A., Broghammer-Escher, S., Baumann, K., & Surzykiewicz, J. (2017). Aspects of spirituality and life satisfaction in people with Down syndrome. The survey was cross-sectional and included 65 people with Down syndrome. While many reported experiencing gratitude often, feelings of curiosity, amazement, prayer, and church attendance were expressed relatively infrequently. Individuals without parental guidance required tangible interpersonal connections and depended on higher-order sources of support. Thus, the strongest correlation between life happiness and the perception of God's support was found. While our sample placed a high value on relational components of spirituality, it is unclear who can provide for these basic requirements given that many of them lack stable family structures.

Taghiabadi, M., Kavosi, A., Mirhafez, S. R., Keshvari, M., & Mehrabi, T. (2017). The association between death anxiety with spiritual experiences and life satisfaction in elderly people. In autumn and winter of 2016, 190 senior persons who visited the health and medical centres of Neyshabur city, Iran, participated in a cross-sectional study using a descriptive-analytical approach. Three questionnaires were given to the participants to fill out: a 16-item spiritual experiences scale; a 13-item life happiness index suggested by Wood and Shifor; and a 27-item death anxiety scale created by Aminpour. With SPSS software version 22, analytical statistics (Spearman's and Pearson's correlation coefficients) were performed. With a mean age of  $68.18 \pm 7.13$  years, 58% of participants belonged to the younger elderly age group (95). The proportion of men and women in this group was also the same. It was discovered that there was a significant negative relationship ( $r = -0.184$ ,  $p < 0.05$ ) in spiritual experiences and death anxiety, a significant positive relationship ( $r = 0.2$ ,  $p < 0.05$ ) in spiritual experiences and life satisfaction, and a significant negative relationship ( $r = -0.2$ ,  $p < 0.05$ ) between life satisfaction and death anxiety. To sum it Based on the findings, it appears that using spiritual experiences and raising life satisfaction can help reduce pressures at this stage of life, especially anxiety related to dying.

Mc Dermott, R. (2020). Assessing how spirituality shapes cognition; impacting life satisfaction & prosocial behaviour in age and education. This quantitative mixed-design study aims to find the relationship between spirituality and various religions & nonreligious contexts, as well as the roles of prosocial conduct, age, education level, and life satisfaction. A convenience sample of 140 people from the general Irish community was chosen, with 58 males and 82 females representing a range of ages and educational levels. Prosocial Scale for adults, level of Satisfaction with Life Scale, & the Beliefs and Values Scale were the self-report questionnaires that the participants filled out. The results showed analyses that spirituality is strongly aligned with prosocial behaviour & life satisfaction, and that there is notable disparities between spirituality & educational attainment. Age and spirituality did not significantly differ; however, some aspects of each analysis were helpful for further study. Future ramifications and the use of the current work were discussed.

Alvi, SM, Tahir, M., & Bano, S. (2021). Religious Orientation, Spirituality, and Life Satisfaction: A Gendered Perspective. Study finds the relationships between spirituality religiosity, and life satisfaction among individuals residing in Haripur, (KPK) Pakistan, with special reference to gender. Spirituality Scale (SS), and Satisfaction with Life Scale (SLS) & The Religious Orientation Scale (ROS) validated versions of three questionnaires were used to examine a convenient sample of 150 persons, 71 of whom were men and 79 of whom were women. The findings show a strong positive link between spirituality and religion and life satisfaction. According to the results of linear regression, spirituality and religiosity are important indicators of life satisfaction. In the sample under study, women reported higher levels of spirituality and religious orientation than did men.

Yaden, D.B., Batz-Barbarich, C.L., Ng, V. et al. in year (2022) did A Meta-Analysis of Spirituality and Life Satisfaction. An overall effect size of  $r = .18$ ; 95% CI.16–.19;  $p < .01$  was calculated in the biggest systematic study of spirituality and life satisfaction conducted to date ( $k = 256$ ,  $N = 666,085$ ). The correlations between the five characteristics of religion/spirituality and life satisfaction were then assessed independently. The study found a significant and positive correlation between life satisfaction and each of the following dimensions of religion/spirituality: religiosity ( $r = .16$ , 95% CI.14–.17,  $p < .01$ ), spirituality ( $r = .30$ , 95% CI.25–0.35,  $p < .01$ ), religious practices ( $r = .14$ , 95% CI.10–.18,  $p < .01$ ), & religious/spiritual experiences ( $r = .29$ , CI.24–.33,  $p < .01$ ). The findings indicate that, depending on the factor examined, religion or spirituality was generally connected with satisfaction with life to a little to moderate extent. The current meta-analysis's findings, however, highlight the possibility that spirituality and spiritual experiences play a particularly significant active role in the connection between religion and spirituality and well-being. Lastly, the overall association is stronger in developing countries, older people, and nations where religion is the norm.

### CHAPTER 3: RATIONALE FOR THE STUDY

Studying the connection between spirituality and contentment in life is a complex undertaking motivated by various strong motives.

First, there are frequently gaps in our current understanding that call for more research to identify complex relationships between spirituality and life pleasure.

Second, by comprehending how spirituality affects wellbeing, such study contributes to the development of evidence-based solutions, especially in the fields of counselling and mental health. This investigation further advances models of holistic well-being by recognizing the significance of spirituality in a thorough comprehension of human flourishing.

For the creation of inclusive practices in a variety of professional sectors, cultural competency gained from researching the relationship between spirituality and life pleasure is essential. Furthermore, this study directs existential investigations, elucidating the ways in which spirituality provides people's life with meaning and purpose.

Lastly, by highlighting the good features of spiritual experiences, this investigation supports human flourishing in line with positive psychology. In general, research on spirituality along with life satisfaction makes sense because it can fill in knowledge gaps, improve interventions, strengthen models of well-being, foster cultural competence, direct existential questions, and advance positive psychology—all of which have a big impact on people's personal and societal well-being.

### CHAPTER 4: RESEARCH METHADODOLOGY

#### **Aim:**

The aim of research is to study the impact of Spirituality on life satisfaction.

#### **Objectives:**

- Examine the impact of Spirituality on life satisfaction.
- To investigate the correlation between spirituality & life satisfaction.
- To find which gender (male and female) have high correlation in comparison to other.

#### **Hypothesis:**

- Spirituality has a major impact on life satisfaction.
- Spirituality and life satisfaction have a considerable association.

- Compared to male results, females exhibit a higher correlation score.

### Variables:

• Research investigates and analyzes how changes or variations in spirituality (the independent variable) may be associated with changes or variations in life satisfaction (the dependent variable). The goal is to explore the nature of this relationship and understand how aspects of spirituality contribute to or correlate with an individual's overall life satisfaction.

### Sampling Design:

• Purposive Sampling: This non-random sampling method involves researchers purposefully selecting particular people or groups from a broader population in accordance with pre-established standards for goals.

• Google Forms was used to create an online form that was distributed via social media and email. An informed consent statement outlining the study's goals, the participants' voluntary and anonymous involvement, and the fact that the data would only be used for research was given to them before they could finish the questionnaire.

### Inclusion & Exclusion:

- Sample Size: 100 (50-males, 50- females).
- Sample Group: 18-80 years.
- Sample Gender: Male and Female.

### Research Design:

- The study was done in quantitative manner with the help of correlation and regression.

### Tools:

- The Daily Spiritual Experience Scale (DSES), created by Dr. Lynn G. Underwood
- Satisfaction with Life Scale (SWLS), created by Diener, E., Emmons, R. A., Larsen, R. J., and Griffin, S. (1985).

## CHAPTER 4: ABOUT THE TESTS

• The Daily Spiritual Experience Scale (DSES) developed by Dr. Lynn G. Underwood is a 16-item self-report measure designed to look into ordinary experiences of transcendental connection in day-to-day living. It includes ideas like awe, gratitude, mercy, and a feeling of being connected to a transcendent, compassionate love. Along with measurements of deep inner serenity, it also involves knowledge of discernment/inspiration.

DSES's ability to be applied in a range of contexts has been enhanced by the considerable qualitative testing that was done during its development across multiple groups. It was designed to represent an overlap circle model of spirituality/religion and includes both elements that are specifically theistic and those that help people who are uncomfortable using theistic language access their spirituality.

• Satisfaction with Life Scale (SWLS), created by Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). a 5-item test used to assess people's overall cognitive assessments of their lives. satisfaction, which isn't a gauge of good or bad feelings. On a 7-point scale from 7 strongly agree to 1 strongly disagree, participants indicate whether they agree or disagree on each of the 5 items.

**Reliability:**

The Daily Spiritual Experience Scale (DSES) has a good reliability across multiple research projects, with internal consistency of .90s. The DSES has reported good internal consistency & test-retest reliability in adults.

The Satisfaction with Life Scale (SWLS) has shown to have a strong internal consistency and moderate stability, SWLS has coefficient alpha of 0.87 & two-month test-retest stable coefficient (0.82).

**Validity:**

The convergent validity correlation coefficients of the daily spiritual experience scale with other spirituality measures or related variables are analyzed. Positive correlations are anticipated, with moderate to strong associations shown by values between 0.3 and 0.7.

Correlation coefficients for the Satisfaction with Life Scale (SWLS) usually fall between 0.50 and 0.70, suggesting a moderately to strongly positive link with variables including happiness, positive affect, and general well-being.

**CHAPTER 5: SCORING**

The Daily Spiritual Experience Scale (DSES), “quantitatively, items are scored 1-15: never -1, once in a while -2, some days- 3, most days -4, every day -5, many times a day- 6. Points awarded for item 16: not at all (1), somewhat close (3), extremely close (5), and as close as possible (6).”

The Satisfaction with Life Scale (SWLS), The scoring is continuous (by summing up the points you receive for each of the statements). The probable range of scores is 5 to 35. 7 people strongly agree, while 1 strongly disagrees. A higher score corresponds to a better level of life satisfaction.

**CHAPTER 6: RESULTS**

The study investigated the potential association between spirituality (considered as an independent variable) and variations in life satisfaction (as a dependent). A total of 100 respondents, evenly split between 50 males and 50 females, participated in the study, with the majority falling within the 20-30 years age range.

To derive final scores, each participant's scoring for spirituality and life satisfaction scales was conducted separately. Subsequently, employing the Pearson product-moment correlation coefficient formula, the study found correlation 0.46 in linking spirituality (x variable) & Life Satisfaction (y variable), as illustrated in Result Table 1.

Additionally, the study delved into distinct calculations for males and females. The correlation for males was determined to be 0.56, while for females, it was 0.38, as detailed in Result Table 2.

RESULT TABLE 1:

1(a).

VARIABLES		CORRELATION (r)
SPIRITUALITY	X	0.46
LIFE SATISFACTION	Y	



RESULT TABLE 2:

2(a).

MALES	VARIABLES		CORRELATION (r)
	SPIRITUALITY	X	
LIFE SATISFACTION	Y		

2(b).

FEMALES	VARIABLES		CORRELATION (r)
	SPIRITUALITY	X	
LIFE SATISFACTION	Y		

## CHAPTER 7: DISCUSSION

The objective of the research is to study the impact of spirituality on individuals' life satisfaction. A broad range of ideas, practices, ideals are considered with the concept of spirituality, which is frequently understood as a profoundly intimate and transcendent relationship with something more than oneself. It can take many different forms, from independent, eclectic spiritual pathways to formalized religious connections. Research has investigated the connection between spirituality and the pursuit of life's purpose. A greater comprehension of one's purpose and values are frequently associated with spiritual practices and beliefs (Steger, Frazier, Oishi, & Kaler, 2006; Park, 2005).

A person's general appraisal and subjective judgement of their life are referred to as life satisfaction. A person's cognitive and affective assessment of their life, including their relationships, accomplishments, and general sense of well-being, is known as life satisfaction (Diener, Emmons, Larsen, & Gryphon, 1985).

Meta-Analysis of Spirituality/Religion and Life Contentment. The current meta-analysis's findings demonstrate how spirituality and spiritual experiences might be very active components in relation that exists in between the religion and spiritual well-being. As far as meta-analyses of spirituality and religion and life satisfaction go, this is the biggest one. Lastly, the overall association is stronger in developing countries, older people, and countries where religion is the norm. (Yaden, D.B., Ng, V., et al. in 2022; Batz-Barbarich,)

The relation between life satisfaction and spirituality also presents in competing mean scores of life satisfaction and spirituality amongst male and female adolescents. Eighty students in total were chosen for this purpose from two distinct faculties at Aligarh Muslim University. The findings indicate spirituality is a highly important indicator of life satisfaction, that spirituality and life satisfaction are positively correlated, and that there is a substantial difference among spirituality & life satisfaction in between males and females' students. (AHMED, M., Ahmed, K. M., & Shirazi, M. 2011).

The Satisfaction with Life Scale and the Brief Multidimensional Measure of Religiousness/Spirituality (BMMRS) were used to examine the relationship between life satisfaction and dimensions of religiosity/spirituality in a sample of 615 adolescents from various ethnic and denominational backgrounds in 2007. The majority of religious and spiritual dimensions are linked to life satisfaction, according to the results. However, when daily spiritual experiences are included in simultaneous regressions, they attenuate the relationship between other dimensions and life satisfaction and account for the most variance in the models. (Kelley, B. S., & Miller, L. in year (2007))

The aim of the current study is to find any possible relationships in between variances in life satisfaction, (a dependent variable), and spirituality, (an independent variable). A sample of one hundred individuals was used in the inquiry; fifty of the participants were female and the other fifty were male, and most of them were in the 20–30 age range. The objective of study was to decide whether spirituality and life happiness are significantly correlated, as well as to investigate any potential gender disparities in this relationship.

The objective of the study was to find how spirituality might affect life satisfaction. For the entire sample, the results showed a positive correlation of 0.46 for spirituality and life satisfaction. This points to a moderate correlation between both variables, bolstering the theory that spirituality has a major impact on life satisfaction. Additionally, prior studies have indicated a beneficial correlation between spirituality and well-being. A meaning, purpose, & relationship to something more than oneself are common components of spirituality, and these aspects may enhance one's sense of contentment with life in general. The study's conclusions align with previous studies, providing more authentication of the significance of spirituality in influencing people's subjective well-being.

According to the study's second hypothesis, life satisfaction and spirituality are significantly positively correlated. This hypothesis is supported by the found correlation coefficient of 0.46, which shows that the two variables have a positive association. This research supports the hypothesis that those who identify as more spiritual are probably happier with their lives. It is important for several disciplines, including sociology, psychology, and the health sciences, to comprehend the dynamics of this association. Subsequent investigations could probe more deeply into the mechanisms underlying this correlation, investigating the function of certain spiritual practices, beliefs, or methods of coping in augmenting life pleasure.

According to the third hypothesis, women are likely to have a higher correlation number than men. Males had a stronger correlation (0.56) than females (0.38), according to the results. This result casts doubt on the original theory and shows that variations by gender do not follow the expected pattern, at least not in this sample. The results add to the corpus of knowledge already available on the connection between spirituality and well-being. Interesting issues concerning possible underlying reasons that might influence how spirituality affects life happiness differently for men and women are raised by the gender disparities in the coefficients of correlation that have been observed.

This study offers insightful new information about the connection between spirituality and contentment in life. The positive correlation suggests that people's degree of life satisfaction may be influenced by spirituality, with potential gender-specific differences. Additional investigation and validation of these results will certainly enhance our comprehension of the intricate connection between spirituality and life satisfaction.

## CHAPTER 8: CONCLUSION

In conclusion, the study provides robust evidence supporting the hypothesis that spirituality has a notable effect on life satisfaction. The positive correlation of 0.46 suggests a moderate association between spirituality and life satisfaction, affirming the notion that individuals who embrace spirituality may experience greater overall well-being. Findings contribute to the increase techniques of research emphasizing the importance of considering spiritual dimensions in understanding and promoting life satisfaction. Recognizing the substantial impact of spirituality on life satisfaction implies that interventions promoting spiritual well-being may enhance overall life satisfaction. Healthcare professionals, counselors, and educators could incorporate spiritual components into therapeutic practices or educational programs, potentially improving individuals' subjective well-being.

The study's confirmation of significant correlation of (0.46) between spirituality and life satisfaction further solidifies the understanding that these two constructs are interconnected. This positive relationship underscores the potential role of spirituality as a contributing factor to an individual's subjective well-being. The study encourages future investigations into the nuanced aspects of spirituality that may influence life satisfaction, offering valuable insights for interventions and support strategies in various fields. Acknowledging the notable correlation among spirituality & life satisfaction highlights potential benefits of incorporating spiritual dimensions into holistic well-being programs. Organizations developing mental health or well-being initiatives might consider including practices that foster spirituality, such as mindfulness or meditation. Tailored interventions based on individuals' spiritual preferences could enhance the effectiveness of programs aimed at improving overall life satisfaction.

Contrary to the initial hypothesis, the study revealed that males exhibited a higher correlation score (0.56) compared to females (0.381) in association between spirituality and life satisfaction. This unexpected finding challenges preconceived notions about gender differences in this context. To identify the variables causing these connections that are particular to gender, more investigation is required. Understanding these differences can contribute to more targeted interventions, acknowledging the complexity of the association between spirituality, gender, and life satisfaction.

In conclusion, this research contributes to our understanding of the complex interplay between spirituality and life Satisfaction. The findings advocate for the inclusion of spiritual dimensions in well-being assessments and interventions. The unexpected gender differences highlight the need for continued exploration into the multifaceted nature of these relationships, guiding future research and practical applications for enhancing life satisfaction across diverse populations.

## CHAPTER 9: LIMITATIONS AND FUTURE SCOPE

It is crucial to recognize some of the study's shortcomings. Despite being evenly distributed among genders; the sample size might not be typical of larger groups. To improve the generalization of the results, larger, more varied samples and longitudinal designs may be considered in future studies.

These surprising findings, which go counter to the third premise, investigate possible variables affecting how spirituality and life happiness relate to one another across genders. There's a chance that additional elements, such social or cultural context, could influence how spirituality and life happiness interplay differently in genders. To obtain a more nuanced knowledge of intricate relationships between Spirituality & Life Satisfaction, gender, future research could look at these issues.

This study provides important new insights into the connection between life satisfaction and spirituality, bolstering the notion that spirituality is positively correlated with general well-being. The gender disparities in correlation scores that were not expected to exist emphasize the need for more research to identify the complex variables driving these connections and to create focused interventions that would improve life satisfaction in a variety of demographics.

Longitudinal studies should be used in future research to investigate the chronological structure of the spirituality-life satisfaction association. Targeted, culturally sensitive therapies could be developed by looking into the effects of context and culture on this relationship and by looking into certain spiritual practices. A more nuanced view would be provided by comprehending how gender intersects with other variables and integrating qualitative research into quantitative conclusions. Research on spirituality-focused interventions and a global research focus would enhance evidence-based practices by offering insights into the cultural specificity or universality of the spirituality-life happiness relationship.

## CHAPTER 10: REFERENCES

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