

## A Study of Spirituality and Stress among College Students

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### ABSTRACT

The present study is investigating the gender difference of male and female college students on spirituality and stress. The sample consisted of 100 subject selected through the random sampling method. The age range between of 18 to 25, included in these sample 50 male college students and 50 female college students respectively. For the purpose of these study two psychological tests is used. Singh's Personal stress source inventory and Spirituality Scale developed Biswas & Biswas is used. For the Statistical analysis t test is employed. Results indicate there is significantly difference between male and female college students on dependent variable spirituality and stress level.

**Keywords:** *Spirituality and Stress.*

The term 'stress' usually use for everywhere. In year of college life stress, health and achievement these concept is very relative. Modern definitions of stress all recognize that it is a personal experience caused by pressure or demands on an individual, and impacts upon the individual's ability to cope or rather, his/her perception of that ability. Work-related stress occurs when there is a mismatch between the demands of the job and the resources and capabilities of the individual worker to meet those demands. Subjective and self-reported evaluations of stress are just as valid as 'objective' data, such as statistics on accidents or absenteeism.

Is the promotion of the greatest happiness for the greatest number the ultimate goal of both the individual and society? Richard Layard examines the link between stress and happiness, where human happiness is both objective and quantifiable. Stress is not only depending on demands but also we can how handle demands with spiritual bag round. 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.

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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. As other trends within higher education rise, the need for leaders with spiritual wisdom becomes more important in higher education, and the process begins with our students.

### ***Objectives of the study:***

- 1) To study spirituality of male and female college students.
- 2) To study stress of male and female college students.
- 3) To study the relationship between spirituality and stress.

### ***Hypotheses:***

- 1) There will be significant difference between female and male college students on spirituality.
- 2) There will be significant difference between female and male college students on stress.
- 3) There will be negative relationship between spirituality and stress among college students.

### ***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.

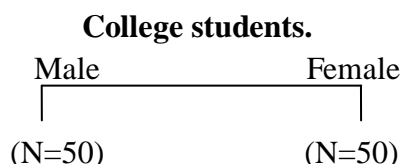
#### **2. Stress:**

Stress is the body's reaction to a change that requires a physical, mental or emotional adjustment or response.

### ***Sample:***

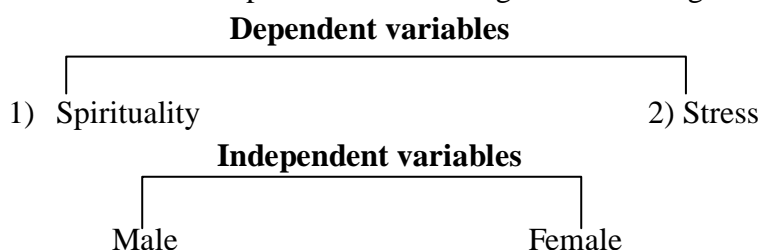
The sample of the present study were consist of 100 male and female college students with the age group between 18 to 25 years from Aurangabad city which were classified equally in both sex's 50 male and 50 female college students. The random sampling techniques were used for selection the sample. The sample distribution is as follows.

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### **Variables:**

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



### **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. Pearson correlation method used for find out the relationship between dependent variable spirituality and stress.

### **Tools use for data collections:-**

#### **1. Personal Stress Source Inventory (PSSI):**

For the present study, Manual for Personal Stress Source Inventory PSSI was used for measuring the stress of college students. The important factor for using this scale was the basic concept of stress level adopted by this scale. Internal consistency reliability by odd-even method was found to be .78 (corrected to full length) which was highly significant. Thus PSSI possessed a sufficient degree of reliability. A group of experts (N=10) provided a high level of consensus regarding suitability of items in terms of being important indices or sources of personal stress. The coefficient of concordance (correlation), among the ranking of 10 judges was .62 which, in terms of chi-square test of significance, was significant ( $X^2 - K(N-1) W$ ). Therefore, the PSSI also possessed a sufficient degree of content validity.

#### **2. 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

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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 Cronbach alpha for the measure was 0.84.

### RESULTS & DISCUSSION:

The total data sets obtained for Spirituality and Personal Stress source inventory 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 college students on spirituality & stress.*

Variable	Gender	N	Mean	SD	t value	Sig.
Spirituality	Male	50	44.96	11.40	3.75	0.01
	Female	50	53.92	12.46		
Stress	Male	50	54.24	12.50	2.91	0.05
	Female	50	47.68	9.89		

Above table shows mean differences of dependent variable spirituality among male and female college students. The result shows that the spirituality means score of the male and female college students respectively 44.96 and 53.92. The difference between two Mean is highly significant at the level of 0.01 ( $t = 3.75$ ,  $df = 98$ ) that's means Hypothesis No. 1. 'There will be significant difference between male and female college students on spirituality,' is accepted. That's mean female college students are more spiritual than the male college students.

Second dependent variable in this study is stress. Table No. 1 shows that the mean score of the male and female college students on stress is respectively 54.24 and 47.68. The difference between two Mean is highly significant at the level of 0.05 ( $t = 2.89$ ,  $df = 98$ ) that's means Hypothesis No.2. 'There will be significant difference between male and female college students on stress level.' is accepted. That's mean male college students are high level of perceived stress than the female college students.

*Table No. 2 Correlation between spirituality and stress*

Variable	P	R
Spirituality and Stress	0.05	-0.13

Table no. 2 shows that the Pearson Correlations coefficient between spirituality and stress. The table no. 2 shows that, there is significant negative correlation between spirituality and stress. ( $r = -0.13$ ;  $p < .05$ ) Hypothesis no. 3, there will be significant positive correlation between spirituality and stress is accepted. Correlation coefficient indicates that is weak negative correlation between spiritual and stress.

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This interest in the relationship between spirituality and stress is being explored in a number of ways. Many Researchers in a range of disciplines, including psychology, psychiatry, theology, nursing and gerontology, are exploring the connections between various elements of these two areas of human existence. Service users and survivors as well as those in various faith communities are also adding their voices to the evidence base and identifying the ways in which spirituality can contribute to stress, mental health and wellbeing, mental illness and recovery.

### CONCLUSION

1. There is significant difference between male and female college students on spirituality. Female college students are more spiritual than the male college students.
2. There is significant difference between male and female college students on stress level. Male college students are high level of perceived stress than the female college students.
3. There is significant positive correlation between spirituality and stress.

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