

Relationship between religious attitude, hope and self-compassion among young adults & older adults

Riya Kapoor^{1*}

ABSTRACT

Hope, self-compassion, Religious Attitude are the terms which are used and practiced in every individual's life, though the degree at which its practiced varies. In terms of Religious Attitude; the attitude which explains that an individual, be a believer or a non-believer respects the energies in the world and not confused with the perception of an individual's faith in specific religion as it is a collective perception and belief of an individual which is expressed by the systemized and addressed in form of an original religious experience. Hope is another important component in an individual's life; it is seen as an association linked with accomplishing future goals and having an optimistic mood. Lastly, Self-Compassion is the idea of being aware about the suffering and acceptance of that suffering as a common humanity and with kindness. In this study, the sample of 150 participants was taken who belonged to four different religions i.e. Hindu, Muslim, Sikh, Christian with the help of stratified random sampling method. The findings of the study indicate that there is no correlation among all the three variables and through t – test and regression it can be concluded that hope and self-compassion of a person cannot be affected by their religious beliefs and attitude irrespective of age the individual belongs to.

Keywords: *Religious attitude, Beliefs, Hope, self-compassion*

In India, religion a privileged factor in any individual's life and as far as history is concerned there is no nation who has ever survived without religion in human history (Tehrani, 2015). There are billions of people with billions of views in relation to religion; some think religion is a destructive force whereas there is whole different perception about religion that; it is a blessing and essential / important element to health and well-being of an individual. (Falb, 2014). Prevalent influence on an individual's life which affects every aspect of person's life is religion be it daily errands or larger issues in politics or education and most importantly the perception, values and level of happiness is directly or indirectly affected by the religion (Anand, 2015).

Religion and Religious Attitude

The difference between religion and religiosity is that, the religion is foundational set of beliefs and practices in other words it can be denoted as a relationship of human and godly

¹Amity University, Noida, Uttar Pradesh, India

*Responding Author

Received: June 24, 2020; Revision Received: August 04, 2020; Accepted: September 25, 2020

Relationship between religious attitude, hope and self compassion among young adults & older adults

powers present in the universe whereas religiosity can be referred to as the individual's degree of being involved in religion. Religiosity further helps and provides mental peace to an individual with the help of religious beliefs which include books, ceremonies, prayers, functions which are considered as sacred (Anand, 2015).

Attitude can be said to be a composed way of knowing and feeling about an entity and in any individual's life it tends to affect the way of thinking. Religions especially in India highlight specific forms of attitude which uplift the human state of mind and values that support and individual's life. For instance, a person following Christianity tends to develop an attitude of faith and love, Buddhism helps an individual to develop an attitude of self-compassion, Hinduism focuses on developing the attitude of a healthy lifestyle. Psychologically Religious Attitude is the attitude which includes illumination, careful observation and respect for the powers and energies present in the world and as well as the high regard for individual's personal experiences. People often confuse religious attitude with a perception of an individual's faith in specific religion. It is far more than that; it is a collective perception and belief of an individual which is expressed by the systemized and addressed in form of an original religious experience. (Luton, 2010).

Hope

Hope provides a structure to an individual's life anticipation in regards to future and influencing the present about how the person feels about oneself. Both the psychologist and philosophers have struggled defining the term hope; hope can be described as a positive emotion which portrays positive feeling in regards to one's immediate or long term future. In other words, hope's association can be linked with accomplishing future goals and having an optimistic mood. However, hope has always been a subjective topic and it is a complete choice of an individual as it develops or eradicates with one's personal experiences. (Abi-Hashem, 2001)

The concept of hope and its theory is provided by Snyder et al. (1991), according to him hope consists of two main concepts i.e. Agency and Pathways. For instance, An individual's ability to do something with his or her will power regarded as agency further to earn something which is regarded as goal and the human tries to figure out or create different pathways to accomplish an objective. The main focus of the theory is on the rational and cognitive procedure of hope. It is also implied as a future oriented thinking process, where the future is thought through to work in present and to be optimistic in the future. But also the goal of an individual plays an incredible role because that would decide how well built an individual's hope would be (Thingujam, 2015).

According to Snyder and Anderson (1991), there is a motivational component (agency) included in the hope theory which helps an individual to accomplish desired goals through the usage of proper pathways. The goal directed behavior in an individual occurs only when the agency thinking gets in its form, when there is an obstacle or any drawback in achieving the desired goal the agency thoughts rush up the person's motivational factor to change the pathway and begin with a new concept or pathway. Thus, hope is achieved or formed successfully to its positive motivational state only when these two concepts i.e. Agency and Pathways are followed. (Snyder C.R., 1991)

Relationship between religious attitude, hope and self compassion among young adults & older adults

Hope and Religious Attitude

There is a belief that religion is form of hope where an individual tends to depend upon the external force and believes in it truly to accomplish the task and somehow if the tasks aren't fulfilled then the acceptance also takes over without the second thought. There is comfort which religion provides and helps people to get through the tough or impossible situations smoothly. Therefore, there is a sense of development of hope in people with the help of religion. An individual's religious dependence has its own perks for the development of hopeful attitude but people who are atheist or non-religious tend to have similar degree of hope as that of religious people, there have been researches that one can find depressed people in non-believers and believers, religion just acts like an ultimate wish fulfillment and develops hope in people to move forward in life. Whether an individual is a believer or not, if the individual believes in some sort of positive energy and respects other religions and beliefs, in every way there is possibility of hope in an individual's life but the degree varies.

Self-Compassion

Paul Gilbert and Kristen Neff are the researchers who explained and defined self-compassion with the purpose to improve mental health and well-being. According to Kristen Neff, "the recognition and clear seeing of suffering...feelings of kindness for people who are suffering, so that the desire to help – to ameliorate suffering – emerges... recognizing our shared human condition, flawed and fragile as it is" (Neff K. , 2011).

Similarly, According to Paul Gilbert, "a basic kindness, with a deep awareness of the suffering of oneself and of other living things, coupled with the wish and effort to relieve it" (Gilbert, *The Compassionate Mind*, 2009)

In both the definitions mentioned above, there is a noticeable significance on four things:

Awareness: An individual's attentiveness and accepting nature to recognize the fact that some suffering is happening like physical, emotional or mental pain

Normalizing / Common Humanity: An individual should recognize that physical, emotional or mental pain is universal and can happen to anyone just the degree of the pain varies. There shouldn't be any blame game in experiencing the suffering.

Kindness: The more the acceptance the more the kindness and warmth will be present in experiencing the pain

Mindfulness: If the individual focus on the positive energies rather than the negative energies the suffering will alleviate and will provide comfort. The individual will then be able to relieve oneself from the suffering with increased strength and courage. Further proper measures will be taken to avoid the problem being faced by the individual.

When an individual is suffering, self-compassion takes charge and is achieved only when the individual practices the above-mentioned key points when fighting through his or her pain. (Saulsman, 2017). Being a self-compassionate is not easy! It requires a lot of practice and further when that practice develops into a skill which includes putting a lot of efforts to find peace with one self's suffering. There are infinite benefits if an individual practices self-compassion, self-compassion is immensely linked to the well-being and mental health of an individual it helps an individual to deal with the problems like depression, anxiety or any

Relationship between religious attitude, hope and self compassion among young adults & older adults

other suffering for that matter. A self-compassionate individual tends to have a finer quality of life, a great awareness of solving problems be it professional or personal.

Self-compassion is known for balancing out our emotions. Paul Gilbert's theory explains that our emotions are ruled by 3 main systems: **threat, drive and soothe**. Our human mind whenever in a bad situation or danger it seems to think about bad situations and happenings by default. The benefit of this leads to the **activation of threat system** in a human body. Whereas, the **drive system**, according to Gilbert, helps us motivate and gives us the adrenaline rush to explore new things and achieve desired goals. There is an energy which helps people to keep moving in life. But the major problem occurs when the threat overdrives or over kicks, though the reasons can be anything be it the competitive nature of the society or incompetency to achieve one's desired goals. Lastly, Gilbert discussed about the **soothe system**. It is the system which manipulates and influences both the threat and the drive system. The major role of this system is to calm down the over activity of the systems. There is no such thing as being driven or soothe/ being threat or soothe at the same time. In the soothe system the individual tends to be in its chill mode where the person feels protected and calm (Saulsman, 2017).

Compassion: Religion Practiced by All

As it is said, a coin has two sides in the same way compassion can also be studied in two ways or in other words has two sides: one person explains compassion by explaining how compassion and attachment are tinged, the person tends to show compassionate nature to his near and dear one's whereas the other person explains true and genuine compassion is independent from the attachment and is not bounded to a specific group but is universal and is practiced on oneself and everybody, be it a close relative or a complete stranger. The genuine compassion helps an individual to develop an identity of being calm and most importantly this leads to various successes in life. There is some positive energy surrounded to an individual with genuine compassion which helps the person to live a satisfactory quality of life.

Hope, self-compassion, religious attitude plays an important fragment in our lives. Hope is that human emotion which comes in multitudinous forms, which helps us overcome all our despairs and gives us strength to conquer our fears and crushing times. Self-Compassion is accepting oneself suffering and appreciating the pain of one, able to get a hold of it and love oneself despite everything that one has felt and suffered. Religious attitude hence is the scrutiny and respect for the energies and powers in universe.

REVIEW OF LITERATURE

Hope

Hassan et al. (2018), The relationship and association between hope, optimism and life satisfaction among adolescents as they are tend be seen as essentials components in an individual's life. A survey was conducted on sample of 400 late adolescents, age range was 17 years to 21 years of different universities of Lahore. Standardized tests or tools were used. Results were revealed with the help of descriptive analysis and inferential statistics. Further, it was concluded that there is positive correlation among the three variables i.e. hope, optimism and life satisfaction.

Jahanara, Mustafa (2017), The focus of the study was to assess the relationships between optimism, mental health & hope among students of University of Pune. The sample size of

Relationship between religious attitude, hope and self compassion among young adults & older adults

the study was total of 222 students in which there were 132 males and 90 females. The findings of the study says that mental health can be influenced by optimism and hope as according to the results hope and optimism are positively linked to psychological well-being and optimism is negatively linked to psychological distress.

Singh, Sandeep et al. (2015), The focus of the study was assessing the relationship along with gender differences between mindfulness, hope and happiness. The sample size of the study was one eighty students in which there were 100 males and 60 females and they lie in the age range of 18 to 24 years. The standardized tools were used in the study, and the findings of the research stated that there is positive relationships among the three variables i.e. hope, mindfulness and happiness.

Meeks et al. (2015), The focus of the study was to explore the reliability & validity of the Adult Hope Scale in a sample of freshly admitted nursing home residents i.e. 65 samples with a range of cognitive functioning through Mattis Dementia Rating Scale. The results of the study stated that scores of adult hope scale did not significantly correlate with cognitive functioning. The findings of the study state and support the reliability and validity of scale to be used use in nursing home residents with and without the presence of cognitive impairment.

Yadav et al. (2015), The focus area of the study was to see hope, optimism, self-esteem & life satisfaction of engineering students. The sample size the study consisted was three hundred students of age group 19 to 25 years in different engineering colleges of Pune city. The findings of the above study indicated that hope was positively correlated to the rest of the three mentioned variables i.e. self-esteem, optimism & life satisfaction.

Religious attitude

Gandham, et al. (2018), The research sample, to assess the religious attitude in the younger and older generations belonged to Christian community (Protestants) in Hyderabad. The Rajmanickam's religious attitude scale was used to study the religious attitude among the young generation (16 – 25 years) and older generations (45 years and above). Further the results were analyzed statistically. It was found that there was a significant difference in the religious attitude of both the generations. The younger generation seemed to be more spiritually active than the older generation and accordingly had well-built attitude towards Christianity.

Manisha N. & Kumari, Ghayathri R.A. (2018), The research studies the correlation of social media on religious attitude and depression. Ex – post Facto research design was adopted to do the study. The standardized tools were used in the study, Self – Constructed Questionnaire, Rajamanickam's Religious Attitude Scale and Major Depression Inventory. The outcome of the study indicated a notable positive correlation between the scores of three variables except for one dimension (Prayer and Worship) of religious attitude scale as the score of Major Depression Inventory was a negatively correlated with the religious attitude dimension.

Sophia, et al. (2017), Individual's life involving various factors like, personal life, occupation, mental and physical health, tend to have a greater impact by the religious attitude of an individual. The data was collected through purposive sampling technique from sixty respondents. The tools used to collect data were a Religious Attitude Scale developed

Relationship between religious attitude, hope and self compassion among young adults & older adults

by Prof Rajamanickam and a Self-Prepared Interview. The findings of the result stated that respondents showed high score of religious attitudes.

Niyas Muhammed. P (2016), Various researches have shown that religion and psychological well-being are positively correlated and according to some estimates there are roughly around 4200 religions followed and practiced in this world. This study focuses on how the religiosity influences adolescences in rural and urban areas and the tool used for the study was Rajamanickam's Religious Attitude Scale. The findings stated that religiosity among rural adolescence is higher than the adolescence from urban area.

Parniyan, Raziéh et al (2016), The study's objective focused on the relationship among religious beliefs and quality of life among students university of Medical Sciences of Johram. The sample size of the study was 273 students which were randomly selected. The findings of the study stated that the student's wellbeing was positively correlated with the religious beliefs of the students. Further it was concluded that to raise the awareness regarding the religious attitude some organized education can be arranged.

Kajavinthan, K. (2015), The study aimed at school students' religious attitude who belonged to different social and educational background and majorly to look upon whether the religious behavior of the people is influenced by their sex, educational, religious and cultural differences. The findings of the study were obtained through statistical analysis which stated that there is clear gender difference in the religious attitude. The parental education, nativity and religion are the major influencers of the religious attitude among school students.

Self-compassion

Neff, Kristin D. (2015), There has been a criticism related to Self-Compassion Scale's psychometric validity. The author argues that there is an accurate consistency in the definition given by him about self-compassion., there is a dynamic balance between the compassionate and uncompassionate ways that individuals responds to the pain and failure which they go through emotionally. The bi factor analysis is provided in the empirical research in which there is minimum 90 % of the reliable variance which explains SCS scores in overall self-compassion factor. Finally, the author states that training in the self-compassion leads to increment in scores in the positive SCS subscales and also the negative subscales leads to decrement in the scores.

Neff, Kristin D. (2011), The articles discusses about the self-compassion and self-esteem differences. First the article discusses about relation of self-esteem to psychological well-being and it can also be problematic if anyone pursues high self-esteem. Then, the article focuses on self-compassion, how it entails treating oneself with kindness, how individual should recognize an individual's shared humanity and one should be mindful when there is a rule of pessimist aspects of one self.

Neff, Kristin D. and McGehee, Pittman (2010), The present study examines self-compassion among adolescents (sample size: 235) in comparison with the sample of young adults (sample size: 287). Further the results of the study were analyzed statistically and it indicated that self-compassion and well-being are strongly associated among adults and adolescents both. Findings of the study suggest adolescents tolerating negative self-views; self-compassion can be an effective intervention.

METHODOLOGY

Aim

- To study the relationship between self-compassion, hope and religious attitude among the young adults and older adults.

Objective

- To study the religious attitude, self-compassion and hope of young adults and older adults.
- To examine the relationship of religious attitude on self-compassion and hope on young adults and older adults.
- To study the difference between young adults and older adults in relation to religious attitude, self-compassion and hope.

Hypothesis

1. There shall be a significant positive relationship between religious attitude, self-compassion and hope of young adults and older adults.
2. There shall be a significant association of religious attitude on self-compassion and hope on young adults and older adults.
3. There shall be a significant difference between young adults and older adults in relation to religious attitude, self-compassion and hope.

Participants/ sample

The present study was pursued on a sample of 150 participants and the participants were affiliated to four different religious groups- Hindus, Muslims, Sikhs, Christians. The age range of the sample was divided into two folds, 18 to 25 Years i.e. Young Adults and 45+ Years i.e. Adults. The sample was determined through stratified random sampling method.

Instruments

For the conduction of this study three scales were used to assess the relationship between religious attitude, hope and self-compassion among young adults and adults.

The Adult Hope Scale by Snyder et al. (1991) which is a 12 item measure of a participant's level of hope on 8 point Likert Type scale. Further division of scale was into two subscales: Agency (i.e. Goal directed energy) and Pathways (i.e. planning to accomplish goals). It has high face validity and sound reliability. Test Retest reliability is .80.

Self-compassion Scale by Dr. Kristin Neff (2003) which is a 26-item scale where responses are given on a 5-point scale from 'Almost Never' to 'Almost Always'. The scale was developed/originated to measure self-kindness, self-judgment, common humanity, isolation, mindfulness and over identification. The internal reliability of the SCS has been observed to be consistently high in studies across a wide variety of populations suggesting that all SCS items are inter-correlated in a satisfactory manner. There is also a good convergent validity of the scale.

Religious Attitude Scale by Dr. M. Rajamanickam (1975), which consists of 30 items or statements on 5 Point Likert Scale. The scale has a Split Half reliability coefficient by using Gutman formula was found to be 0.98, which is significant at $p=0.001$ level. The Criterion validity coefficient was found to be 0.86, which is significant at $p=0.001$ level of this scale.

Relationship between religious attitude, hope and self compassion among young adults & older adults

Procedure

To collect the data for the current research two bifurcations were made in relation to the age groups i.e. 18 to 25 (Young Adults) & 45+ (Older Adults). The participation of the subjects was accompanied by giving an introduction to the research study. No personal identification information was requested but certain details were obtained for example: Social Economic Status, Religion, and Education though privacy was anyhow ensured. Later, a set of questionnaires named, Self-compassion Scale, Religious Attitude Scale & Adult Hope Scale were passed on which were individually administered and it was also ensured that participants don't have any difficulty in completing the questionnaire. Further after the completion the participants were thanked.

The obtained data was statistically analyzed by applying correlation, regression and t-test to get the desired results.

Statistical analysis

After conducting the research, the data was statistically analyzed using the nineteenth version of SPSS. In the first step, correlation scores were obtained for Religious Attitude, Hope and self-compassion by using Pearson's correlation. Then regression was used by Linear to confirm the results of the correlation. Lastly, t-test was performed to see the differences between the groups.

ANALYSIS OF RESULT

Table 1: Showing the correlation coefficient between Hope, Self-compassion, Religious Attitude among Young Adults & Older Adults

Age			Self-compassion	Hope	Religious Attitude
Older Adults	Self-compassion	Pearson Correlation	1	.059	.072
		Sig. (2-tailed)		.611	.538
	Hope	Pearson Correlation	.059	1	.067
		Sig. (2-tailed)	.611		.565
	Religious Attitude	Pearson Correlation	.072	.067	1
		Sig. (2-tailed)	.538	.565	
Young Adults	Compassion	Pearson Correlation	1	.001	.161
		Sig. (2-tailed)		.993	.170
	Hope	Pearson Correlation	.001	1	.038
		Sig. (2-tailed)	.993		.745
	Religious Attitude	Pearson Correlation	.161	.038	1
		Sig. (2-tailed)	.170	.745	

Relationship between religious attitude, hope and self compassion among young adults & older adults

Table 2: Showing means, SDs and t-values of Hope, Self-compassion & Religious Attitude between Young Adults and Older Adults

Variables	Age	Mean	SD's	t-values	Sig. (2-tailed)
Hope	Older Adults	51.11	9.21	1.68	0.94
	Young Adults	48.66	8.62		
Self-compassion	Older Adults	88.27	11.48	-.814	.417
	Young Adults	89.67	9.45		
Religious Attitude	Older Adults	86.60	12.65	-1.76	.079
	Young Adults	90.31	13.04		

Table 3: Regression of Religious Attitude on Hope and Self-compassion among Young Adults & Older Adults

Age	Model	F	Sig.	t	Sig.
Adults	1	.383	.538	.619	.538
Young Adults	1	1.926	.170	1.388	.170

Predictors: (Constant), Religious Attitude
 Dependent Variable: Self-compassion

Age	Model	F	Sig.	t	Sig.
Adults	1	.335	.565	.579	.565
Young Adults	1	.107	.745	.326	.745

Predictors: (Constant), Religious Attitude
 Dependent Variable: Hope

DISCUSSION

India; a country ruled by the norms and beliefs of a culture and religion followed by the individuals in the name of democracy. In the current study we are trying to focus and understand whether the religious attitude of an individual plays a role in manipulating the hope and self-compassion of any individual towards the other individual whether the person is a young adult or older adult or a male or a female. The data of the following study was collected from 150 subjects in total who belonged to four different religions which were Hindu, Muslim, Sikh and Christian through stratified random sampling method.

There were certain objectives/hypotheses of the study in which relationship between, hope, self-compassion and religious attitude among young adults and older adults was interpreted. The findings of the study represent that religious attitude, self-compassion and hope doesn't have positive significant relationship with each other, therefore our first hypotheses i.e. "There shall be a significant positive relationship between religious attitude, self-compassion and hope of young adults and adults" is rejected. There is no correlation coefficient among the three variables. From table 1 it is clear that there is no significant positive relationship among the three variables. In one of the studies by (Kang, 2013) stated a positive notable relation connecting spirituality & state of happiness but it was also found that there was no significant relation between religiosity and state of happiness among elderly people.

Hope and Self-compassion are the two major positive aspects of human life. In India it is believed, as there are customs and religious attitudes/orientations in vast variety it tends to affect the major decisions and attitudes of an individual. From the results it is explained that our second hypotheses i.e. "There shall be a significant prediction of religious attitude on

Relationship between religious attitude, hope and self compassion among young adults & older adults

self-compassion and hope on young adults and adults” is also rejected as religious attitude doesn’t have any role to play in manipulating the hopeful and compassionate attitude of both young adults and older adults. Table 3 shows that religious attitude has no significance in relation to both hope and self-compassion.

The above findings state that the degree at which an individual follows a specific religion it doesn’t tend to influence the hopeful and compassionate attitude of any individual. People take the hopeful and compassionate decisions on their own without being infected from the thoughts and beliefs of their religious beliefs and attitudes.

Another objective was “To find a significant difference between young adults and adults in relation to religious attitude, self-compassion & hope”. Table 2 show the results of young adults and older adults where it is shown that mean of variable of hope in older adults is 51.11 and standard deviation is 9.21 whereas mean of hope in young adults is 48.66 and standard deviation is 8.62, therefore the t-values on hope variable is .94 which shows insignificant at .05 level. Furthermore, mean of variable of self-compassion in older adults is 88.27 and standard deviation is 11.48 whereas mean of self-compassion in young adults is 89.67 and standard deviation is 9.45, therefore the t-values on self-compassion variable is .417 which shows insignificant at .01 level. Lastly, mean of variable of religious attitude in older adults is 86.60 and standard deviation is 12.65 whereas mean of religious attitude in young adults is 90.31 and standard deviation is 13.04, therefore the t-values on religious attitude variable is .079 which shows insignificant at .05 level. The following results explain that the hypotheses “There shall be a significant difference between older adults and young adults in relation to religious attitude, self-compassion & hope” is rejected. In one of the studies by (Sundarraju, 2018) it was noted that there is a positive correlation among the dimensions of psychological well being, hope and optimism. Also, self-compassion is not significantly correlated with the other three variables.

Hope, self-compassion and religious attitude can therefore be concluded as independent life domains of an individual, as all the variables don’t play any role in interfering each other’s perspective and use in a person’s life.

An interesting result has been achieved through this study that we Indians have always been surrounded by the religion, its religiosity and attitude but it is an important conclusion that has derived from the study, no matter what religion one follows or what decisions one take in its life towards being hopeful and compassionate in regard to other individuals it is specifically not because of the religion and individual’s religious attitude.

SUMMARY AND CONCLUSION

Hope, self-compassion, religious attitude are the terms which seems related and most of our human psychic and upbringing says that an individual can be termed and shaped by the religion one follows. Further, if religion somehow affects our lifestyle and our personality then it must affect how hopeful and compassionate we are towards each other/ humanity.

To study in detail the above mentioned perspective is what the main goal of this current research is. The focus of the study indicates the relation between Self-compassion, hope & religious attitude among the young adults and older adults by using the standardized tools to find out whether the religious attitude affects the hope and self-compassion of an individual. The data was gathered from 150 young adults and adults of four different religion

Relationship between religious attitude, hope and self compassion among young adults & older adults

communities i.e. Hindu, Muslim, Sikh, Christian. Three standardized tools were used to collect the data. The participants were well informed about the research and all the doubts and queries were entertained.

Further to analyze the data SPSS software was used and with the help of it we could find out the correlation among the three variables and as well as the effect of religious attitude over hope and self-compassion. Lastly, t – test which helped us identify the differences between the groups.

The findings of the study clearly state that there is no relationship between the three variables and especially on the Indian population where the participants were from diverse religious backgrounds and sticking to their beliefs. An important conclusion was drawn from this study, individual following any religion or what gender and age the person is, it doesn't tend to have any effect on how hopefully and compassionately a person reacts to the situation or to the other individual.

It is important for individuals to understand that it's not necessary if an individual is from a certain religion or follows certain beliefs, it would had an effect on how hopeful and compassionate the other individual is towards humanity.

Implications

The current research depicts that how religious attitude is not associated with neither hope nor self-compassion and doesn't have any effect on these facets that are important in an individual's life. To understand this association is vital because it offers more insight into reasons what makes an individual be more hopeful and self-compassionate.

It is important for future studies in this specific background to include diverse regions for sampling to help understand more accurately if religious attitude tends to affect hope and self-compassion of individuals.

Limitations

1. The sample size was small and limited
2. The limited area of this study might not depict a true conclusion for the whole population and demographic variables are needed to be considered.

REFERENCES

- Abi-Hashem, N. (2001). Rediscovering hope in American Psychology. *American Psychologist* , 56 (1), 85-86.
- Allen, A. B. (2012). Self-compassion and Well-being among Older Adults. *Self and Identity* , 11, 428-453.
- Anand, P. V. (2015). Religious Orientation, self esteem and happiness among undergraduate students. *Indian journal of positive psychology* , 6 (4), 349-355.
- Anaparti, C. D. (2018). Religious Attitude of Younger Generation and Older Generation Christians of Hyderabad, India. *International Journal of Research in Engineering, IT and Social Sciences* , 8 (1), 64-68.
- Ashley Batts Allen, E. R. (2012). Self-compassion and Well-being among Older Adults. *Self and Identity* , 11, 428-453.
- Ashu, S. S. (2015). Hope and mindfulness as correlates of happiness. *Indian Journal of Positive Psychology* , 6(4), 422-425.

Relationship between religious attitude, hope and self compassion among young adults & older adults

- Awamleh, A. A. (2013). The Relationship Between Self-compassion and Emotional Intelligence for University Students. *Current Research in Psychology* , 4(2), 20-27.
- B.T. Mast, B. L. (2015). Reliability And Validity of the Adult Hope Scale in Nursing Home Residents. *The Gerontologist* , 55 (2), 705.
- Falb, M. D. (2014). Religion, spirituality, and positive psychology: Strengthening well-being. *Cross-cultural advancements in positive psychology. Perspectives on the intersection of multiculturalism and positive psychology* , 143-157.
- Germer, K. N. (2017). Self-Compassion and Psychological Well-being. *J.Doty (Ed.) Oxford Handbook of Compassion Science* .
- Gilbert, P. (2010). Compassion Focused Therapy: Distinctive Features. *Routledge: East Sussex, UK* .
- Gilbert, P. (2009). The Compassionate Mind. *Constable: London, UK* , xiii.
- Hassan, K. S. (2018). Relationship between Hope, Optimism and Life Satisfaction among Adolescents. *International Journal of Scientific & Engineering Research* , 10, 1452-1457.
- Jahanara, M. (2017). Optimism, Hope and Mental Health: Optimism, Hope, Psychological Well-Being and Psychological Distress among Students. *International Journal of Psychological and Behavioral Sciences* , 11, 8.
- Kajavinthan, D. K. (2015). A study of Religious Attitude among School Students in Jaffna. *IOSR Journal Of Humanities And Social Science* , 20, 73-76.
- Kang, P. a. (2013). Spirituality and religiosity as correlates of happiness among elderly : A gender study. *Asian Journal of Home Science* , 8, 785-791.
- Kavitha, N. S. (2017). A study on religious attitude among Ayyappan devotees. *International Journal of Applied Research* , 3(4), 165-167.
- Komal Hassan, S. S. (2018). Relationship between Hope, Optimism and Life Satisfaction among Adolescents. *International Journal of Scientific & Engineering Research* , 10, 1452-1457.
- Kotsou I, L. C. (2016). Self-Compassion Scale (SCS): Psychometric Properties of The French Translation and Its Relations with Psychological Well-Being, Affect and Depression. *PLoS ONE* , 11 (4), e0152880.
- Kumari, N. M. (2018). A correlational study on social media, religious attitude and depression. *International Journal of Applied Social Science* , 5(6), 663-669.
- Laura Barnard Crosskey, J. F. (2011). Self-Compassion: Conceptualizations, Correlates, & Interventions. *Review of General Psychology* , 15(4), 289-303.
- Luton, F. (2010). *FrithLuton*. Retrieved September 22, 2019, from FrithLuton Web Site: <https://frithluton.com/articles/religious-attitude/#targetText=Religious%20Attitude,by%20experience%20of%20the%20numinosum>.
- McGehee, K. D. (2010). Self-compassion and Psychological Resilience Among Adolescents and Young Adults. *Self and Identity* , 9 (3), 225-240.
- McGehee, N. K. (2010). Self-compassion and Psychological Resilience Among Adolescents and Young Adults. *Self and Identity* , 9 (3), 225-240.
- McPhetres J, Z. M. (2018). Religiosity predicts negative attitudes towards science and lower levels of science literacy. *PLoS ONE* , 13(11), e0207125. <https://doi.org/10.1371/journal.pone.0207125>.
- Neff, D. K. (2003). Development and validation of a scale to measure self-compassion. *Self and Identity* , 2, 223-250.
- Neff, K. D. (2011). Self-Compassion, Self-Esteem, and Well-Being. *Social and Personality Psychology Compass* , 5 (1), 1-12.

Relationship between religious attitude, hope and self compassion among young adults & older adults

- Neff, K. D. (2015). The Self-Compassion Scale is a Valid and Theoretically Coherent. *Springer Science+Business Media New York* , DOI 10.1007/s12671-015-0479-3.
- Neff, K. (2011). Self-compassion: The Proven Power of Being Kind to Yourself. . *William Morrow: NY* , 10.
- P, N. M. (2016). Influence of Religiosity among Adolescence in Rural and Urban Areas. *The International Journal of Indian Psychology* , 3 (2), 7.
- Parniyan, R. K. (2016). A Study of the Correlation between Religious Attitudes and QualityOf Life in Students at Jahrom University of Medical Sciences in 2014. *Global Journal of Health Science* , 8, 10.
- Razieh Parniyan, A. K. (2016). A Study of the Correlation between Religious Attitudes and QualityOf Life in Students at Jahrom University of Medical Sciences in 2014. *Global Journal of Health Science* , 8, 10.
- Saulsman, L. C. (2017). Building Self-compassion: From Self Criticism to Self Kindness. *Perth, Western Australia: Center for Clinical Interventions* , 1-12.
- Snyder C.R., H. C. (1991). The Will and The Ways: Development and validtaion of an individual differences measure of hope. *Journal of Personality and Social Psychology* , 60, 570-585.
- Snyder, C. R. (1991). The will and the ways: Development and validation of an individual-differences measure of hope. *Journal of Personality and Social Psychology* , 60, 570-585.
- Sundarraju, S. V. (2018). Hope, Optimism, Self-compassion and Psychological Well-Being among Rural Young Adults. *International Journal of Applied Social Science* , 5(10), 1606-1612.
- Tehrani, T. D. (2015). The Relationship between Religious Attitudes and Psychological Well-being of Nurses Working in Health Centers in Qom University of Medical Sciences in 2014. *Health, Spirituality and Medical Ethics* , 2 (4), 15-21.
- Thingujam, K. V. (2015). Hope's relation with self esteem, optimism and life satisfaction in engineering students. *Indian Journal of Positive Psychology* , 6(3), 283-287.

Acknowledgements

The author would like to express her sincere gratitude to Dr. Kakul Hai for her continuous support backed by patience, enthusiasm and immense knowledge and appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author declared no conflict of interest.

How to cite this article: R Kapoor (2020). Relationship between religious attitude, hope and self-compassion among young adults & older adults. *International Journal of Indian Psychology*, 8(3), 82-94. DIP:18.01.011/20200803, DOI:10.25215/0803.011