The International Journal of Indian Psychology
ISSN 2348-5396 (Online) | ISSN: 2349-3429 (Print)
Volume 13, Issue 1, January- March, 2025
DIP: 18.01.124.20251301, DOI: 10.25215/1301.124
https://www.ijip.in

The International Journal of INDIAN PSYCHOLOGY

Research Paper

Spirituality and Lifestyle: A Comparison Between Millennials and Pre-Millennials

Varsha Binoy[1], Aneesh S.[2], Aleena Andrews[3], Nevin Wilson[4], Soya S.A.[5], Sruthy Krishna M.[6]*

ABSTRACT

Spirituality is a way to live happily and understand the meaning of life. Spirituality does not change the facts of the life but it gives the strength to accept the truth when things are not in your favour. Spirituality emphasis "things happen for a reason". Lifestyle defines the attitude, values and somewhat exhibits the social position. Lifestyle of youth in India is taking a rapid turn with the fast changing world influence of globalization, modernization, changing needs of the society and awareness is making the youth more and more ambitious, hence affecting their lifestyle. The purpose of the study was to examine the effect of spirituality and lifestyle between millennials and pre-millennials. A sample of 125 participants including males and females representing both millennials and pre-millennials were taken. They were administered with questionnaires of spirituality developed by C Delen,2003) and Lifestyle scale (S.K. Bawa and Sumanpreet Kaur, 1971). The. Spirituality and lifestyle were measured using Pearson's correlation coefficient. In a paired t test, lifestyle showed significant relationship between millennials and pre-millennials but spirituality has no significant relationship.

Keywords: *Spirituality, Lifestyle, Millennials, Pre-millennials*

A generation is "all of the people born and living at about the same time, regarded collectively". It can be described as, "The average period, generally considered to be about 30 years, during which children are born and grow up, become adults, and begin to have children of their own". Generation is also often used synonymously with cohort in social science; it means "people within a delineated population who experience the same significant events within a given period of time.

[1]B.SC Psychology, Fatima Mata National College Kollam (Autonomous) Kerala
[2]B.SC Psychology, Fatima Mata National College Kollam (Autonomous) Kerala
[3]B.SC Psychology, Fatima Mata National College Kollam (Autonomous) Kerala
[4]B.SC Psychology, Fatima Mata National College Kollam (Autonomous) Kerala
[5]B.SC Psychology, Fatima Mata National College Kollam (Autonomous) Kerala
[6]Assistant Professor of Psychology, Fatima Mata National College Kollam (Autonomous) Kerala
*Corresponding Author

Received: December 15, 2024; Revision Received: February 24, 2025; Accepted: February 28, 2025

© 2025, Varsha, B., Aneesh, S., Aleena, A., Nevin, W., Soya, S.A., & Sruthy, K.M.; licensee IJIP. This is an Open Access Research distributed under the terms of the Creative Commons Attribution License (www.creative commons.org/licenses/by/2.0), which permits unrestricted use, distribution, and reproduction in any Medium, provided the original work is properly cited.

Millennials, also known as Generation y, are the demographic cohort following Generation X and preceding Generation Z. The characteristics of millennials vary by region and by individual, and the group experiences a variety of social and economic conditions, but they are generally marked by their coming of age in the information age, and are comfortable in the usage of digital technologies and the social media. Generation X or Pre-millennials is the demographic cohort preceding the millennial. They were children during a time of shifting societal values. The upcoming generations, millennial, are a new type of generation. They have proven to be the most educated generation, despite the hard times in the economy.

The baby boomers have grown older and the new generation, generation X, Generation Y, also known as Millennials, are taking their place. Why has the world taken a huge interest in the millennial generation? Millennial are people born between the years 1980 and 2000. They grew up being coddled and helicoptered." Entertained by 24-hour TV. Sam Tanenhause of The New York Times, writes that Millennials were "fussed over, dissected by psychologists, demographers, tend-spotters." Millennials were brought up using digital technology and mass media. There are those who see Millennials as the "screwed generation." While others think Millennials are highly educated and will do a lot for the future of the United States. While at times the millennial generation is known to be hardworking, and ambitious, they are actually a group of self-absorbed, in debt, and people who lack a productive education. There are many positive characteristics that the Millennial generation have. Millennials are well- educated, tech-savvy hard workers and deep thinkers. These characteristics makes millennials appealing to employers. The Sunday business post writes that this generation is "more collaborative in their approach to work and are excellent networks generally. They are achievement-focused and very ambitious" ("The age"). Millennials are meticulous about their work, if something doesn't sound right they will not let the issue go unresolved. One of the many things that impact the millennial generation and cause it to be looked down upon are their role models. Growing up in a society with TV, Internet, and Smartphones, people have constant access to celebrities, who have replaced parents and teachers as the new role models.

Millennials are known for the huge debts they have amassed to pay for their college education. In today's economy, rebuilding itself after the recession, there are a limited number of jobs. Not only do Millennials have their own debts, but "they're going to inherit enormous debt their parents" (Kotkin) that their children may ultimately have to pay for.

"Millennials are narcissistic, overconfident, entitled and lazy. Their self-centeredness could bring about the end of civilization as we know it" (Stein and Sanburn, 2013). They are found to be lazy and narcissistic. They expect everything to be handed down to them as if they are entitled to it. Older generations picture us sitting on a couch with our feet up it the air, starring like a zombie into our screens on our phones, while taking selfies every five minutes, demanding our boss to give us a raise. If only the people who judge us knew how hard we really have it in today's world. Liz Zarka's 2013 article entitled "Generation Me: The Millennial Generation's obsession with Being Unique", from The Daily Clog, states her beliefs that Millennials are focused on ourselves verses helping our planet. She assumes we are self-absorbed, conceded, and only care about fame and do not care about changing the way people see us. However, I believe the millennials are a multitask, we are aspirational. Doubtless, American society will survive the era of Millennials. The Millennials generation has more positive characteristics than negative. They are more focus on working hard to better their life, than depending on others. They loved to be independent and fulfil their wish, rather than please someone else's. Millennials are down to earth and they don't take

life too serious. The older generation is doom because of technologies. The reasons that, the Millennials spends too much time on the internet, rather than enjoying the nature of earth or enjoying life activities.

Being able to maintain more than one thing at a time has helped Generation Y accomplish our task in a timely manner. It's a great attribute we have, considering older generations think we are incapable of successfully completing a task that was given to us. A 2011 article entitled, "A Millennials Says: Stop Trashing Us", by Maria LaMagna, a web producer for Bloomberg View, admits "Maybe the biggest source of hope is how 'over-scheduled' we were as children. Our parents were criticized for enrolling us in Little League, Ballet Class, and Science Camp all it once, but when you think about it we over scheduled kids might be the uber project managers of the future". LaMagna believes that being able to multitask is not a distraction but an upper hand in the future towards our career. From experience, as a child I as well was placed in Softball and Basketball at the same time. I feel it has made my life easier as a mother, because I can complete my daily chores while reading to my daughter as I am preparing dinner. If I was not over scheduled as a child, I would probably be bald from pulling all my hair out trying to keep up with my life.

In addition to completing multiple activities at once, Millennials have put forth their education because they understand the importance of today's salary. LaMagna, comments "Remember not too long ago when we were clawing each other's eyes out to get into college? Memories of that level of crazed intensity make me cringe (Let's try to forget the day I cried over a bowl of tomato soup in the cafeteria about a bad quiz grade), but also suggest that as a generation we cannot be all that lazy". In other words, LaMagna is describing the amount of pressure our generation is under to continue our education and how possibly one bad grade into an outstanding college. Getting accepted into college is hard enough, but the stress of not getting into college is worse. Ultimately our generation either has to, obtain the highest level of education to keep up with the economy, or suffer the consequences of settling for minimum wage paying jobs. Unfortunately, as LaMagna puts it, "Being Lazy" is out of the question. For example, one of my good friends finished college but is having a difficult time finding work, so he is currently serving burgers and fries at Carl's Jr. While he continues to look for employment.

As well as understanding that receiving a masters or bachelor degree will basically lead to be better future. Millennials also strive by putting all their focus to one main objective, which is to be the best. In LaMagna's article, Alex Morse, a young 23-year-old mayor of Holyoke, Massachusetts agrees, "Despite its sometimes bad rap, the Millennial generation is ambitious". Morse's point is that although other generations think poorly of us, we are committed to achieve the impossible. Other generations like the Baby Boomers insist that we are lazy and over that once we put proven over and over that once we put our minds to something we make it our goal to accomplish it. For example, being a mom of two toddlers, working full time and being a full time student is hard. But I do it to better my future and make sure my two beautiful daughters have a better childhood then I did. I want my daughters to follow my example and thrive in anything they commit to. This is my personal goal for them, and being a Millennial myself, I will make sure this is achieved.

The Millennials are a generation that is deserving and commendable. We accomplish our goals and use the resources that were given to us. If we continue to climb up the success latter and show our hard work, we can change the views on how other generations see us.

We need to come together as generations everything we have learned and ultimately continue to grow and push forward towards a better future.

Objectives

- To assess the significant relationship between Spirituality and Lifestyle among millennials.
- To assess the significant relationship between Spirituality and Lifestyle among pre-millennials.
- To assess the significance difference between Millennials and Pre-millennials on Spirituality and Lifestyle.

Hypothesis

- There will be a significant relationship between Spirituality and Lifestyle among Pre-millennials.
- There will be a significant relationship between Spirituality and Lifestyle among Millennials.
- There will be a significant difference between Millennials and Pre-millennials on their Spirituality.
- There will be significant differences between Millennials and Pre-millennials on their Lifestyle.

METHODOLOGY

Participants

The aim of the research was to study the spirituality and lifestyle among millennials and pre-millennials. A total of 125 people were taken as participants living in different locations from Kollam district through simple random sampling (65 were millennials and 60 were pre-millennials) to measure the spirituality and lifestyle. The age of the participants ranges from 15 to 60 years of age.

Measures

- **Spirituality Scale (C. Delaney, 2003):** The 23 item spirituality Scale (SS) developed by Colleen Delaney (2003) is used. It is an instrument to assess the beliefs, intuitions, lifestyle, practices, and the rituals that characterised the human spiritual aspect holistically. It uses a six point rating scale to assess the intensity of every item with reference to the individual's life experiences. Spirituality encompasses a personal, interpersonal, and trans-personal context consisting of four interrelated domains: higher power or universal intelligence, self-discovery. This scale has a reliability of 0.88 and validity of 0.9.
- **Lifestyle scale (S.K. Bawa and Sumanpreet Kaur, 1971)** The scale was developed by S.K. Bawa and Sumanpreet Kaur in 1971. It contains 60 items which measures 6 areas of life style:
  - Health Conscious lifestyle
  - Academic Oriented Lifestyle
  - Career Oriented Lifestyle
  - Socially Oriented lifestyle
  - Trend seeking Lifestyle
  - Family Oriented Lifestyle

  The reliability coefficient is found to be 0.96 and the reliability index is .98. It has face validity.

Procedure

The questionnaire will be a self-administrating one. Instructions will be printed at the beginning of the inventories. Response space will be provided against each item, and the respondent will require ticking the appropriate column representing their response. The participants will be briefed about the purpose of the study and confidentiality will be assured. Sufficient time will be given to respond to the questionnaires and then the data collection will be made. Scoring will be done as per manual.

Statistical Analysis

The data obtained from the participants will analyse using SPSS. The relation between Spirituality and Lifestyle will examine using Karl Pearson Product Moment Correlation analysis. The comparison of the variables; Spirituality and Lifestyle of participants based on *the two different groups will analyse through independent Samples t-test.*

RESULTS AND DISCUSSIONS

Table 1: Relation between spirituality and lifestyle among millennials.

Variables	Spirituality	Lifestyle
Spirituality	()	-0.10
Lifestyle	..	()

***significant at 0.05 level*

The first hypothesis stated that there will be a significant relationship between Spirituality and Lifestyle among Millennials. Table 1 reveals that there is no significant relationship between Spirituality and Lifestyle among Millennials with r value -.104 which is not significant at 0.05 level. Thus hypothesis 1 is rejected as it implies that there is no significant correlation between Spirituality and lifestyle among Millennials.

Table 2: Relationship between Spirituality and lifestyle among premillennial

Variables	Spirituality	Lifestyle
Spirituality	()	**-0.12**
Lifestyle	..	()

***.Correlation is significant at 0.01 (2-tailed)*
**.Correlation is significant at 0.05 (2-tailed)*

The first hypothesis stated that there will be a significant relationship between spirituality and lifestyle among pre-millennials. Table 2 reveals that there is no significant relationship between spirituality and lifestyle among Pre-millennials with r value -.119 which is not significant at 0.05. Thus hypothesis 2 is rejected, it implies that there is no significant correlation between Spirituality and Lifestyle among pre-millennials. According to the study conducted by Bozorgi (2016) on the relationship between Spirituality and Life satisfaction in high school teachers, it is noted that there is no a meaningful relationship between Spirituality and Life satisfaction.

Table 3 shows the comparison of means scores on spirituality and lifestyle between millennials and pre-millennials (125)

Variable	Comparison	N	M	SD	t value
Spirituality	Millennials	65	107.18	11.0	1.49(NS)
	Pre-millennials	60	111.03	17.16	
Lifestyle	Millennials	65	135.57	17.55	3.14**
	Pre-millennials	60	145.32	17.05	

***.Correlation is significant at 0.01 (2-tailed)*
**. Correlation is significant at 0.05 (2-tailed)*

The hypothesis stated that, there will be a significant difference between millennials and pre-millennials on spirituality. Table 3 reveals that there no significant relation in spirituality between millennials and pre-millennials with t value 1.49 which is not significant.

According to a study conducted by Campbell (2012) generational differences and concern for others has shown a significant change. Gen X'ers to millennial, considered goals related to extrinsic values (money, image, fame) more important and those related to intrinsic values (self-acceptance, affiliation, community) less important concern for others (empathy for out-groups, charity donations, the importance of having a job worthwhile to society) declined slightly.

The fourth hypothesis states that there will be significant differences between millennials and pre-millennials on lifestyle. Table 4.3 reveals that there is significant difference between millennial and pre-millennials based on their lifestyle with t value 3.14**. According to the study conducted by Bosnes (2019) Lifestyle factors successfully correlates with age.

Findings of the Study

- There will be no significant relationship between Spirituality and Lifestyle among Pre-millennials.
- There will be no significant relationship between Spirituality and Lifestyle among Millennials.
- There will be no significant difference between Millennials and Pre-millennials on their Spirituality.
- There will be a significant difference between Millennials and Pre-millennials on their Lifestyle.

CONCLUSION

The present study was designed to understand and find out the relationship between Millennials and Pre-millennials on the basis of their Spirituality and lifestyle. The findings of relationship between Spirituality and Lifestyle are aimed to understand any relation between these 2 variables. The result of the study showed that there is no significant relation in Spirituality and Lifestyle between Millennials and pre-millennials. That means Spirituality does not have any effect on Millennials and Pre-millennials but lifestyle has an inversely affect on millennials and pre-millennials. The study may shed light on the areas of

Spirituality and lifestyle. It state that change in Spirituality will not cause any change in Lifestyle. Lifestyle may change according to age but Spirituality has no effect on it. As there is no significant relationship between these two variables it does not help to relate any influence of Future research may include other salient factors. Moreover, this is a study confined to Kollam and therefore it is important to compare the conditions of Kollam with those of the other Districts. A mixed method (with both quantitative and qualitative research) study is also strongly recommended for future study. A study using larger samples can produce a better result. By using many demographic variables, the study may become more effective. We hope that more researchers in the future will be motivated to apply these approaches to the understanding of the new and exciting field of Spirituality and Lifestyle.

REFERENCES

Akbarnejhad, H., & Ghahari, S. (2017). Relationship between Spirituality-based Lifestyle and Procrastination among Employed Women in Iran. *Biology and Medicine*, *09*(01). https://doi.org/10.4172/0974-8369.1000368

Boswell, G. H., Kahana, E., & Dilworth-Anderson, P. (2006). Spirituality and Healthy Lifestyle Behaviors: Stress Counter-balancing Effects on the Well-being of Older Adults. *Journal of Religion and Health*, *45*(4), 587-602. https://doi.org/10.1007/s10943-006-9060-7

Burack, E. H. (1999). Spirituality in the workplace. *Journal of Organizational Change Management*, *12*(4), 280-292. https://doi.org/10.1108/09534819910282126

Capeheart-Meningall, J. (2005). Role of spirituality and spiritual development in student life outside the classroom. *New Directions for Teaching and Learning*, *2005*(104), 31–36. https://doi.org/10.1002/tl.210

Chida, Y., Steptoe, A., & Powell, L. H. (2009). Religiosity/Spirituality and Mortality. *Psychotherapy and Psychosomatics*, *78*(2), 81-90. https://doi.org/10.1159/000190791

Cotton, S., Puchalski, C. M., Sherman, S. N., Mrus, J. M., Peterman, A. H., Feinberg, J., Pargament, K. I., Justice, A. C., Leonard, A. C., & Tsevat, J. (2006). Spirituality and religion in patients with HIV/AIDS. *Journal of General Internal Medicine*, *21*(S5), S5–S13. https://doi.org/10.1111/j.1525-1497.2006.00642.x

Curlin, F. A. (2006). Spirituality and Lifestyle: What Clinicians Need to Know. *Southern Medical Journal*, *99*(10), 1170–1171. https://doi.org/10.1097/01.smj.0000242742.36631.f6

Dein, S., Cook, C. C. H., Powell, A., & Eagger, S. (2010). Religion, spirituality and mental health. *The Psychiatrist*, *34*(2), 63–64. https://doi.org/10.1192/pb.bp.109.025924

De Klerk, J. J., Boshoff, A. B., & Van Wyk, R. (2006). Spirituality in Practice: Relationships between Meaning in Life, Commitment and Motivation. *Journal of Management, Spirituality & Religion*, *3*(4), 319–347. https://doi.org/10.1080/14766080609518637

F, L. (2017). Understanding the Role of Spirituality and Faith in Relation to Life Expectancy and End of Life Experience in Terminally-ILL Cancer Patients. *Gerontology & Geriatrics Studies*, *1*(4). https://doi.org/10.31031/ggs.2017.01.000517

Giacalone, R. A., & Jurkiewicz, C. L. (2010). Handbook of Workplace Spirituality and Organizational Performance. https://doi.org/10.4324/9781315703817

Geh, E., & Tan, G. (2009). Spirituality at work in a changing world: managerial and research implications. *Journal of Management, Spirituality & Religion*, *6*(4), 287–300. https://doi.org/10.1080/14766080903290093

Gottlieb, R. S. (2012). Spirituality in Religious Tradition. *Spirituality*, 53-69. https://doi.org/10.1093/acprof:oso/9780199738748.003.0004

Hadzic, M. (2011). Spirituality and Mental Health: Current Research and Future Directions. *Journal of Spirituality in Mental Health*, *13*(4), 223–235. https://doi.org/10.1080/19349637.2011.616080

HYMAN, C., & HANDAL, P. J. (2006). Definitions and Evaluation of Religion and Spirituality Items by Religious Professionals: A Pilot Study. *Journal of Religion and Health*, *45*(2), 264-282. https://doi.org/10.1007/s10943-006-9015-z

Kang, S., & Yong, J. (2019). Effects of a Spirituality Promotion Program on Spirituality, Empathy and Stress in Nursing Students. *Journal of Korean Academy of Fundamentals of Nursing*, *26*(4), 240-247. https://doi.org/10.7739/jkafn.2019.26.4.240

Karakas, F. (2009). Spirituality and Performance in Organizations: A Literature Review. *Journal of Business Ethics*, *94*(1), 89-106. https://doi.org/10.1007/s10551-009-0251-5

Koenig, H. G. (2008). Concerns About Measuring ???Spirituality??? in Research. *The Journal of Nervous and Mental Disease*, *196*(5), 349–355. https://doi.org/10.1097/nmd.0b013e31816ff796

McCreery, E. (2001). Empathy, Experience and Spirituality. *International Journal of Children's Spirituality*, *6*(3), 363-364. https://doi.org/10.1080/13644360120100513

Miller, W. R., & Thoresen, C. E. (2003). Spirituality, religion, and health: An emerging research field. *American Psychologist*, *58*(1), 24-35. https://doi.org/10.1037/0003-066x.58.1.24

Mizock, L., Millner, U. C., & Russinova, Z. (2012). Spiritual and Religious Issues in Psychotherapy with Schizophrenia: Cultural Implications and Implementation. *Religions*, *3*(1), 82-98. https://doi.org/10.3390/rel3010082

Moberg, D. O. (2008). Spirituality and Aging: Research and Implications∗. *Journal of Religion, Spirituality & Aging*, *20*(1–2), 95–134. https://doi.org/10.1080/15528030801922038

Nelson, M. F., James, M. S., Miles, A., Morrell, D. L., & Sledge, S. (2016). Academic Integrity of Millennials: The Impact of Religion and Spirituality. *Ethics & Behavior*, *27*(5), 385-400. https://doi.org/10.1080/10508422.2016.1158653

Pandya, S. P. (2015). Adolescents, well-being and spirituality: insights from a spiritual program. *International Journal of Children's Spirituality*, *20*(1), 29–49. https://doi.org/10.1080/1364436x.2014.999230

Pattison, S. (2013). Religion, Spirituality and Health Care: Confusions, Tensions, Opportunities. *Health Care Analysis*, *21*(3), 193–207. https://doi.org/10.1007/s10728-013-0245-4

Powell, L. H., Shahabi, L., & Thoresen, C. E. (2003). Religion and spirituality: Linkages to physical health. *American Psychologist*, *58*(1), 36-52. https://doi.org/10.1037/0003-066x.58.1.36

Rew, L., & Wong, Y. J. (2006). A systematic review of associations among religiosity/spirituality and adolescent health attitudes and behaviors. *Journal of Adolescent Health*, *38*(4), 433-442. https://doi.org/10.1016/j.jadohealth.2005.02.004

Sabatier, C., Mayer, B., Friedlmeier, M., Lubiewska, K., & Trommsdorff, G. (2011). Religiosity, Family Orientation, and Life Satisfaction of Adolescents in Four Countries. *Journal of Cross-Cultural Psychology*, *42*(8), 1375-1393. https://doi.org/10.1177/0022022111412343

Saxena, S. (2006). A cross-cultural study of spirituality, religion, and personal beliefs as components of quality of life. *Social Science & Medicine*, *62*(6), 1486-1497. https://doi.org/10.1016/j.socscimed.2005.08.001

Slife, B. D., Hope, C., & Nebeker, R. S. (1999). Examining the Relationship between Religious Spirituality and Psychological Science. *Journal of Humanistic Psychology*, *39*(2), 51-85. https://doi.org/10.1177/0022167899392005

Traphagan, J. W. (2005). Multidimensional Measurement of Religiousness/Spirituality for Use in Health Research in Cross-Cultural Perspective. *Research on Aging*, *27*(4), 387-419. https://doi.org/10.1177/0164027505276049

Zinnbauer, B. J., Pargament, K. I., & Scott, A. B. (1999). The Emerging Meanings of Religiousness and Spirituality: Problems and Prospects. *Journal of Personality*, *67*(6), 889-919. https://doi.org/10.1111/1467-6494.00077.

Acknowledgment

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Varsha, B., Aneesh, S., Aleena, A., Nevin, W., Soya, S.A., & Sruthy, K.M. (2025). Spirituality and Lifestyle: A Comparison Between Millennials and Pre-Millennials. *International Journal of Indian Psychology*, *13*(1), 1322-1330. DIP:18.01.124. 20251301, DOI:10.25215/1301.124