

Research Paper

Examining the Relationship between Spiritual Personality and Test Anxiety

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ABSTRACT

The aim of this research is to explore how test anxiety and spiritual traits interrelate in college students of adult age group. The total number of participants was 200; half were men and the other half were women. The analysis used in the research was correlation to examine how test anxiety levels are linked with spiritual traits. Furthermore, an independent t test was conducted to see if there were any differences in test anxiety levels based on gender, among the participants. Research results indicated a connection in the opposite direction between test anxiety and spiritual characteristics; implying that individuals, with greater spiritual traits usually experienced lower levels of test anxiety. Furthermore, in the analysis using a t test no notable gender variations were observed in test anxiety implying that it impacts both male and female students equally regardless of their spiritual attributes. The findings highlight the importance of integrating well-being into treatments aimed at reducing academic pressure and underscore the potential role of spiritual beliefs in alleviating test anxiety among university students. It is recommended that further studies investigate the underlying mechanisms and impacts of engaging in practices on psychological well-being and academic success, across different population groups.

Keywords: *Spiritual personality, Test anxiety, psychological well-being, Spiritual belief*

Spirituality is like a deep river that flows through the heart of human experience. It's all about finding meaning, feeling at peace inside, and connecting with something bigger than ourselves. Lately, psychologists have been really diving into how spirituality fits into who we are—especially when it comes to our personalities. A spiritual personality isn't just about going to church or following religious rules; it's much broader. It includes what you believe in your core, the values you hold dear, and how you act day-to-day because of those beliefs. Think compassion towards others or taking time out for some quiet reflection—it's these qualities that show someone has a spiritual side. People with strong spiritual personalities often look beyond just gathering stuff or achieving status—they're on a quest for deeper meaning in life. They might meditate quietly each morning or find solace in prayer during tough times; these practices help them stay resilient against life's ups and downs. and people who have a spiritualistic personality have more posttraumatic growth. People who find their past dark sheds due to post-traumatic growth were more keen on

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spiritual beliefs; they were positive and optimistic compared to non-spiritualistic personalities.

Test anxiety, a psychological problem that is prevalent among young adults, can damage academic performance and overall well-being. Conventional psychological views attach a lot of importance to cognitive and behavioural factors, however, preliminary findings show that spiritual beliefs can also have a great impact on a person's subsequently test anxiety experience. This research analyses the intricate link between spiritual personality and test anxiety in young adults, by looking into the ways that spiritual beliefs and practices can alter the emotions that the students have towards their scholastic evaluations.

This research aims to contribute to a better understanding of the unexplained factors that strengthen this psychological problem by looking at the relationship between young people's spirituality and their anxiety about the exam. This knowledge will help experts make decisions on the best interventions as well as support the educational institutions and young adults experiencing test anxiety. This means both psychological and spiritual dimensions will be included

Objectives

- To assess the spiritualistic personality and Test anxiety among young adults relation to their genders.
- To investigate the relationship between spiritualistic personality and Test anxiety among college students.

Hypotheses

- There will be no significant difference in spiritual personality among young adults relation to their genders.
- There will be no significant difference in Test anxiety among young adults relation to their genders.
- There will be a significant relationship between spiritual personality and test anxiety among college students.

METHODOLOGY

Procedure

In this inquiry, the survey method was applied. Two of the study's variables were measured using self-reported questionnaires in addition to the personal data sheet. The selected college students were given the standardised questionnaire while being closely observed. (N=200)

Sample

200 students from Chengalpatu district colleges in Tamil Nadu made up the sample size for this study. The technique of random sampling was used. Students in college who were at least eighteen (18) years old were chosen. For this study, a total of 200 people were surveyed (100 males and 100 females). To choose the sample for this investigation, the purposive random sampling approach was modified.

Tools Used

For this study, two standardised tools have been used. A spiritual personality inventory has been used to measure spiritual personality, and a test anxiety scale has been used to measure exam fear.

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Spiritual personality inventory

It's a self-reported questionnaire constructed by Akbar Husain, Nadeem Luqman, and Musaddiq Jahan. This five-point scale assessment consists of 32 statements. This inventory has a good reliability of 0.82, and the factorial construct validity of SPI reveals high loadings of each item, more than 0.40.

Test Anxiety

It's a self-report questionnaire by Sarason (1978) that measures test anxiety with 37 statements. The subscale factor structures are unclear, and few self-report instruments allow standardised comparisons. Validity of test anxiety scales requires experimental validation, finding suitable criteria, and establishing construct validity. The reliability of test anxiety is 0.77, and the validity of test anxiety is 0.87. To find the reliability, the Cronbach alpha test has been used.

RESULTS AND DISCUSSION

Table 1 shows the mean, SD, and t value for Spiritual personality on the basis of gender.

Value	Gender	N	Mean	Std. Deviation	t
S.P.	Male	100	3.59	1.485	1.305
	Female	100	3.31	1.549	N.S.

There is no significant difference in relation to their gender, as the table shows the result of t value 1.305. According to analysis, spiritual personality scores are similar among two groups, hence the hypothesis accepted.

Table 2 shows the mean, SD, and t value for Test anxiety on the basis of gender.

Value	Gender	N	Mean	Std. Deviation	t
T.A.	Male	100	1.22	0.416	-2.643
	Female	100	1.39	0.490	S

There is a significant difference in relation to their gender, as the table shows the result of t value -2.643. According to analysis, test anxiety scores differ among two groups, hence the hypothesis rejected. T test indicates difference in their group compare to gender

Table 3 shows the relationship between spiritual personality and test anxiety among college students

		Spiritual Personality	Test anxiety
Spiritual Personality	Pearson Correlation	1	-0.447**
	Sig. (1-tailed)		.001
	N	200	200
Test anxiety	Pearson Correlation	-0.447**	1
	Sig. (1-tailed)	.001	
	N	200	200

***. Correlation is significant at the 0.01 level (1-tailed).*

Table 3 indicates a negative relationship between spiritual personality and test anxiety. At the 0.001 level one tailed, the correlation coefficient ($r = -0.447$) indicates there is a significant relationship: a student who has a good score in spiritual personality has a low score on test anxiety. Hence hypothesis accepted.

CONCLUSIONS

the study on Two hundred college students comprised of 100 male and 100 female to investigate Spiritualistic personality variables in relation with test anxiety. The findings show a good significant negative relationship between Spiritualistic personality and test Anxiety% the persons who are high in spiritual mindset they were low at level of testing anxiety. This indicates that people with a spiritual personality really have minimal fear of exams. We do know, however that they score the same as evaluators of their spiritual personality in an independent test but with regard to one gender differences/patterns can be confirmed according to anxiety due testing. Accordingly, the conclusion of our study suggests that a person with ritualistic behaviours and more spiritualist beliefs has test anxiety to a moderate negative extent. People who score low on spiritualistic have high levels of pretest anxiety leading them to practice so that the student with reduced exam fear and more control she/he has his/her anxiousness. An additional study could examine mental health academic performance related spiritual personality.

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Conflict of Interest

The author(s) declared no conflict of interest.

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