

A Correlative Study on Spirituality Attitude and Happiness among University Students in India

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ABSTRACT

Spirituality and happiness are important aspects of human life. Spirituality involves an individual's connection to something greater than the self, often facilitating the discovery of meaning and purpose in life. This connection often leads to increased happiness. The present study is aimed to find the correlation between spirituality and happiness. Spirituality Attitude Scale by Husain, Jahan, Nishat, Siddiqui and Akram (2002) and The Oxford Happiness Questionnaire by Hills and Argyle (2002) were used in this study. 120 students (Aged 20-25 years) were selected from university students in India by random sampling. Correlation coefficient between the scores of SAS and OHQ was computed. The results of the study revealed that there is a moderate positive correlation between spirituality attitude and happiness.

Keywords: Spirituality Attitude, Happiness, University Students

Peterson and Seligman states that, “Although the specific content of spiritual beliefs varies, all cultures have a concept of an ultimate, transcendent, sacred, and divine force” (2004). Puchalski et al. defined spirituality as “The aspect of humanity that refers to the way individuals seek and express meaning and purpose and the way they experience their connectedness to the moment, to self, to others, to nature, and to the significant or sacred” (2009).

We pursue careers, social status, and relationships—all in the hope of finding greater happiness. Happiness is a positive emotional state that each individual defines based on their own perspective. Martin Seligman asserts that happiness doesn't come only from external pleasures. Instead, it can stem from various sources, such as meaningful social connections and support gained through spiritual practices. Martin Seligman purported that an individual seems happiest when he has achieved a wholesome combination of positive emotions and coined the acronym PERMA (Pleasure, Engagement, Relations, Meaning and Accomplishment).

REVIEW OF LITERATURE

Previous studies have shown that spirituality is positively associated with happiness. Sharma and Sharma (2016) studied the correlation between spirituality and happiness among

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graduate students; it suggested that there was a positive high correlation between spirituality and happiness. Chougule V V (2018) investigated spirituality attitude and happiness among undergraduate students and demonstrated no significant difference in spirituality attitude and the level of the happiness with respect to gender and type of education. Fariborsa et al (2010) investigated the relationship between nurses' spiritual intelligence and happiness in Iran. It showed a significant relationship between spiritual intelligence and happiness. Heydari et al (2017) investigated that a higher level of spirituality in life can increase happiness and life satisfaction allowing individuals to cope with life problems.

Rationale of the study

A review of existing literature reveals that there is extensive research on the connections between spirituality, well-being and religion. However, there is comparatively less research on the relationship between spirituality and happiness. Therefore, the present study aims to explore the relationship between these two important dimensions —spirituality and happiness.

Objective: To find correlation between spirituality attitude and happiness.

Hypothesis:

1. There would be positive correlation between spirituality attitude and happiness.
2. There would be no correlation between spirituality attitude and happiness.

METHODOLOGY

Sample

The sample comprises 120 participants (60 males and 60 females), aged 20-25 years, currently pursuing university education in India, selected using random sampling.

Procedure

Data were collected through online surveys. The questionnaires were filled through Google forms. Standardized Psychological scales were administered to the participants. Participants completed a consent form about the purpose of research. Pearson's product moment correlation method used for data analysis.

Tools:

1. **Spirituality Attitude Scale (Husain, Jahan, Nishat, Siddiqui and Akram, 2002):** The SAS consisted of 31 items, each scored on a Likert scale ranging from 5 (Strongly Agree) to 1 (Strongly Disagree). The scale comprises two dimensions: Sense of Purpose, which includes 18 items, and Maintenance of Discipline, which consists of 13 items. Cronbach's alpha for both the factors were found to be 0.84 and 0.82 respectively. The higher score indicates higher spirituality attitude.
2. **Oxford Happiness Questionnaire (Argyle and Hills, 2002):** Oxford Happiness Questionnaire developed by Argyle and Hills at Oxford University. It consisted of 29 items, each scored on a likert scale ranging from 1 (Strongly Disagree) to 6 (Strongly Agree). Items marked R- are to be reversed, and total score to be divided by 29. The scale has sufficient reliability of alpha coefficient of 0.74. The higher score indicates higher happiness.

RESULTS

Table 1. Correlation of spirituality attitude and happiness

Variables	Correlation	Interpretation
Spirituality attitude		
Happiness	0.32	Moderate positive correlation

After gathering data from the participants, the Pearson correlation coefficient was computed using to assess the relationship between spirituality and happiness. The resulting Pearson correlation coefficient of 0.32 indicates a moderate positive relationship between spirituality and happiness scores. This suggests that, on average, individuals with higher spirituality levels also reported greater happiness.

DISCUSSION

The Pearson correlation coefficient(r) is 0.32, indicating a moderately positive relationship between spirituality attitude and happiness. The findings show that higher levels of spirituality attitude is associated with greater happiness. This supports the research hypothesis that there is a positive correlation between spirituality attitude and happiness, leading to the rejection of the null hypothesis. Individuals who are more spiritual tend to experience greater life satisfaction.

CONCLUSION

The study concludes that university students who hold more spirituality attitudes tend to report higher levels of happiness. This study found a significant positive relationship between spirituality attitude and happiness among university students.

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Conflict of Interest

The author(s) declared no conflict of interest.

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