

## Role of Spiritual Values on Spiritual Personality among MBBS Students of AMU

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### ABSTRACT

The present study is an attempt to explore the influence of spiritual values on spiritual personality among MBBS students of AMU. The sample of the present study consisted of 50 (male and female) MBBS students of AMU. Spiritual Personality Inventory (SPI) developed by Husain, Luqman and Jahan (2012) and Spiritual Values Scales (SVS) developed by Najam, Husain, & Khan (2015) were used. Result indicated that male and female students were significantly differed on spiritual values but they are not significantly differed on spiritual personality. Spiritual values and spiritual personality were significantly positively correlated with other and furthermore, spiritual values were emerged as significant predictor of spiritual personality and among demographic and religion was significant predictors of spiritual personality.

**Keywords:** *Spiritual Values, Spiritual Personality*

Spirituality is derived from the Latin word "Spiritus", Spirit, ultimate or immaterial reality or inner path, the essential part of the person, it is what 'controls the mind and the mind controls the body' (Neuman 1995). What is most obvious in the meaning of "spirituality" is that it comes from its root word, which is "spirit". The suffix "uality" qualifies the use of "spirit" in this instance ("Basic Meaning of Spirituality", 2010). Spiritual practices, including meditation, prayer and contemplation are intended to develop an individual's inner life. Spiritual experience includes that of connectedness with a larger reality, yielding a more comprehensive self; with other individuals or the human community; with nature or the cosmos; or with the divine realm. Spirituality is often experienced as a source of inspiration or orientation in life. It can encompass belief in immaterial realities or experiences of the immanent or transcendent nature of the world (Montenegro, 2012).

Spiritual values are that which benefits our souls, motivates us toward worship, and connects us consciously (or perhaps even unconsciously) with the supernatural. It is the way you believe in your own God and if you have any rules like praying before you eat, and if you

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have any boundaries such as wazoo before Namaz. Spiritual Values are how you represent what you believe in when it comes to religion/Spirituality, and sticking to what you believe in without being hypocritical. They refer to the importance we give to non-material aspects in our lives. They are part of our human needs and allow us to feel fulfilled. They add meaning and foundation to our life, as do religious beliefs.

According to Rathi (2014) study spiritual values is a one among the four values (Purusharthas) in Indian culture. Nowadays, we can say that the world is fully involved in worldly desires and financial orientation and thus the education system also lack the spiritual values. If somebody wants to develop spiritual values they should have to develop the purity of mind, concentration and hard mentality. In the context of Indian philosophy, there are three ways for developing spiritual values like Bhakti yoga, karma yoga, and Jnana yoga. The curriculum for undergraduate courses may include the spiritual matters along with the materialistic matters. The teacher has to play a vital role in spiritual development. Some of the different approaches like self centered approach, Critical enquiry approach, Total atmospheric approach, Integrated approach and Objective plus approach for developing the spiritual values among undergraduate students. The educators can apply any one of these approaches to develop spiritual values well versed graduates.

### ***Spiritual Personality***

Spiritual personality “as an individual who knows how to anchoring his lifestyles around his noble attitude toward others and follow the path of moral rectitude. Spiritual person keeps his thoughts anchored, focused and disciplined” (Husain, Luqman & Jahan 2012).

Spiritual person is like sailors who stand in the storm whenever the situation is arises his attitude toward God shall get the essence of spiritual quality; only who desires spiritual life with his full faith, wisdom and whole heart shall find it (Husain 2012). If a person is truly spiritual, he would believe the unity in diversity and the oneness of all life on earth. Consider the individual of superior inheritance like Prophet Muhammad (S.A.W), Hazrat Ali, Gautam Buddha, Lord Rama, Mahavira, Kabir, Amir Khusro and Guru Nanak; they are considered as admirable personalities. The spiritual person behavior is control by the fundamental attribution of the divine character. A spiritual person is very high degree of self-motivation toward him. Spiritual people always look him as a self-focused life and lives miserably striving to find happiness through “self-expression”.

### ***Research Objectives***

1. To examine the gender differences on spiritual values among MBBS students.
2. To examine the gender differences on spiritual personality among MBBS students.
3. To explore the predictors of spiritual personality among MBBS students.

### ***Research Hypothesis***

1. There will be no difference among male female MBBS students on spiritual values.
2. There will be no difference among male female MBBS students on spiritual personality.

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3. Demographic variables (gender, age and religion) and spiritual values will not predict spiritual personality.

### METHOD

#### Sample:

The sample consisted of 100 students (male = 50 and female=50) whose age group ranged from 18-23 years. All subjects were drawn randomly from MBBS (JNMC) students of Aligarh Muslim University, Aligarh.

#### Tools:

The following tools were used to achieve the objectives of the present study.

1. **Spiritual values scale (SVS)** developed by Najam, Husain and Khan (2015) will be used. SVS is a 27 item scale, each item will rate on six points; 1, strongly disagree, 2, disagree, 3, slightly disagree, 4, slightly agree, 5, agree, 6, strongly agree.
2. **Spiritual Personality Inventory (SPI)** developed by Husain, Luqman and Jahan (2012) will be used. It consists of 32 items with a 5 point rating. The reliability of a personality test is usually determined by internal consistency methods. The split- half correlation of 0.82 was found for the whole sample. The Cronbach's coefficient alpha for the whole sample was found to be 0.86.

#### Data Analysis:

The data will be analyzed by using appropriate statistical techniques as per requirement of the present study.

### RESULTS

*Table: 1., Descriptive Statistics*

	Mean	S. D	N
Spiritual personality	120.10	17.760	100
Spiritual values	132.56	22.069	100
Gender	1.49	25.705	100
Age	18.92	16.795	100
Religion	1.35	12.701	100

*Table 2: Showing mean, standard deviation and t- value of male and female students on the spiritual values and spiritual personality.*

Variable	Gender	N	Mean	S.D	t-value
Spiritual values	M	51	129.57	15.299	2.309
	F	49	135.67	10.627	
Spiritual personality	M	51	22.74	6.220	1.413
	F	49	24.54	5.676	

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Results of the t-test in table-1 shows that significant difference between male and female students on spiritual values it was found to be significant at .05 level of significance. Findings revealed that female students were scored more than male student.

**Table: 3. , Correlation between spiritual personality and spiritual values**

	Spiritual personality	Spiritual values
Spiritual personality	1	.499**
Spiritual values	.499**	1

\*\* . Correlation is significant at the 0.01 level (2-tailed).

Table 3 showed significant positive correlation ( $r = .499, p < .01$ ) between spiritual personality and spiritual values among MBBS students.

**Table: 4. Summary of regression analysis for variables predicting spiritual personality among MBBS students**

Measures	R	R <sup>2</sup>	$\Delta R^2$	F	B	T	Sig.
<b>Model 1</b>							
Demographics	.332a	.110	.110	3.961			
Gender					.135	1.404	.295
Age					.077	.797	.683
Religion					-.297	-3.075	.003
<b>Model 2</b>							
Demographics	.540b	.291	.181	24.264			
Gender					.033	.375	.295
Age					.088	1.015	.683
Religion					-.196	-2.200	.030
Spiritual Values					.449	4.926	.000

## DISCUSSION

The present study was examining the influence of spiritual values on spiritual personality. The first hypothesis was “*there will be no difference among male female MBBS students on spiritual values*”. Result presented in table 1 shows that the mean scores of female students ( $M=135.67$ ) was much greater than mean scores of male students ( $M= 129.57$ ), it means male and female students were significantly differed on spiritual values ( $t = 2.309; p < .01$ ). Therefore the speculated hypothesis is rejected. Ozorak (2003) contended that women and men embrace different relational schemas or formulated, role bound ways of interacting in a particular relationship in describing their relationship with God and experience within their religious communities, where as women focus on the personal connections forged with a loving God and with member of their religious communities.

Next hypothesis was “*there will be no difference among male female MBBS students on spiritual personality*”. It is clear from the present result in table 1 that there is no significant difference among male ( $M=22.74$ ) and female ( $M= 24.54$ ) students on spiritual personality.

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Hence the second hypothesis was accepted. Though male and female students were not significantly differed but female students scored higher as compare to their male counterpart.

Finally last hypothesis was “demographic variables (gender, age and religion) and spiritual values will not predict spiritual personality”. When demographic variables (gender, age and religion) were entered in hierarchical multiple regression in first model, result presented in table 4 revealed that all demographics (gender, age and religion) were accounted significant variance 11.0% in spiritual personality with ( $F= 3.961$ ,  $p <.01$ ). Among all three demographics, only religion ( $\beta= -.297$ ) was emerged as significant predictor of spiritual personality while age and gender were not emerged as significant predictors of spiritual personality.

Under second model when spiritual value along with previous demographic (gender, age and religion) was entered, it was also emerged as significant predictor of spiritual personality. Spiritual values accounted 18.1% variance in spiritual personality; it was emerged as significant positive predictor of spiritual personality. Furthermore, under second model religion ( $\beta= -.297$ ) was emerged as significant predictor of spiritual personality whereas again age and gender were not emerged as significant predictors of spiritual personality.

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**Conflict of Interests:** The author declared no conflict of interests.

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