

Analytical Study of Spirituality and Mental Health Relationship

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ABSTRACT

The present research was designed to explore importance of spirituality education in community development. The sample (N-30) included male (n-15) and female (n-15) with the age range of 20 to 25 from spiritual education based institute. The same size of sample taken from academic based education institute. Spiritualism Materialism scale by V.Gorge Mathew(1973) and Value scale by Kamal Dwivedi and Shgufta Hafiz is used for study the differences. Result of the study shows that female students high spiritual value as compared to male students of both type of institute. Whereas male student from spiritual value based institute are more social and religious values oriented than academic based institute. In sum up significant difference observed between them and it is only because of spiritual practices like Dhayan, Yoga, Sankirtan, Prayer etc. programme carried by the institute.

Keywords: Spirituality, Values, Spiritual Based Institute, Academic Based institute.

The greatest need of today is the evolving of a spiritual –scientific individual. **Mere spirituality is not useful and mere scientific can prove to be dangerous. That is why we need to create an individual who is both spiritual and scientific.** A spiritual leader can also be a scientist and scientist is also likely to be spiritual person. But problem of today is different one that is how can religious person become a spiritual person? Today an individual may be a religious person but it is not necessary that he is also spiritual person. If we solve this critical but very essential problem then it is the only way to community development in right manner. There is no single, widely-agreed definition of spirituality. Researcher define spirituality is the feeling of oneness in which person bridges the gap between ‘You’ and ‘Me’ and develop the sense of ‘We’. In Bhagwd Gita spirituality is define in the term of **Faith, Knowledge, Mastery and Truth.**

Another operating factor of our behavior is values. Values plays an important role in human life. Human behavior is the exact reflection of his values. Spranger (1928) classifies values in six major type and these are Theoretical, Economical, Aesthetic, Social, Political, and Religious value. These values are stored in brain in form of cognitive map. The intention of

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this study is the find out how spirituality works and change the human values and ultimately behavior.

Objectives

1. To examine the relationship between spirituality, values and behavior.
2. To examine the importance the spirituality and values in community development.

Hypotheses

1. There is significant relationship between spirituality, values and behavior.
2. There is significant relationship between spiritual practices and development

Sample

The sample (N-30) included male (n-15) and female (n-15) with the age range of 20 to 25 from spiritual education based institute. The same size of sample taken from academic based education institute.

Tools

Spiritualism Materialism scale by V.Gorge Mathew(1973) and Value scale by Kamal Dwivedi and Shgufta Hafiz is used for study the differences.

RESULTS

Table No.1

Table showing the Means, SD, and t between value based and academic based institute students for their spirituality.

Values	Value Based Institute		Academic Based Institute		t	p	Significance
	Mean	SD	Mean	SD			
God	66.98	26.08	50.45	28.82	5.14	>0.01	S
Religion	60.38	24.89	46.31	24.18	4.96	>0.01	S
Mysticism	64.34	26.83	51.53	26.58	4.17	>0.01	S
Spirits	70.34	23.97	66.19	28.66	1.46	<0.05	NS
Character	45.84	32.40	31.94	23.25	4.26	>0.01	S
PSi	63.08	30.04	63.60	25.71	0.16	<0.05	NS

Significance at 0.01=2.58 Significance at 0.05=1.96

With reference to table 1 it is observed that the 'Mean' difference between students from Value Based University and Academic Based University shows significant difference for God, Religion, Mysticism, Spirits and Character and not significant for PSi factors at spirituality.

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Table No.2

Table showing the Means, SD, and t between value based and academic based institute students for their Values.

Values	Value Based Institute		Academic Based Institute		t	p	Significance
	Mean	SD	Mean	SD			
Aesthetic	31.64	5.22	29.26	5.37	3.23	>0.01	S
Economic	31.65	4.45	33.15	5.48	2.08	>0.01	S
Moral	29.78	5.01	27.61	4.94	3.77	>0.01	S
Political	27.63	4.94	39.45	4.94	18.87	>0.01	S
Religious	32.31	4.93	30.02	4.55	4.18	>0.01	S
Social	38.42	5.83	30.86	4.75	13.97	>0.01	S
Theoretical	29.84	5.06	29.85	5.74	0.011	<0.05	NS

Significance at 0.01=2.58 Significance at 0.05=1.96

With reference to table 2 it is observed that the 'Mean' difference between students from Value Based Universities and Academic Based Universities shows significant difference for Aesthetic, Economic, Moral, Political, and Religious and Social values. While there is no significant difference for Theoretical value is found.

To sum up the researcher found difference between students of Value Based Institutes and Academic Based Institutes on God, Religion, Mysticism and Character. In these parameters of spirituality Value Based University students lie on higher score when compared to Academic Based University students. With regards to spirit and PSi difference has not been found. All these results simply prove that Value Based University students have faith in God, high regards to religion and religious practices. They also have belief in existence of supernatural experiences or mystic experiences. Result also indicate the presence of essential human values among Value Based University students i.e., social welfare, unselfishness, kindness, regard for nation, honesty in relation and morality in behaviour. Study by **Borse A.S.** (2003) is supportive to these findings.

Inculcation of spirituality in education generates the processes of normalization with in the students. They become a human being with understanding their potentiality and responsibility towards the society and nation. This processes of self realization very much close to **Roger's** (1959) 'Self theory'. Spirituality is processes of 'congruence' in which individual bridges the gap between 'self' and 'Ideal self' and achieve fully integrated positive personality. Study by **F.Oser's** (1980); **Dahelnburg Robin** (1996), **Knox, David** (1998), **Waite, Philip** (1999), **James Berry** (1999) gives good support to present findings.

CONCLUSION

Results from table no.1 and table no.2 and research in this area itself proves that our both the hypothesis are proved. There is strong relationship between spiritual practices like Preksha Meditation, Bhramri, Chanting Bhajans etc. activate the right hemisphere of the brain which is related with conscience and human values which have great positive impact on behavior.

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How to cite this article: Choube J N (2018). Analytical Study of Spirituality and Mental Health Relationship. *International Journal of Indian Psychology*, Vol. 6, (2), DIP: 18.01.230/20180602, DOI: 10.25215/0602.230