

## Contribution of Spirituality and Attachment in Life Satisfaction

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### ABSTRACT

In the present era, frequently changing life style gives cutthroat competition and desire to be success in this competition makes unhealthy environment for present generation. People are stuck on materialistic thing which gives short-term satisfaction only. It is not permanent although people blindly follows this life style making themselves sick. But some people are aware that material life is temporary therefore they move their attitude towards the path of spirituality that illuminate his or her life and ultimately leads to life satisfaction. Therefore researchers is curious to explore the relationship among spirituality, attachment and life satisfaction. Present paper is an attempt to examine the contribution of spirituality and attachment in life satisfaction among middle age people. The sample comprises 100 subjects (50 males & 50 females), working in bank, and teaching profession. The sample has taken from Mathura city only. Sample is equal in terms of education, individual income, age, and marital status. In order to find out the contribution of spirituality and attachment on life satisfaction, correlation design is used. The result reveals that spirituality is positive contributor for life satisfaction.

**Keywords:** *Spirituality, Attachment, Life satisfaction and Middle aged working.*

Attachment, aaskti and Moh are used interchangeably. Moh has its Sanskrit roots in simple terms and it may be defined as an attachment to materialistic values and worldly relation. It can be manifested as illusionary love resulting in the soul being bound or shackled. Attachment is a bond between person and the other person, things, place etc., usually attachment helps to shapes one's behaviour and his personality. But sometime attachment arouses the idea of possession, the sense of ownership. It gives dependency on the person, things and objects. Attachment with the person or objects for deriving some excitement and pleasure. Naturally a person high in attachment becomes a victim of his expectations and their fulfilment, circumstances and events. Peoples cannot escape the torments of victory and defeat. Like a pendulum he swings from elation to sorrow. It is the main cause of our cravings which lead to deluded behaviour. People try to balance between elation and sorrow and to get happiness and live peaceful and satisfied life. That whys they tend to focus on

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inner strength i.e., spirituality. Spirituality remains a highly subjective, personal, and individualistic concept (Coyle, 2002). It represents a necessary essence of life that energizes both thoughts and actions (Taylor, 2007). Some psychologists believe that spirituality is power that operates in the universe and always greater than oneself. Spirituality is present in all individuals and it may manifest as inner peace and strength derived from a perceived relationship with a transcendent God or an ultimate reality or whatever an individual values as supreme (Narayanasamy, 1999). Many spiritual activities like prayer, meditation, reading holy books, charity, yoga, worship and attending spiritual speeches and seminars helps us to balance our emotions, develop healthier thinking patterns and spirituality helps one to discover the truth, exploring existential questions, doubts and confusion. By doing these activities everyday people can have a better life styles and values towards our life which gives happiness and enhance the satisfaction with life.

Happiness is conceptualized in the literature to consist of three components: (1) frequent positive affect, (2) infrequent negative affect, and (3) Personal satisfaction (i.e., the cognitive component). Collectively, these three terms are called “subjective well-being” or “life satisfaction” (Diener, 1984; Diener, Suh, Lucas, & Smith, 1999). It is the combination of high life satisfaction, infrequent negative affect, and frequent positive affect that leads to the experience of happiness or life satisfaction. Research largely shows that religion and spirituality have a positive correlation to psychological well-being.

### *Rationale for the study*

Busy and fastnesses in the spheres of life are the signature of modern age. Technological and economic growths are rising fast. On the other hand, Health problems, confusion and dissatisfaction in life are increasing day by day. One of the major cause of this is materialistic life style. People follows modern life without knowing the bad effects of this. They has been habitual for materialistic life. Which gives cutthroat competition and want to be success in this competition, having a negative effect on health and wellbeing but some people try to balance between spiritual and materialistic life because it is believed that spirituality guides us and give real pleasure of life. They are much aware toward their positive aspect of life such as life satisfaction therefore they are move on the path of spirituality that illuminate their life. Therefore researcher attempt this problem to find out the contribution of spirituality and attachment in life satisfaction.

## **METHODOLOGY**

### *Objective*

To study the relative contribution of spirituality and attachment in life satisfaction among middle-aged working people.

### *Hypotheses*

1. There is significant positive relationship of spirituality with life satisfaction among middle-aged people.

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2. There is significant relationship of attachment with life satisfaction among middle-aged people.
3. Positive relative contribution of spirituality would be highly remarkable as compared to attachment towards life satisfaction.

### *Predictor Variables*

Spirituality  
Attachment

### *Criterion Variable*

Life Satisfaction

### *Relevant Variables*

Age – 50 to 60 Years.  
Education - At least graduate.  
Individual Income – Rs.40, 000 to 60,000 per month.  
Marital Status – Married, (Living with Spouse)

### *Sample*

The purposive sample of the study consisted of 100 middle aged men and women (between 50-60 years) working in bank and teaching profession in Mathura. The sample included the subjects of middle socio-economic status. Their income range were from 40,000 to 60,000/- per month. All subjects in the sample were at least graduate. Divorced and separated couples were not included in the sample of the present study.

### *Tools*

1. **Spirituality Attitude Scale** *By Husian et al. (2010)*: This instrument consists of 31 items questionnaire of five point likert type format. Items were generated to measure two conceptualized domain of spirituality (1) sense of purpose (2) maintenance of discipline.  
**Reliability**: Reliability estimates ranged from 0.81-0.94. The internal consistency of sub scale ranges from 0.59 to 0.97.  
**Validity**: The content validity index of the spirituality scale is 0.94.
2. **Attachment Scale** *By Das and Sharma (2012)*: This scale has 21 items related to attachment. Nevertheless, investigator used only 18 items after item analysis. Only those item was selected which value was higher than 0.40. Their answers are to be given in the form of yes/ can't say/ no.  
**Reliability**: reliability was assessed by test retest method and its value was found 0.73. with the spilt half it was found 0.63 and croanback alpha value was 0.62.  
**Validity**: content validity was assessed and its value was 0.60. criterion validity was also assessed and its value was 0.59.”
3. **Life Satisfaction Scale** *By Alam and Srivastava (2001)* It is consists of 60 items related to six areas e.g. health, personal, economic, marital, social and job.

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**Reliability:** The test retest reliability was computed after a lapse of 6 weeks. The obtained quotient was .84. The validity of the scale was obtained by correlating it with the Saxena's Adjustment Inventory and Srivastava Adjustment Inventory. The quotient obtained was .74 and .82 respectively.

4. **Validity:** the scale has face validity as all items are closely related to covered areas. The item was judged by the experts. Thus the scale is beyond doubt. It also possess content validity. Every item is responded either in yes or no. Every yes response is assigned 1 mark. The sum of marks is obtained for the entire scale. Score range from 15 to 29 indicates low life satisfaction. Score range from 30 to 44 indicates average life satisfaction and score range from 45 to 60 indicate high life satisfaction.

### RESULT TABLE

*Table no.1 shows the Correlation matrix: Relationship between spirituality and attachment with life satisfaction*

Variables	Mean	SD	Life Satisfaction	Spirituality	Attachment
Life Satisfaction	18.18	4.538	1.000		
Spirituality	102.89	9.713	0.261473**	1.000	
Attachment	14.32	4.030	-0.41191**	-0.03161	1.000

*Table No.2: Multiple Regression Analysis*

Multiple R	<b>.481</b>
R Square	.231
Adjusted R Square	.216
Standard Error	4.019
Observation	100

This table shows the R square for life satisfaction (criterion variable) is 0.231 which shows that about 23 % of contribution is accounted by the both predictors' spirituality and attachment.

### *Regression Equation*

Variable	B	β value	T	R	Coefficient of determination
Spirituality	.116	.249	2.49	.26	.0624
Attachment	-.45	-.404	-4.55	-.41	.164

$$Y=12.47 + (.116) X_1+ (-.45) X_2$$

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The regression coefficient (b-value) of spirituality(x1) is 0.116, this value reflect that one unit increment in spirituality would create .15 unit increment in life satisfaction. So that spirituality has low level of positive contribution in the determination of life satisfaction. It is accounted for about .06% variation (coefficient of determination) in the determination of life satisfaction.

The regression coefficient (b-value) of attachment (x2) is -.45. This value reflect that one unit increment in attachment would create .45 unit decrement in life satisfaction. Thus attachment (Moh) has negative contribution in the life satisfaction.

### DISCUSSION

Spirituality (r-value = 0.26,  $p < 0.01$ ) is positively related with life satisfaction so the hypothesis “there is a significant positive relationship between spirituality and life satisfaction among middle aged people.” is accepted. Similarly, Zulling Word and Horn (2006) also found positive correlation between spirituality and satisfaction with life. Sometimes spirituality works as “the basic feeling of being connected with one’s complete self (Brahma) and the entire universe (Para Brahma).” It is the discovery of the reality of para Brahma i.e. ‘*satchitananda*’ (eternal reality, true consciousness and pure joy) and it is the true meaning of life. Spirituality plays a prominent role to connect the self or individual with the world or the universe. Some researchers like Cohen (2002) and Clark and Lelkes (2005) also proposed that spirituality and religiosity are important factors for satisfaction with life. Healthy spirituality contributes to psychological growth and general health. (Ozaki, Kobayashi, & Oku; 2006) It means spirituality will go through emotional stableness and then upgrade life satisfaction. Daaleman and Frey (2004) demonstrated that spirituality index of well-being had high positive correlation with general well-being and an inverse negative correlation with depression.

Attachment (r-value= -0.45,  $p < 0.01$ ) is negatively related and has negative contribution in life satisfaction so the second hypothesis “there is a significant relationship between attachment and life satisfaction among middle aged people.” is also accepted. People feels more stress because of Askti (attachment) with this materialistic world and tries to cope up by balancing their needs and actual fulfillment of needs and desires. As it is found in many Indian literature, attachment is one of the vices of mind (*Vikaras of Mana*). It is a negative aspect of life which effect the level of wellbeing. As Bifulco, Moran, Ball, Bernazzani (2002) found that insecure attachment style was vulnerable to increase the symptoms of depression and dismissive style was also related to other psychological disorder. It means attachment and attachment style effect the behaviour and personality. Excessive attachment is not appropriate for healthy development and it creates enslavement towards things and people and sometimes it makes a person hostile and aggressive.

### CONCLUSION

It can be concluded that spiritual people look at the positive side of hurdles and are able to convert the threats into opportunities which help them to maintain or even to enhance their

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life satisfaction. They are more satisfied with their life and find happiness, peace and contentment with own life. Basically life satisfaction is referred to as a global cognitive evaluation of one's life. It is not the objective wellbeing only which is characterized by possessions of maximum worldly objects but by a feeling of internal bliss and happiness. People who attached with the worldly possessions are more affected with their own life events and less satisfied with their life because things do not always happen as they expected which leads to unhappiness. It is very obvious that attachment always results in our yearnings which lead to suffering and unsatisfied behavior and life.

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