

## Does Spirituality helps in managing stress?: A Case Study of Engineering Colleges of Southern Rajasthan



### Engineering

**KEYWORDS :** Spirituality, Inner Satisfaction, Balance, Stress.

**Mr. Chintan Dwivedi**

Assistant Professor, Department of Electrical Engineering RK University, Rajkot

**Ms. Khushboo Ameta**

Senior Research Fellow, Pacific University, Udaipur

### ABSTRACT

*All the wonders that a person seeks are within a person. It is rightly said that one's success story is pure reflection of the one's inner self and the power of his personality. Spiritual intelligence is the intelligence used to solve problems of meaning and value. A person with high Spirituality might look beyond profit margins and devote time for voluntary work which gives him inner satisfaction and thus results into a more happy and positive human being. The paper attempts to examine the level of spirituality in varied age groups. It will also compare spirituality of male and female faculty members of engineering colleges. Further it is always said that spirituality reduces stress in human being. The study also tests this assumption in context of southern Rajasthan.*

### 1. INTRODUCTION

The era of stiff competition has resulted into declining human values and increasing pressure. Therefore individual needs strong inner self and willpower to face the challenges of present day. The intelligence that a person uses to inculcate strong inner self is called Spiritual Intelligence. This intelligence is used to deal with the problems of values and meanings and gives a purpose to one's life. IQ (Intelligence Quotient) and EQ (Emotional Quotient) are inadequate to measure this intelligence; it is measured in terms of SQ (Spiritual Quotient). IQ primarily solves logical problems. EQ allows us to judge the situation we are in and behave appropriately. SQ helps a person to create a new situation/ surroundings. Spirituality has nothing to do with religion. Declining human values and use of unethical means to achieve one's objective do not have any significant impact on one's conscious mind but it affect unconscious mind very negatively which results into higher level of stress. Spiritual Intelligence helps a person to manage his day to day life effectively because now he is clear about the real purpose of his deeds and he knows what to do and what not to do. Also, spirituality gives him inner satisfaction which reduces the level of stress he is facing in his daily life.

The idea of spiritual intelligence has also been studied by Emmons (1999, p. 176) as he describes spiritual intelligence as "the adaptive use of spiritual information to facilitate everyday problem solving and goal attainment." Emmons (1999) is not very explicit on his definition of 'spirituality' nor 'spiritual'. However, he approaches spirituality through personal goals and motivation.

SQ is included the guidance and inner wisdom, intellectual balance, inner and outer peace and function associated with insight, gentleness and kindness. Spiritual intelligence is the ability to act intelligently and wisely.

#### Dimensions of Spiritual Sensitivity

The first dimension: *Awareness sensing* refers to an experience of a deeper level of consciousness when we choose to be aware by "paying attention" to what is happening. According to Hay (1998, p. 60) this kind of awareness refers to a reflexive process of being attentive towards one's attention or "being aware of one's awareness".

The second category of spiritual sensitivity is *mystery sensing* which is connected to our capacity to transcend the everyday experience and to use imagination. For instance, the beauty and wonder of sunrise and sunset includes the sense of mystery even after the scientific explanations are presented. Imagination is essential to religious activity through the metaphors, symbols, stories and liturgies which respond to the otherwise unrepresentable experience of the sacred.

The third category of spiritual sensitivity is *value sensing*. This category emphasizes the importance of feelings as a measure of what we value. Among such things are the issues that touch our existential questions and meaning seeking. (Hay, 1998, pp. 70-74.) This category resembles with Gardner's (1999) definition of spiritual intelligence as the "concern with cosmic or existential issues".

Later on Tirri, Nokelainen and Ubani (2006) added a social dimension to Hay's three categories of spiritual sensitivity. The social aspect of spirituality has been suggested also by Gardner (1999). The fourth sub scale of spiritual sensitivity is called *community sensing* and is based on the work of Bradford (1995). Bradford has identified three types of spirituality. *Human spirituality* refers to the needs of care, love, security and responsibility we all desire. *Devotional spirituality* is built upon this human spirituality and it is expressed within a certain religious tradition, culture and language. The third type of spirituality is *practical spirituality* in which both other types of spiritualities merge.

### 2. OBJECTIVES OF THE STUDY

- To compare the level of spirituality of male and female respondents.
- To analyze the level of spiritual sensitivity (intelligence) of the respondents of varied age group.
- To find out the relationship between spirituality and perceived stress.

### 3. HYPOTHESIS

- There is no significant difference between spiritual sensitivity of male and female respondents.
- There is no significant difference between spiritual sensitivity of respondents of varied age groups.
- There is no significant dependence of perceived stress on spiritual sensitivity.

### 4. DATA COLLECTION

The present study is based on primary data. The primary data was collected through a Questionnaire. This questionnaire consists of two scales.

The first part of the questionnaire measures spiritual intelligence (sensitivity) of respondents. It is an extended version of Hay's Scale. Hay(1998) talked about a three dimensions to measure spiritual sensitivity : Value sensing, Mystery Sensing and Awareness Sensing. Later on, one more dimension Community sensing was added in this scale by Tirri, Nokelainen and Ubani (2006). The scale consist of 11 items ranging options from strongly disagree to strongly agree. Higher scores represent higher level of spirituality.

The second scale (PSS- Perceived Stress Scale) was used to measure perceived stress of respondents. It was developed and validated by Sheldon Cohen, Tom Kamarak and Robin Mermelstein (1983) Participants respond as to how often they engage in these specific behaviors using a 5 point Likert scale. Positive Statements were reversed for getting total Scores. The questionnaire were distributed and collected from different cities of Rajasthan viz Udaipur, Nathdwara, Dungarpur.

**7. DATA ANALYSIS**

**Table 1: Spirituality and perceived stress average scores for male respondents**

	Awareness Sensing (2 items)	Mystery Sensing (3 items)	Value Sensing (3 items)	Community Sensing (3 items)	Total Spirituality	Perceived Stress
20-30 Years	5.75	8.375	10	10.75	32.375	42
30-40 Years	6.25	10.25	12.25	11.5	39.25	42.125
40-50 Years	6.5	11	12.25	12.25	35.5	32.75

The table indicates that male respondents of age group 20-30 years are least spiritual on the contrary they reported a high level of perceived stress. Males were found to be equally good for two of the dimension value sensing and community sensing. Males were found to be comparatively poor in awareness sensing. Overall it can be said that male respondents tend to have satisfactory level of spiritual sensitivity in southern Rajasthan.

**Table 2: Spirituality and perceived stress average scores for female respondents**

	Awareness Sensing (3 items)	Mystery Sensing (3 items)	Value Sensing (3 items)	Community Sensing (3 items)	Total Spirituality Scores	Perceived Stress
20-30 Years	6.875	9.75	11.75	11.5	39.875	45.125
30-40 Years	6.125	11.625	11.875	11.375	41	41.125
40-50 Years	5.5	10.5	11.25	10.75	38	40.5

The above table represents that the highest level of stress was reported for female respondents of age group 20-30 while it seems to be stable after 30 years of age. Respondents of age group 40-50 years were comparatively less spiritual sensitive. Overall female respondents were found to be most efficient in value sensing followed by community sensing. They were relatively less proficient in awareness sensing.

**8. TESTING OF HYPOTHESIS-**

**Hypothesis 1-** Null Hypothesis -There is no significant difference between spiritual sensitivity of male and female respondents.

Alternate Hypothesis- There is significant difference between spiritual sensitivity of male and female respondents

**Table 3: Z Test Scores**

	Female	Male
Mean	39.95	35.75
Standard Deviation	6.68	6.76
Sample Size	30	30
Calculated Value (z)	2.41	

Calculated value is greater than critical value at 5 % level of significance. Hence the null hypothesis is rejected proving that there is significant difference between spiritual sensitivity of male and female respondents. From average scores it can be interpreted that female respondents are more spiritual than male respondents.

**Hypothesis 2-** Null Hypothesis -There is no significant difference between spiritual sensitivity of respondents of varied age groups.

Alternate Hypothesis- There is significant difference between spiritual sensitivity of respondents of varied age groups.

**5. SAMPLE SIZE**

Convenience sampling was administered in the study. Questionnaires were distributed to faculty members of various engineering colleges of Southern Rajasthan. Sample size for the study was 60.

**6. STATISTICAL TOOLS**

Under the present research paper Karl Pearson Coefficient of Correlation and  $\chi^2$  -test, ANOVA and Z- test have been used.

**Table 4: ANOVA Table**

	SS	df	MS	F Calculated	F Critical
Between	3662.4	2	1831.2	16.46	3.15
Within	6341.38	57	111.25		
	1003.8	59			

Calculated value is greater than table value, therefore null hypothesis is rejected proving that spirituality varies according to age of respondents. So, it can be said that individuals of different age respond differently to spiritual phenomenon.

**Hypothesis 3-** Null Hypothesis -There is no significant dependence of perceived stress on spiritual sensitivity.

Alternate Hypothesis- There is significant dependence of perceived stress on spiritual sensitivity.

**Table 5: Original Frequency Distribution**

Spiritual Sensitivity	Perceived Stress		
	Below Average	Average	Above Average
Below Average	0	5	11
Average	1	9	23
Above Average	7	3	1

**Table 6: Expected Frequency Distribution**

Spiritual Sensitivity	Perceived Stress		
	Below Average	Average	Above Average
Below Average	2.13	4.53	9.33
Average	4.4	9.35	19.3
Above Average	1.47	3.12	6.42

Calculated value for chi square test was found to be 31.303 with p value 0.0000, hence null hypothesis is rejected proving that perceived stress level depends on a person's spiritual sensitivity. Higher the spirituality, lesser are the chances of stressful life.

### 9. Conclusion and suggestions-

Spiritual intelligence is something that gives a person inner strength to cope up with the challenges of his day to day life. Stress becoming major issue of today's fast moving environment play very important role in a person's emotional well being. It can be said that if a person is able to handle and reduce his stress can utilize his talent and abilities optimally which in turn results into miracles.

The paper reveals that females tend to be spiritually more sensitive than males. Most favorable responses were observed for value sensing and community sensing dimensions of spiritual intelligence for both male and female respondents which represents that they usually think about meaning of their life deeply and they are also concerned about the community from which they belong and people surrounding them. Least scores were recorded for the dimension awareness sensing, so individuals need to work on this to improve overall sensitivity. They need to be spare time for their selves and think and understand a deeper level of consciousness.

Respondents of varied age group indentified differently with different dimensions of spirituality. The research also underscores an important relationship between stress and spirituality i.e. higher the spiritual sensitivity lesser are the chances of feeling stressed. So, individuals need to improve their spiritual sensitivity in order to cope up with stressful situation.

## REFERENCE

- Hay, D. (1998), "The spirit of the child" London: Fount. | • Sheldon Cohen, Tom Kamarak and Robin Mermelstein (1983), " A Global Measure of Perceived Stress", Journal of Health and Social Behaviour, Vol.- 24(December) 385-396. | • Tirri, K. (2004), "Spirituality in Religious Education. In R. Larsson & C. Gustavsson (Eds.) Towards a European perspective on religious education", *Bibliotheca Theologiae Practicae*. Skellefteå, SE: Artos & Norma(pp. 344-352). | • Tirri, Nokelainen and Ubani (2006), "Conceptual definition and empirical validation of the spiritual sensitivity scale", *JET* 19.1.3(March),Page No-37-62. | • Zohar, D. & Marshall, I. (2000);SQ – Spiritual intelligence the ultimate intelligence", London: Bloomsbury. |