



## Research Paper

# The Effect of Spirituality on Mental Health

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### ABSTRACT

The present investigation was undertaken to study the effect of on spirituality on mental health among spiritual and non spiritual people For this purpose a random sample of 30 spirituals and 30 non spirituals. their aged ranged from 35 to 50 years. mental health inventory (MHI).was used for the purpose of data collection .in statistical tools T-test were applied for data analysis. The major finding of the study shows that spirituals have higher and better good mental health compare to non spirituals.

### KEYWORDS

Spirituality, mental health

### INTRODUCTION:-

The word 'adhyatma meaning Spirituality is derived from two word ,adhi and atman (atmanaha adhi). Adhi means pertaining to the topic and atma means the soul .therefore spirituality (adhyadma) means pertaining to the soul (atma).spirituality thus deals with the nature of the soul and realted to question such as a who am I,from where have I come ,where will I go after death,etc.

"Spirituality is a way of accepting the fact that there is a spiritual force in the universe larger than all of mankind ." (john henrick Clarke).

Body and mind are inseparable; *a sound mind in a sound body and vice-versa*; Health of these two is interlocked. For healthy and meaningful life balance between these two is not only a sufficient but also a necessary condition. WHO (1958) defined health not merely as the absence of illness but as physical, mental and social well being as well. All these dimensions have to operate in harmony. Today spirituality and mental health are highly concerned area for researchers and psychologists because it is very important in every level of profession. Mental health refers to the sense of well being and freedom from depression and mental illness. Mental health indicates harmony between cognitive, affective and behaviour domains-a balance between thinking, feeling and action. Psychosocial rehabilitation reviews the spirituality tends to define it as a broad personal belief system rather than an organized religious system of worship. American psychologist Spaniol (2002) discusses this psychosocial definition of spirituality and its positive worldview. It is a "relationship with someone or something beyond ourselves; someone or something that sustains and comforts us, guiding our decision making, forgiving our imperfections, and celebrating our journey through life".

### Defination of spirituality:-

Spirituality involves experiences of:-

- ❖ a deep-seated sense of meaning and purpose in life
- ❖ a sense of belonging
- ❖ a sense of connection of 'the deeply persona lwith the universal'
- ❖ acceptance, integration and a sense of wholeness. These experiences are part of being human – they are as clearly present in people with a learning disability as they are in anybody else. Spirituality often becomes more important in times of distress, emotional stress, physical and men-

tal illness, loss, bereavement and the approach of death. All health care tries to relieve pain and to cure -but good health care tries to do more. Spirituality emphasizes the healing of the person, not just the disease. It views life as a journey, where good and bad experiences can help you to learn ,develop and mature.

Spirituality and psychiatry - on the face of it, they do not seem to have much in common. But we are becoming increasingly aware of ways in which some aspects of spirituality can offer real benefits for mental health. This leaflet is for:

- ❖ anyone who has an interest in spirituality and mental health
- ❖ anyone with a mental health problem
- ❖ carers and relatives
- ❖ professionals who may not be sure about how to explore spiritual issues with their clients/patients. It looks at:
- ❖ how spirituality, mental health and mental healthcare can connect
- ❖ how to make a place for spiritual needs within a mental health service

how spirituality can help mental health. You don't need to hold a formal religious belief, to take part in religious practices or belong to an established faith tradition, to read this leaflet – or to experience spirituals

### Spirituality and meantal health :-

Religious and spiritual belief are an important part of life of how to manynpeople deal with life's joy and hardship .faith can provide with a sense of purpose and guidelines for living .when families face tough situations ,including health problems ,restores ,meaning and order to life situation ,and promote regaining a sense of control .for families ,spirituality can be powerful and source of strength.

Medical studies have confirmed that spirituality can have a profound effect on mental health states. In the of man who were hospitalized ,nearly half rated religion as helpful in coping with thire illness .A second study of study showed that the more religion patients were , the more quickly the recovered from some disorder .A third study revealed that high levels of hope and optimism, key factor in fighting depression ,were found among those who strictly practiced their religion.

### Reviews And Literature:-

Swinton (2001) argues that spirituality is an intra, inter and trans-personal experience that is shaped and directed by the experiences of individuals and of the communities in which they live out their lives. Thus, it's interaction with a person's mental and physical health is likely to be complex, interactive and dynamic.

Consumers have identified spirituality as an essential feature of recovery as it “is an important source of hope and meaning when redefining one's life after the catastrophic event that severe mental illness may be for an 'individual'”. Schrank and Slade (2007) reviewed the key components of recovery identified by people with a mental illness. They found spirituality, hope, meaning and purpose were important.

Edward (2002) shows the evidence of spiritual well-being is positively related with self ratings of physical health and vitality. Spiritual health/wellness is positively related with adjustment to dialysis treatment, cancerinduced pain, but negatively to hypertension. Various studies in USA indicate that patients and physicians would like to consider spiritual health factors in the medical care and its assessment too.

OBJECTIVES:-

To study the effect on spirituality on meantal health .

To compare the mental health of spirituality of spirituals and non spirituals .

HYPOTHISIS:-

There is no singnificant effect of spirituality on mental health

There is no significant deference between mental health of spirituals and non spirituals .

METHODOLOGY:-

The sample of 120 people were taken randomly from Udaipur city of Rajasthan. On the basis.30 spirituals and 30 Non spiritual adults were randomly selected for final selection of the study. Their age ranges from 35 to 50 years. Their mental health was determined with the help of Mental Health Inventory(MHI) by Jagdish Srivastava. The student ‘t’ test was applied to compare the mental health of spiritual and non spiritual adults.

**RESULTS AND DISCUSSION:** As the mentioned objective of the study to determined the singnificance deference between the mean score . The major finding of study the shows that spirituals have better good mental health in comparison to non spirituals. And non spirituals have found average and poor category

TABLE 1.

	SPIRITUALS		NON SPIRITUALS	
	MEAN	CATERORY	MEAN	CATEGORY
PSE	34.17	GOOD	28.34	AVERAGE
PR	26.35	GOOD	22.80	AVERAGE
IP	39.28	GOOD	35.39	AVERAGE
AUNTY	19.31	GOOD	15.71	POOR

GOA	37.11	GOOD	33.31	AVERAGE
EM	33.78	GOOD	30.67	AVERAGE
TOTLE	180.45	GOOD	161.37	AVERAGE

TABLE 2

	SPIRITUALS			NON SPIRITUALS			T	SIGNIFCANCE
	MEAN	S.D	N	MEAN	S.D	MEAN DIFF		
PSE	34.17	4.13	30	28.34	3.56	5.83	5.86	0.01
PR	26.35	4.82	30	22.8	3.29	3.55	3.55	0.01
IP	39.28	3.31	30	35.39	2.89	3.89	3.89	0.01
AUNTY	19.31	4.73	30	15.71	3.13	3.6	3.6	0.01
GOA	37.11	4.51	30	33.31	2.05	3.8	3.8	0.01
EM	33.78	4.32	30	30.67	3.13	3.11	3.19	0.01
TOTLE	180.45	5.3	30	161.37	5.79	19.08	13.31	0.01

As mentioned second objective of the study to determine the significant difference between the mean scores of different subscales of spirituality independent sample t-test applied. The two groups that spirituals and non spirituals were compared with regards to score on spirituality. On the subscale of as Positive Self Evaluation(PSE) the mean score of spirituals (34.17) while the mean score of non spirituals (28.34). The t value (5.86) revealed the significant difference on PSE dimension between two groups. It clearly shows that spirituals individuals are more aware in relationship with god than non spirituals group. On the subscale of Perception of Reality(PR) the mean score of the spirituals (26.35) while the mean score of non spirituals group (22.8). The t value (3.55) revealed the significant difference on PR between two groups. It indicated that PR was higher in non spirituals than spirituals individuals. On the subscale of Integration of Personality(IP) the mean score of spirituals (39.28) while the mean score of non spirituals group (2.107). The t value (3.89) revealed the significant difference on two groups. It show that IP was higher in spirituals than non spirituals. The sub scale of Autonomy(AUNTY) the mean score of spirituals (19.28) and non spirituals mean score( 15.79) and t –value of 3.6 it incated AUNTY score high compare to non spirituals.and on the Group Oriented Attitudes(GOA) the mean score of spirituals (37.11) and mean score of non spirituals(33.31) and t- value of(3.8) it means GOA score high compare to non spirituals. Environmental Mastery(EM) the mean score of spirituals 33.78 and non spirituals mean score of 30.60 and t value 3.19 it indicated the spirituals have high score .

**RESULT:-**The major finding of study the shows that spirituals have better mental health i6n comparison to non spirituals. The reason may be non spirituals were not having positive attitude towards life . In contrast the spirituals posses good mental health

**CONCLUSION:-**The result of this study emphasize on the importance of spirituality on mental health .spirituality emphasizes our connection to other . In contrast the spirituals posses good mental health people and the world which creates the idea of “reciprocity” the mean that the giver and receiver both get something from what happens that if you help another person ,you help yourself.

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