

Factors Influencing Spirituality

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Abstract: The last two decades has evoked unique momentum in spirituality. This paper aims at exploring the extent of factors which influence Spirituality. Previous empirical research has highlighted religious values, ethics, personal beliefs, societal values etc., has an influence on spirituality. Spirituality is predominant in Southern states of India. The present study made in Vijayawada District in Andhra Pradesh, the study focused on whether spirituality has any relation with Religion, Age and Gender, to study this sample of 110 was considered. Primary data was collected using structured questionnaire with 18 closed ended questions. Hypothesis testing was done using chi square analysis in SPSS. From the entire hypothesis it is concluded that only religion and age has resulted positive relationships with spirituality.

Keywords: Spirituality, Religious Values, Personal Beliefs, Societal Values.

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I. Introduction

Spirituality is a wide conception with many perspectives. In general, it incorporate a sense of connection to something bigger than us and it typically involves a search for meaning in life. As such, it is a universal human experience—something that touches us all. Spiritual levels and religious values influence even daily decisions make about their own and their community's development. Conscience can be defined as one's subjective ethical guidance system (Nee, 1968).

Spirituality means something different to everyone. For some, it's about participating in organized religion: going to church, synagogue, a mosque, and so on. For others, it's more personal—some people get in touch with their spiritual side through private prayer, yoga, meditation, quiet reflection, or even long walks. Spirituality begins with your relationship with yourself and developing relationships with others and it Encourages sagacity of purpose in life.

OBJECTIVES OF THE STUDY

- To understand what factors will influence Spirituality.
- To know whether Spirituality will have any connection with religion.
- To know whether Spirituality will have any connection with gender.
- To know whether Spirituality will have any connection with age.

II. Review Of Literature

P.Balaji Kumar (2016) the study carried in Madurai district to interpret relationship between of Spiritual Activities with Corporate Social Responsibility Action. The results of the study show that the spiritual activity was high among the employees. There is a positive relationship between spirituality in creating Corporate Social Responsibility among employees in various industries. Verônica de MouraSouza et.al (2015) "Spirituality, religion and personal beliefs of adolescents with cancer" published in Rev Bras Enferm. The study focused level of significance of spirituality or religion in the participants' lives. The study directs how spirituality influences on lives of cancer patients in recovering health. Spirituality and religious values, beliefs can assist from fear, anxiety nervousness and nakedness. Benefiel Andover et.al (2014) in their study "Spirituality and Religion in the Workplace(SRW)" authors explored the underlying assumptions and rationale of the main trends of SRW as well as offered an overview of the field and challenges to be addressed for its future development. BenaoudaBensaid et.al (2013)in "Ethico-Spiritual Dimensions of Charity: An Islamic Perspective " the study conducted on a specific religious group (Islam). The study focused on ethical guidelines for the receiving charity. Charity shores up spiritual,

emotional, societal and economic purposes. And it is also helps in ample degree of harmony. According to Fahri Karakas (2010), in his research article titled “Spirituality and Performance in Organizations: A Literature Review” the study reviewed 140 articles, whether, the Spirituality influence the employees performance and effectiveness of the organization. The review finding shows that Spirituality not only supports the organizational performance, but also it enhances well being and quality of life, sense of belongingness at work place. Spirituality positively affects the workforce. The results suggested two very different patterns of religious beliefs, religious behaviors, and approaches to social responsibility. The study explored the impact of spirituality on social responsibility and assumed a positive correlation. They scored higher on social conservatism, and reported they tended to focus on services to individuals. Commonly reported atheism/agnosticism, seldom attended religious services, and generally had an extrinsic religious orientation. They tended to prefer global and institutional approaches to social responsibility. Klerk (2005) Spirituality is the belief and values such as transcendence, balance, transparency, humanity, meaning in life, life with a deep connection to the universe, and a greater awareness of one's self in addition to (God, or the power of energy) which provides the energy and wisdom that transcends the material aspects of life. Greenleaf (1998) the basic principle of his viewpoint is that once leaders have developed their own spiritual self-awareness, they obviously exercise it in some form of service ahead of self-interest.

Thus, spirituality has several influences, according to the previous studies- spirituality influences the individual in terms of ethical behavior in work place, increases the efficacy of the employees and in return it leads to organizational performance, few studies concluded that, spirituality has influence on corporate social responsibility and also it has power of generating faith in the patient’s life about their lives.

III. Research Methodology

Descriptive type of research was undertaken using a convenient sampling method with a structured questionnaire. A sample of 110 was considered for the study. Primary data was collected using structured questionnaire with 18 closed ended questions along with personal information. Secondary data was collected using some reputed articles, books, textbooks and online websites etc. Data analysis was done using tables and SPSS 21 software. Hypothesis testing was done using chi square analysis in SPSS.

HYPOTHESIS FORMULATION

H₁: To know relationship between Spirituality level to Religion

H₂: To know relationship between Spirituality level to Age

H₃: To know relationship between Spirituality level to Gender

CALCULATION OF SPIRITUALITY INDEX (SI)

There are many factors which influence Spirituality, and it cannot be defined by any single impression; it differs from person to person, religion to religion. Many factors will influence level of Spirituality among individuals. For determining Spirituality level of Respondents, the present study from the structured questionnaire, the following nine statements were identified to calculate the Spirituality Index (SI). Those factors are Importance of “PRAYER”(X1), Reading “SCRIPTURES” (X2), Part of “TIME” Service to Society (X3), “EQUALITY” (X4), “FORGIVENESS” (X5) , “PILIGRAMAGE” (X6), religious significance of “FASTING” (X7), Sharing a part of Income “CHARITY” (X8), “Preachers Speeches” (X9), were used to calculate the Spirituality Index (SI) , as shown in figure 1.1. All the nine statements were given equal measuring scale, Likert scale with five point scaling options were used. From the above nine factors SI was calculated using the formula below shown and each variable is denoted as X1,X2,...etc. From these nine statements the results were grouped into four levels with minimum as 9 and maximum as 45 (9*5) as follows in the table 1.1

$$SI = (X1) + (X2) + (X3) + (X4) + (X5) + (X6) + (X7) + (X8) + (X9)$$

Where X1, X2, X3.... denotes the variables as shown in above description.

Where X1 denoted “PRAYER”

Where X2 denoted Reading “SCRIPTURES”

Where X3 denoted Part of “TIME” Service to Society

Where X4 denoted “EQUALITY”

Where X5 denoted “FORGIVENESS”

Where X6 denoted “PILIGRAMAGE”

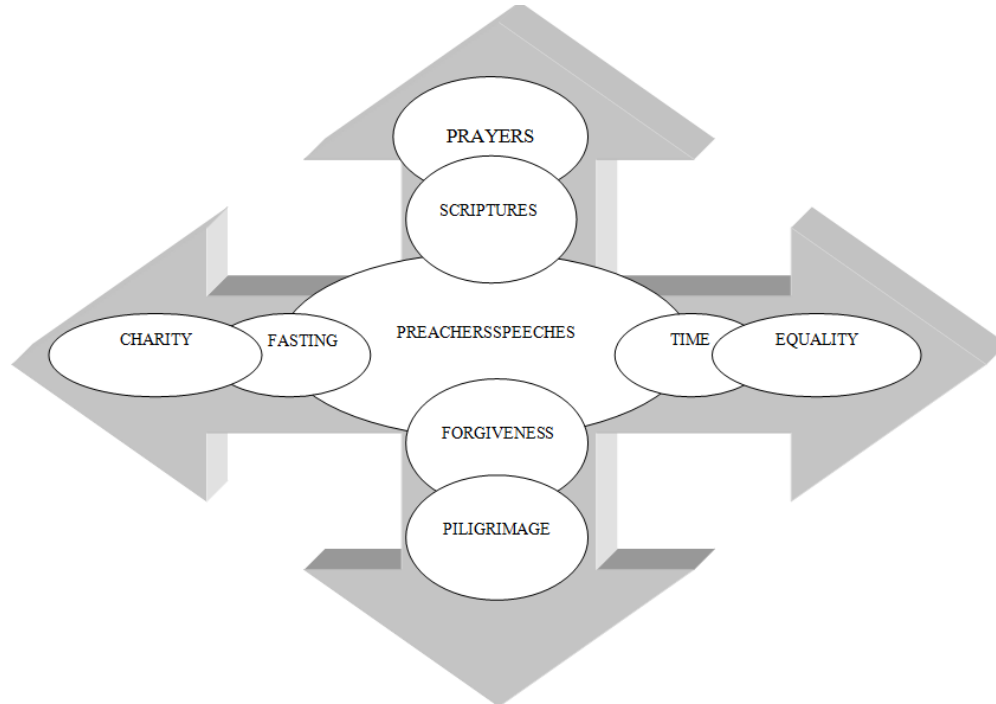
Where X7 denoted religious significance of “FASTING”

Where X8 denoted sharing a part of Income “CHARITY”

Where X9 denoted “PREACHERS SPEECHES”

Table 1: Spirituality Index (SI) Codes

RANGE	CATOGORY	CODE
9-21	Less Spiritual	1
22-33	Moderate Spiritual	2
34-45	Highly Spiritual	3



INFLUENCING FACTORS OF SPIRITUALITY

Table No.2: Spirituality Index of Respondents (110 respondents)

Option	No. of Respondents	% of Respondents
Less Spiritual	31	28.18%
Moderate Spiritual	71	64.54%
Highly Spiritual	8	7.27%

Hypothesis Testing

Hypothesis 1 H0: There is no relationship between Spirituality level and Religion

Table no. 3 Religion Cross Tabulation Count

		RELIGION			Total
		HINDU	ISLAM	CHRISTIAN	
Spirituality Index Level	Less Spiritual	9	8	14	31
	Moderate Spiritual	25	27	19	71
	Highly Spiritual	0	7	1	8
Total		34	42	34	110

Table no. 4: Chi-Square Tests

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	12.583 ^a	4	.014
Likelihood Ratio	13.843	4	.008
Linear-by-Linear Association	.750	1	.386

N of Valid Cases	110		
a. 3 cells (33.3%) have expected count less than 5. The minimum expected count is 2.47.			

The hypothesis was tested with the statistical tool of chi square analysis and the results were in the above the cross tabulation for religion and spirituality was indicated in table no.3. The results show that the value is 0.014 which is lower than the level of significance (0.005) so we accept H1 and reject H0 in table no.4. Hence, there is a high positive relationship between the Spirituality level and Religion.

Hypothesis Testing

Hypothesis 2H0: There is no relationship between Spirituality level and Age.

Table no. 5 Age Cross Tabulation Count

		AGE				Total
		>25	26-35	36-45	<45	
Spirituality Index Level	Less Spiritual	10	5	2	14	31
	Moderate Spiritual	4	23	29	15	71
	Highly Spiritual	0	0	4	4	8
Total		14	28	35	33	110

Table no.6: Chi-Square Tests

Pearson Chi-Square	31.779 ^a	6	.000
Likelihood Ratio	35.347	6	.000
N of Valid Cases	110		
a. 5 cells (41.7%) have expected count less than 5. The minimum expected count is 1.02.			

Chi square analyses of the hypothesis 2 were tested, and the results were in the above cross tabulation for Age and Spirituality was indicated in table no.5. The results show that the value is 0.000 which is 100% Significant. So we accept H1 and reject H0 in table no.6. Hence, there is a extremely high positive relationship between the Spirituality level and Age.

Hypothesis Testing

Hypothesis 3H0: There is no relationship between Spirituality level and Gender.

Table no. 7 Gender Cross Tabulation Count

		GENDER		Total
		MALE	FEMALE	
Spirituality Index Level	Less Spiritual	19	12	31
	Moderate Spiritual	33	38	71
	Highly Spiritual	5	3	8
Total		57	53	110

Table no. 8: Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	2.290 ^a	2	.318
Likelihood Ratio	2.307	2	.316
Linear-by-Linear Association	.503	1	.478
N of Valid Cases	110		
a. 2 cells (33.3%) have expected count less than 5. The minimum expected count is 3.85.			

The hypothesis was tested with the statistical tool of chi square analysis and the results were in the above the cross tabulation for Gender and spirituality was indicated in table no.7. The results show that the value is 0.318 which is greater than the level of significance (0.005) so we accept H0 and reject H3 in table no.8. Hence, there is no relationship between the Spirituality level and Gender.

IV. Discussions

Pertaining to the present study Spirituality level is the summation of 9 statements, the same were values and coded as less, moderate and highly spiritual as per table No.1. Hypothesis 1 was tested at 5 % level of significance, and 0.014 was scored for Religion to Spirituality, which results a high positive relationship in table no.4. Hypothesis 2 was tested and the results were 100% significant table no.6. There is an exceedingly positive

relationship between spirituality and Age. The spirituality and gender relationship was calculated and tested. The results were showing 0.318 where we can say, there is no relationship between variables gender and spirituality table no. 8. From the entire hypothesis it is concluded that, religion and age has resulted positive relationships with spirituality.

V. Conclusion

These days' people became more mechanized, and their quality of life is vanishing day by day, which is not taken up seriously by any one. Simply we are more concentrating on material issues of life, and it leads to ignorance of spiritual practices which is important for one's life with completeness. Spirituality is not a religion to build on certain rules and regulations, its individual choice for completeness in the life. The Spiritual practice encourages participation in a community, creates sense of belongingness, and improves quality of life. The present study says there is a statistical significance between spirituality with age and religion.

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