

# Psychology of Mental Health: Non Followers to Spirituality

<sup>1</sup>Shivani bhambri, <sup>2</sup>Mamata Mahapatra

**ABSTRACT**--As we all know that Spirituality has a positive effect on physical as well as on mental health. In the era of globalization stress is a part of life. Spirituality is linked to better health, less hypertension, less stress during difficult times, more positive feelings, less depression, greater psychological well being, and superior ability to handle stress. Many Mental Health experts believe that spirituality is important in ones lives. But there are people who do not follow spirituality at all. Spirituality helps us in maintaining inner peace which people are lacking in, In spite of having everything people are not happy and when you yourself are not happy you tend to remain alone, does not want to mingle, does not want to talk to anyone. Thus, individual behavior varies. Followers of spirituality are more happy and contented hence is more resilient. They have more faith and maintain good relations with everyone. In this IT dominated world there are crimes which are getting worse day by day. Spirituality is the solution to all of these problems. People who do not follow spirituality don't keep good relations with people around them and they are less happy and less contented as compared to followers of spirituality. Align to the above understanding the researchers have taken a sincere attempt to study the psychology of people in the society who are not following spirituality in their life. Present research emphasized on the importance of Spirituality and mental health. In the present paper the researchers have attempted in depth analysis of non followers to spirituality. The sample of the study consists of 400 non followers to spirituality. Sample was collected in two of the States i.e. Delhi and Rajasthan. The results revealed that there is relationship between mental health and spirituality of non followers to spirituality. Mental health was determined with the help of Mental Health Inventory developed by Dr Jagdish and Dr Srivastav. Spirituality was determined with the help of spirituality assessment scale developed by Judy.W.Howden. Research indicates that there are people who do not follow spirituality at all and there are people who pretend to show that they follow spirituality but their behavior indicates that we can consider them under the category of non followers.

**Keywords**--Mental Health, Spirituality, Psychological Resilience, Positivity

## I. INTRODUCTION

Importance of spirituality in mental health is now widely accepted. Spirituality plays an important role in our day to day life. How we accept our daily challenges, how we react to certain things, how we maintain our relations with people etc.

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<sup>1</sup>PhD.Research Scholar,Amity Institute of Psychology and Allied Sciences, Amity University, Noida, U.P, [bhambri.shivani@gmail.com](mailto:bhambri.shivani@gmail.com) Phone No- 97171 50315.

<sup>2</sup>Professor, Centre Head for Organizational Psychology, Amity Institute of psychology and Allied Sciences, Amity University, Noida,[mmahapatra@amity.edu](mailto:mmahapatra@amity.edu) Phone No-70659 04882.

People have their own outlook about life, about one's self, about others. But Spirituality makes us more resilient and gives us broader outlook to deal with our problems with a positive approach. If practiced it can bring changes in one's behavior, attitude and in his or her relation with others. If a person follows spirituality and have the feeling of jealousy, greed, ego, make others feel inferior then the person falls under the category of non followers as people who practice spirituality are more calm, more peaceful, more contented, less egoistic, more resilient, more positive and do not think ill of others.

Mental health is a level of psychological well-being, or an absence of a mental disorder, it is the "psychological state of someone who is functioning at a satisfactory level of emotional and behavioral adjustment". A person having mental or behavioral issues may face many problems. Counselors and many therapists help people with their behavioral as well as their mental ailments.

Spirituality may denote almost any kind of meaningful activity or blissful experience. It denotes a process of transformation, but in a context separate from organized religious institutions, termed "spiritual but not religious". It helps us to discover the essence of our inner self, to know more about ourselves, to clear our vision.

In this research we will emphasize on the people who are non followers or we can say they do not follow spirituality or who do not follow any kind of spiritual practices.

## **II. REVIEW OF LITERATURE**

In 2010 Dr. Fahri Karakas reviewed spirituality at work literature and to explore how spirituality improves employees' performances and organizational effectiveness. The paper reviews about 140 papers on workplace spirituality to review their findings on how spirituality supports organizational performance. Three different perspectives are introduced on how spirituality benefits employees and supports organizational performance based on the extant literature: a) Spirituality enhances employee well-being and quality of life; b) Spirituality provides employees a sense of purpose and meaning at work; c) Spirituality provides employees a sense of interconnectedness and community. The paper introduces potential benefits and caveats of bringing spirituality into the workplace; providing recommendations and suggestions for practitioners to incorporate spirituality positively in organizations.

Helen Lavretsky in 2010 found that Interest in spirituality and aging has increased recently, owing to overwhelming evidence of positive health outcomes linked to spirituality and religious participation. Increasing longevity in modern society puts spiritual needs of older adults at the forefront of societal priorities. Understanding individual spiritual perspectives becomes increasingly important, given the issues of loss, physical illness and mortality that are confronted in old age. There are multiple barriers to the proper assessment of spirituality in clinical practice and research (e.g., the lack of professional training for healthcare professionals, shortage of time and comfort for healthcare providers when discussing spiritual issues and needs). Integrating an individual's spiritual practice into their healthcare can help shape personalized medical care for older adults and improve health outcomes. This article reviews literature and research on spirituality, as well as spiritual interventions and their putative neurobiological mechanisms in relation to aging, mental and physical health, and coping with death and dying.

### III. METHODOLOGY

**Aim of the study:** The main aim of the present research work is to study Psychology of Mental Health: Non Followers to Spirituality.

- **Hypotheses:** There will be a significant relationship between mental health and spirituality of non followers to spirituality of metropolitan city.
- There will be a significant relationship between mental health and spirituality of non followers to spirituality of non metropolitan city.
- There will be significant difference in mental health and spirituality of non followers to spirituality of metropolitan and non metropolitan cities.
- Spirituality will be significant predictor of mental health of non followers to spirituality of metropolitan and non metropolitan cities.

**Sample:** The present research focuses on Psychology of Mental Health: Non Followers to Spirituality". For this, a sample of 400 non followers to spirituality was taken. The sample of the research was taken from Delhi and Rajasthan. Total sample was of 400 non followers to spirituality were taken for this research.

### IV. INSTRUMENTS

#### *Mental Health Inventory*

The Mental health Inventory consists of 56 questions was developed by Dr Jagdish and Dr Srivastav in the year 1983. The Mental Health Inventory has a reliability of .73 and validity of .54. It consists of a series of statements reflecting the six areas: Positive Self Evaluation, Perception of reality, Integration of personality, Autonomy, Group oriented attitudes, Environmental mastery. There are positive and negative statements. Respondents rate positive statements on a scale of 4 to 1, with 4 indicating always and 1 indicating never. And respondents rate negative statements on a scale of 1 to 4, with 1 indicating always and 4 indicating never.

#### *Spirituality Assessment scale*

The Spirituality Assessment scale consists of 28 questions was developed by Judy.W. Howden in the year 1992. There are four dimensions in this scale: Personal and meaning in life, Innerness, Unifying interconnectedness, Transcendence. Respondents rate statements on a scale of 1 to 6, with 1 indicating strong disagreement and 6 indicating strong agreement.

#### *Procedure for Data Collection*

The researcher personally went to collect the sample. Sample was selected and was asked if would volunteer to participate in a study on "Psychology of mental health: non followers to spirituality". Each of the Non Followers met personally and clarified their doubts if any on the questionnaire. The instructions for filling the questionnaires were given. Along with worded instructions, verbal instructions were also given. Respondents were assured of confidentiality regarding the information given by them and were asked to give honest responses. Convenient time was given of two days depending on their choices of response.

### Statistical Analysis

After scoring the questionnaires (Mental Health Inventory and Spirituality Assessment Scale), the raw scores were tabulated for each of the variables and studied. Then the Mean and Standard Deviation for each variable was put under investigation. Then higher statistical processes were started in which, first, for the test of significance the t-test was calculated. Then, the correlation between the two variables was calculated and results interpreted thereof.

## V. RESULTS AND DISCUSSION

In the initial step, mean and S.D., for every variable was put under measurable examination, at that point, higher statistical processes were begun in which, Correlation was taken. Results are presented in the mentioned below tables. In comparison, significant difference was found.

### Spirituality Assessment Scale (SAS)

- PMLQ- Personal and meaning in life
- Innerness
- Unifying Interconnectedness
- Transcendence

### Mental health Inventory (MHI)

- PSE- Positive Self Evaluation
- POR- Perception of Reality
- IOP- Integration of personality
- Autonomy
- GOA- Group oriented Attitudes
- EM- Environmental Mastery

**Table 1:** Association between MHI: Positive Self-Evaluation and Parameters

Parameters	MHI: Positive Self-Evaluation	p value
SAS: Purpose and Meaning in Life	rho = -0.05	0.299 <sup>1</sup>
SAS: Innerness or Inner Resources	rho = -0.01	0.777 <sup>1</sup>
SAS: Unifying Interconnectedness	rho = 0.02	0.623 <sup>1</sup>
SAS: Transcendence	rho = 0	0.996 <sup>1</sup>
SAS: Total Score	rho = -0.01	0.860 <sup>1</sup>

\*\*\*Significant at  $p < 0.05$ , 1: Spearman Correlation

The following variables were significantly associated ( $p < 0.05$ ) with the variable 'MHI: Positive Self-Evaluation':

**Table 2:** Association between MHI: Perception of Reality and Parameters

Parameters	MHI: Perception of Reality	p value
SAS: Purpose and Meaning in Life	rho = 0.09	0.067 <sup>1</sup>
SAS: Innerness or Inner Resources	rho = 0.03	0.545 <sup>1</sup>
SAS: Unifying Interconnectedness	rho = -0.02	0.684 <sup>1</sup>
SAS: Transcendence	rho = 0.04	0.400 <sup>1</sup>
SAS: Total Score	rho = 0.03	0.540 <sup>1</sup>

\*\*\*Significant at  $p < 0.05$ , 1: Spearman Correlation

The following variables were significantly associated ( $p < 0.05$ ) with the variable 'MHI: Perception of Reality':

**Table 3:** Association between MHI: Integration of Personality and Parameters

Parameters	MHI: Integration of Personality	p value
SAS: Purpose and Meaning in Life***	rho = -0.16	0.001 <sup>1</sup>
SAS: Innerness or Inner Resources***	rho = -0.11	0.027 <sup>1</sup>
SAS: Unifying Interconnectedness***	rho = -0.13	0.008 <sup>1</sup>
SAS: Transcendence	rho = -0.09	0.090 <sup>1</sup>
SAS: Total Score***	rho = -0.14	0.006 <sup>1</sup>

\*\*\*Significant at  $p < 0.05$ , 1: Spearman Correlation

The following variables were significantly associated ( $p < 0.05$ ) with the variable 'MHI: Integration of Personality': SAS: Purpose and Meaning in Life, SAS: Innerness or Inner Resources, SAS: Unifying Interconnectedness, SAS: Total Score

**Table 4:** Association between MHI: Autonomy and Parameters

Parameters	MHI: Autonomy	p value
SAS: Purpose and Meaning in Life***	rho = -0.13	0.012 <sup>1</sup>
SAS: Innerness or Inner Resources***	rho = -0.1	0.045 <sup>1</sup>
SAS: Unifying Interconnectedness	rho = -0.09	0.069 <sup>1</sup>
SAS: Transcendence	rho = -0.08	0.104 <sup>1</sup>
SAS: Total Score***	rho = -0.11	0.035 <sup>1</sup>

\*\*\*Significant at  $p < 0.05$ , 1: Spearman Correlation

The following variables were significantly associated ( $p < 0.05$ ) with the variable 'MHI: Autonomy': SAS: Purpose and Meaning in Life, SAS: Innerness or Inner Resources, SAS: Total Score

**Table 5:** Association between MHI: Group Oriented Attitudes and Parameters

Parameters	MHI: Group Oriented Attitudes	p value
SAS: Purpose and Meaning in Life***	rho = -0.1	0.036 <sup>1</sup>
SAS: Innerness or Inner Resources	rho = -0.08	0.093 <sup>1</sup>
SAS: Unifying Interconnectedness	rho = 0.01	0.771 <sup>1</sup>
SAS: Transcendence	rho = -0.05	0.354 <sup>1</sup>
SAS: Total Score	rho = -0.06	0.253 <sup>1</sup>

\*\*\*Significant at  $p < 0.05$ , 1: Spearman Correlation

The following variables were significantly associated ( $p < 0.05$ ) with the variable 'MHI: Group Oriented Attitudes':  
 SAS: Purpose and Meaning in Life

**Table 6:** Association between MHI: Environmental Mastery and Parameters

Parameters	MHI: Environmental Mastery	p value
SAS: Purpose and Meaning in Life	rho = 0	0.933 <sup>1</sup>
SAS: Innerness or Inner Resources	rho = -0.01	0.769 <sup>1</sup>
SAS: Unifying Interconnectedness	rho = 0.09	0.087 <sup>1</sup>
SAS: Transcendence	rho = 0.03	0.587 <sup>1</sup>
SAS: Total Score	rho = 0.02	0.628 <sup>1</sup>

\*\*\*Significant at  $p < 0.05$ , 1: Spearman Correlation

The following variables were significantly associated ( $p < 0.05$ ) with the variable 'MHI: Environmental Mastery':

**Table 7:** Association between MHI: Total Score and Parameters

Parameters	MHI: Total Score	p value
SAS: Purpose and Meaning in Life***	rho = -0.15	0.003 <sup>1</sup>
SAS: Innerness or Inner Resources***	rho = -0.11	0.028 <sup>1</sup>
SAS: Unifying Interconnectedness	rho = -0.07	0.193 <sup>1</sup>
SAS: Transcendence	rho = -0.05	0.334 <sup>1</sup>
SAS: Total Score***	rho = -0.1	0.040 <sup>1</sup>

\*\*\*Significant at  $p < 0.05$ , 1: Spearman Correlation

The following variables were significantly associated ( $p < 0.05$ ) with the variable 'MHI: Total Score': SAS: Purpose and Meaning in Life, SAS: Innerness or Inner Resources, SAS: Total Score.

The obtained results show that there is relationship between Psychology of Mental Health: Non Followers to Spirituality". From the present research we come to know that how spirituality helps us in attaining good mental health. It does not eliminate stress or erase life's difficulties, instead, it gives people strength to tackle problems head on, overcome adversity and move on their lives. Dealing with change or loss is an inevitable part of life. At some point, everyone experiences varying degrees of setbacks, rejections of all types such as social rejection, rejection from loved ones, rejection in marriage etc. All these rejections can have negative effect on person's well being. Some of these challenges might be relatively minor, while others are disastrous on a much larger scale. How we deal with these problems can play a major role in not only the outcome, but also the long-term psychological consequences. Psychologists have identified some of the factors that make someone more mentally strong, among them a positive attitude, optimism, the ability to regulate emotions, and the ability to see failure as a form of helpful feedback.

## **VI. CONCLUSION**

This study examines the Psychology of Mental Health: Non Followers to Spirituality. Spirituality was measured by Spirituality Assessment Scale; Mental Health was measured by Mental Health Inventory. This study was conducted so that results would yield a better picture that how spirituality has a positive or negative relation on mental health of non followers to spirituality. The findings suggested that spirituality may protect person's well being on the other hand high level of stress, worries, rejection can harm person's mental, physical and spiritual well being. However, more research and intervention plans are needed to understand the importance of spirituality in one's lives.

## **VII. LIMITATIONS**

- Present Study can be enhanced by increased sample size.
- Present research can be enhanced by taking more discourses for the study.
- Research can be done or compared with India and other countries.

## **VIII. RECOMMENDATION FOR FURTHER RESEARCH**

- Reliability of the study can be further enhanced by conducting this study with high sample size, wide range criterion of selecting the sample.
- Validity of the study can be further enhanced by conducting this study with high sample size, wide range criterion of selecting the sample.
- To select the questionnaires having less number of items because at times sample get bored while giving their responses and it may affect the results.
- To maintain good relationships with close family members, friends and others.

## REFERENCES

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