



**SUMMARY OF  
SPIRITUAL-ORIENTATION, SPIRITUAL TRANSCENDENCE AND  
PSYCHOLOGICAL WELLBEING AMONG RELIGIOUS BELIEVERS  
AND NON-BELIEVERS**

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JAMIA MILLIA ISLAMIA  
NEW DELHI-110025**

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**BY  
MS.SAMINA BANO**

**UNDER THE SUPERVISION  
OF  
DR. NAZIRUL HASNAIN  
PROFESSOR AND HEAD**

**DEPARTMENT OF PSYCHOLOGY  
JAMIA MILLIA ISLAMIA  
NEW DELHI-110025**

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**Summary**

*A sense of spirituality can help you  
Realize you are not alone, and that  
you can turn to a larger force for help,*

*support or comfort.*

Spirituality has always been considered to be natural part of being human. Spiritual orientation leads toward spiritual transcendence when the capacity of individuals goes beyond to stand outside of their immediate time and place and to view life from a longer, more objective perspective. Religion is as wide as humanity. Religion and spirituality are universal threads in the fabric of human experience. Spirituality or a spiritual way of life has a bearing on well being, though it is not necessarily related. However, this becomes important, as spirituality and spiritual orientation to a great extent are not much related with religiosity. Well-being denotes 'good life' a life in which an individual strives for personal growth, independence, meaningful relationships with others, and community service. Keeping in view the importance of spirituality in the form of spiritual orientation and spiritual transcendence in life particularly in enhancing the well being the present study was planned and carried out with the objectives to examine the gender and belief differences in the two spheres of spirituality, i.e. spiritual orientation and spiritual transcendence and wellbeing.

The sample of the study consisted of 200 males and 200 females selected on incidental basis from A.M.U., Aligarh, J.N.U., D.U. and J.M.I., Delhi. Their age ranged from 30 to 50 years, they were lecturers, readers and professors. They were administered Religiosity sub-scale of ASPIRES and scores on the scale were obtained and Q1 and Q3 were used as criteria to sort out the believers and non-believers. 80 participants were thus sorted out on the basis of criteria of different groups of the study. Among them there were 40 believers and 40 non-believers and among each group there were 20 males and 20 females making a 2x2 factorial design.

ANOVA, t-test and multiple regression were used to analyze the data. The following results were obtained. No significant differences were found between males and females, believers and non-believers, male believers and male non-believers, and between female believers and non-believers on spiritual orientation. Interactional effect

of religious belief and gender on spiritual orientation was also not found significant on spiritual orientation.

On spiritual transcendence significant difference was found between believers and non-believers. Believers scored significantly more than non-believers. However, no significance gender differences, interactional effect of religious belief and gender on spiritual transcendence and differences between believers and non-believers of same gender were obtained.

Significant difference was found between believers and non-believers on well-being. Here non-believers scored significantly more as compared to believers. Neither significant gender differences, nor interactional effect of gender and religious belief on wellbeing was obtained. Nonetheless there was significant difference between female believers and non-believers, whereas no significance difference was found between male believers and non-believers on wellbeing.

Through multiple regressions, contributions of spiritual orientation and spiritual transcendence in wellbeing of believers and non-believers separately were ascertained. It was found that spiritual orientation and spiritual transcendence contributed 80% variance in the wellbeing of believers and 15% variance in the wellbeing of non-believers. However, the individual contribution of spiritual orientation and transcendence in the wellbeing of non-believers were 42% and 22% respectively. It indicates that though 22% variance in wellbeing of non-believers was counted by spiritual transcendence, but the value of Beta being negative shows that spiritual transcendence has negative though non-significant role to play in the wellbeing of non-believers.

The relevance of the study lies in the fact that spirituality has emerged as a predominant factor irrespective of beliefs and gender. It plays a significant role in the wellbeing of believers as well as non-believers.