

## Spirituality Leads to Happiness: A Correlative Study

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### ABSTRACT

Spirituality and happiness both are very important concept of a human life. In spirituality person relate himself or herself to a more broader than himself/ herself and also make able to find a meaning or purpose of life this process also make him/her happy and satisfied in life. The present study is aimed to find the correlation between these two important concepts of human life spirituality and happiness. The SHS questionnaire of Lubomirsky and Leeper to measure happiness and DSES scale developed by Underwood are used in this study. Cluster sample of 100 (25 to 30 years) were selected from Udaipur city. Pearson Product Moment Correlation method was used to compute correlation coefficient between the scores of SHS and DSES. Results of this study showed that there is a positive high correlation between spirituality and happiness.

**Keywords:** *Spirituality, Happiness*

Spirituality is a broad concept, in general it includes 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 at all.

According to Waijman , the traditional meaning of spirituality is a process of reformation which aims to recover the original shape of man the image of God.

In modern times the emphasis is on subjective experience. It may denote almost any kind of meaningful activity or blissful experience. It still denotes a process of transformation, but in a context separate from organized religious institutions termed ‘spiritual but not religious’.

Houtman and Aupers suggest that modern spirituality is a blend of humanistic psychology, mystical and esoteric traditions and eastern religions.

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Spiritual experiences can include being connected to a larger reality, yielding a more the comprehensive self, joining with other individuals or the human community, with nature or cosmos, or with the divine realm.

Happiness is a mental or emotional state of wellbeing defined by positive or pleasant emotions ranging from contentment to intense joy.

According to Buddha – “just as a candle cannot burn without fire, men cannot live without a spiritual life.” through this quote it is clear that spirituality is a important concept of human life. Martin Seligman asserts that happiness is not solely derived from external, momentary pleasures and provides the acronym PERMA, humans seem happiest when they have

### **1. Pleasure 2. Engagement 3. Relations 4. Meaning 5. Accomplishment**

There are a number of mechanism through which religion may make a person happier, including social contact and support that result from religious pursuits, the mental activity that comes with optimism and volunteering. Some surveys conclude that spirituality committed people are twice as likely to report being “very happy” than the least religiously committed people.

An analysis of over 200 social studies contends that “high religiousness predicts a lower risk of depression and drug abuse and fewer suicide attempts and more reports of satisfaction and well-being.

All religion accepted happiness as a main theme. Buddhism encourages the generation of loving kindness and compassion , the desire for the happiness and welfare of all beings .

While religion is often formalised and community – oriented, spirituality tends to be individually based and not as formalised. In a 2014 study, 320 children ages 8-12, in both public and private schools, were given a spiritual well- being questionnaire assessing the correlation between spirituality and happiness. Spirituality correlated positively with the child’s happiness, the more spiritual the child was, and the happier the child was.

*“Happiness is not something readymade; it comes from your own actions.”- Dalai Lama.*

*“Happiness is not a matter of intensity but of balance, order, rhythm and harmony.”*

Diener (2000) explored about the subjective well- being and national indicators of happiness and cultural influences on the subjective well- being. Zinbauer, Pargament, Scott (2001) examined traditional and modern psychological characterizations of religiousness and spirituality. Pargament, Keneth, Mahoney, Annette (2002) reviewed some of the ways that spirituality can be understood and studied from a psychological perspective. They also reviewed the empirical studies of spirituality and its connections to well –being. Miller, William, Thoresen (2003)

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explored the persistent predictive relationship between religious variables and health and its implications for future research and practice. Hill, Peter, Pargament, Kenneth (2008) identified significant links between religion, spirituality and health. Wills (2009) inquired how people perceive their well-being in different settings, including different cultures regions and cities.

### **RATIONALE OF THE STUDY**

Everyone wants to be happy. We can say happiness is a ultimate goal of everyone's life. We want a job, prestige, life partner and all these we want for happiness, to be happier. Spirituality not like religion is to relate self to a wider form, feel contentment in this life, and to be totally present in the actions of present. Spirituality means the process to know the self the inner and original self.

Through the review of literature we can conclude that there are so many researches on spirituality and it's relation to religion and health but there are a few researches on spirituality and it's relation to happiness. so we decided to research on this relationship. In future more researches will be done on this relationship of spirituality and happiness.

#### *Objective*

- To find out the correlation between spirituality and happiness.

#### *Hypothesis*

1. There would be positive correlation between spirituality and happiness.
2. There would be no correlation between spirituality and happiness.

### **METHODOLOGY**

#### *Sample*

100 graduate males and females were randomly selected from Udaipur city. They were from equal social economic status with ages 25 to 30 years. Cluster sampling technique was used to select the sample.

#### *Procedure*

Two paper and pencil questionnaires of Subjective Happiness Scale (SHS) and Daily Spiritual Experience Scale (DSES) were distributed in samples in Udaipur city. Sample filled out the questionnaires on the spot. It took about 15 minutes to complete both the questionnaires.

#### *Tools*

1. Daily Spiritual Experiences Scale (DSES) developed in 2011 by Underwood is a 16 items scale. On each item 6 is a maximum score and 1 is the minimum score. In 16<sup>th</sup> item the maximum score is 4 and minimum score is 1. Low scores indicate the high spirituality and high scores indicate low spirituality.

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2. Subjective Happiness scale (SHS) is a 4 items scale developed by Lubomirsky , S. & Leeper is designed to measure subjective happiness. Each of items is completed by choosing one of 7 options that finish a given sentence fragment.

### RESULTS

*TABLE 1.1 Correlation of spirituality and happiness*

VARIABLES	CORRELATION	INTERPRETATION
HAPPINESS	.89	High positive correlation
SPIRITUALITY		

After getting the data from the sample, correlation coefficient was computed. Pearson Product Moment Correlation method was used to compute the correlation.

The aim of this study is to find out the correlation between spirituality and happiness. The people who are spiritual are happy also.

### DISCUSSION

With the Pearson Product Moment correlation method the correlation coefficient was computed, the correlation coefficient between spirituality and happiness is .89 which indicates high positive correlation between these two aspects of life.

On the basis of result above table was prepared and it shows the results that there is a high positive correlation between spirituality and happiness.

Thus the research hypothesis of this study is proved that there would be positive correlation between spirituality and happiness. The null hypothesis of this study has rejected.

A person who is more spiritual feel more connected to life , feel more satisfied with life , find peace and harmony in everything he do, believe that God or a great power is always with him every time in his or her every action. So the person who thinks like this naturally he or she will be happier.

### CONCLUSION

As a conclusion of this study we can say that a person who is more spiritual, more happy and satisfied also he or she is. A spiritual person has a purpose and meaning of his or her life, feel connected to a broader eternal power believe in equality and has a self and other acceptance also and these things determine the happiness. Spirituality makes a person more open to positive emotions and feelings. So spirituality is highly positively correlated with happiness.

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