

Impact of Spirituality on Well-Being among Aged People

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ABSTRACT

The purpose of the current study was to determine how spirituality affected older people's wellbeing. Positive correlations between spirituality and different measures of life satisfaction, psychosocial wellbeing, and both physical and emotional state are encouraged. Given the loss, physical disease, incapacity, and mortality that adults must face, understanding a person's spiritual perspective becomes more and more crucial. One attribute of the mind, heart, and soul that is considered to be spiritual. It deals with personal, subjective experiences that are occasionally shared with others. In Indian society, spirituality is important at all ages. The researcher adopted Descriptive research design and consequently the sampling method adopted for this study was non-probability sampling. For this study the researcher used purposive sampling method to gather data from respondents. A sample size of 60 was collected using interview schedule. The result showed that (63%) of the respondents had good level of spirituality, (20.3%) of the respondents had moderate level of spirituality and (16.7%) of the respondents had poor level of spirituality.

KEYWORDS: Spirituality, Well-being & Aged people

INTRODUCTION

The lives of the elderly community place a high value on spirituality. One of the most important sources of power and guidance in people's lives is their spirituality. It is a condition that affects almost everyone individually. Spiritual life is the development of one's inner resources and self-awareness via individual effort and decision. People who practice spirituality can maintain their good health. It can keep them grounded and help them deal with pressure from daily life. The public can use spirituality to cope with psychological discomfort and mental illness. Spirituality gives you a connection to something greater than yourself and a means of coping. The term "spirituality" is typically used to refer to a number of beneficial internal attributes and perceptions without implying any rigid, dogmatic beliefs or religious observances (Wulff, 1996). A profound sense of meaning and purpose in life could be used to define spirituality or beliefs. It is about inclusion, acceptance, and wholeness. Everyone must follow it, even those who reject the existence of God or a "higher being." In times of emotional stress, physical and mental illness, loss, and mourning, their

spiritual, religious, or personal views may also be very significant. People's spiritual and religious experiences and beliefs might evolve over the course of their life and are typically different from those of their families of origin.

DEFINITION

Spirituality

"The spirituality that involves understanding faith and feelings of divine surroundings is an unusual of the bodily parts of living."

Well-being

Happiness or wellness is the condition of a human being or group. A superior level of well-being means that in some intelligence the persons or group's state is more optimistic.

Aged people

Aged human being means a person who is 60 years aged or elder, who requirements or needs to live with other aged persons in a group setting, but who is accomplished of livelihood independently.

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Characteristics of seniors during the Maturation Process

Older adults who focus on spiritual issues may:

- Take additional time to reproduce on the importance of measures
- Feel hopelessness over the injustice and evils in the globe
- Long to make peace with imminent death and their beliefs about death
- Struggle to understand why so many good people suffer
- Seek a complete and more fulfilling personal attitude
- Yearn for solitude and silence
- Seek to communicate unspoken love to others
- Identify the require for a greater intelligence of group of people
- Question beliefs about death and the afterlife.

REVIEW OF LITERATURE

Eisenhandler (2005), identifies spirituality as a theme evolving in late life due to either the individual's lifetime commitment of spiritual/religious beliefs or to newly developed beliefs due to late life experiences. Furthermore, the author found that many participants shared a transcendent perspective on life as being connected to all others, nature, and something greater than oneself.

Ross (1997), found that older people's needs are related to religion, love and belonging, morality, death and dying. If spiritual requirements are met for a human being, it may contribute to their intelligence of happiness.

Methodology of the Study

Findings of the Study

Factors	Medium	Frequency	Percent
Age	65-Above	48	80%
Gender	Male	40	67%
Type of family	Nuclear Family	48	80%
Well- Being status	Moderate	42	70%
Family income	Rs.15001-Rs.20000	47	78%
Occupation	Private employment	07	12%

Simple Percentage Analysis

- Majority (80%) of the respondents were in the age group of 65 years and above.
- More than half (67%) of the respondents were male.
- Majority (80%) of the respondents were from nuclear family.
- Majority (70%) of the respondents well-being status were moderate level.
- Majority (78%) of the respondents' family income was found to be Rs. 15001-20000/-.
- Less than half (12%) of the respondents were employed in private concern.

Objectives of the Study

- To find out personal profile of the respondents.
- To assess the level of spirituality and well- being of the respondents.
- To find out association between personal profiles and spirituality and well- being of the respondents.
- To find out the relationship between personal profile and spirituality and well- being of the respondents.
- To valuable suggestion about spirituality and well- being of the respondents.

Research design: The researcher followed descriptive research design for the study.

Universe of the study: The universe of the present study is among the aged people who reside in Peelamedu area of Coimbatore district.

Sampling: 60 Respondents were selected for data collection. The sampling method adopted for the present study is non-probability sampling. For the present study the researcher used **purposive sampling method** to collect data from respondents.

Tools for data collection: The researcher used structured questionnaire consisting of 5 point scale on spirituality and well- being, author of the scale is Daniel S. Halpérin et al., Geneva, (1996).The scale consists of 27 items, the items were scored as strongly disagree-1, disagree-2, undecided-3, agree-4, strongly agree-5 and for false keyed items, the reverse of the true keyed items were used.

The data were analyzed using various statistical tools like simple percentage, independent t-test, and ANOVA.

DISTRIBUTION OF THE RESPONDENTS BY LEVEL OF SPIRITUALITY AMONG AGED PEOPLE

S. No	Level of Spirituality	No. of Respondents	Percentage (%)
1	High	38	63.0
2	Moderate	12	20.3
3	Low	10	16.7
TOTAL		60	100

INTERPRETATION

The above table depicts that (63%) of the respondents had high level of spirituality, (20.3%) of the respondents had moderate level of spirituality and (16.7%) of the respondents had low level of spirituality.

Influence of personal profile and spirituality and well- being of the respondents

Variables	Statistical tool	Value	Result
Age and spirituality and well- being of the respondents	ANOVA	F= .040 T<0.05	Significant
Gender and spirituality and well- being of the respondents	t-test	t = 1.051 p>0.55	Not-Significant
Type of family and spirituality and well- being of the respondents	ANOVA	F= .000 T<0.05	Significant
Well- being and spirituality of the respondents	t-test	t = .050 p<0.05	Significant
Occupation and spirituality and well- being of the respondents	ANOVA	F= .353 P>0.35	Not-Significant
Income and spirituality and well- being of the respondents	ANOVA	F= .943 P>0.45	Not-Significant

- There is significant difference between the age and spirituality & well- being of the respondents.
- There is no significant difference between the gender and spirituality & well- being of the respondents.
- There is significant difference between the type of family and spirituality & well- being of the respondents.
- There is significant difference between the well- being and spirituality & well- being of the respondents.
- There is no significant difference between the occupation and spirituality & well- being of the respondents.
- There is no significant difference between the income and spirituality & well- being of the respondents.

Recommendations

- A healthy spiritual practice may include examples of volunteerism, social contributions, belonging to a group, fellowship, optimism, forgiveness and expressions of compassion.
- Spiritual wellness provides aged people with trust, beliefs, morals, ethics, principles and morality.
- Spiritual wellness allows one to realize his or her own belief and moral systems and establish one's feeling of purpose and find meaning in life events.
- Spiritual interventions may include activities such as spiritual counseling, meaning-focused meditation, or psychotherapy.
- Increased levels of spirituality may be associated with improved resilience.
- Promoting better diet and exercise or easier access to a General Practitioner to improve overall health and well-being.
- Appreciation of spiritual and moral values increases the life span of the older person.

CONCLUSION

Professionals in social work play different responsibilities at different stages of managing geriatric care. There is evidence that suggests there is a link between spirituality and wellbeing. The results of this study showed that spirituality has a positive effect on and a relationship with well-being in older adults. People who are spiritual are often happy and fit along with society. High spirituality among the elderly helped them better control their well-being. People typically grow too near to God as they age because they no longer seek things like sex, success, or status.

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