

A Study of Religiosity and Psychological Well-Being

Dr. Kiran D. Ahirrao

Head, Department of Psychology New Arts, commerce and Science Colege, A'nagar, India

DOI: <https://doi.org/10.51244/IJRSI.2025.120800255>

Received: 24 Sep 2025; Accepted: 30 Sep 2025; Published: 03 October 2025

ABSTRACT

The present study was designed to investigate the relationship between religiosity and psychological well-being of college going students. Earlier researches have revealed that personal devotion, participation in religious activities, and religious salience are positively associated with different aspects of psychological well-being. A sample of 60 male and 60 Female of age range of 19 to 25 years participated in the study. These were skewed with respect to nowadays interest in religion and education level. Here are all kinds of religion attendance, frequency of prayer, obligatory prayers, religious service, and most vital is importance of religious were selected as independent variables as well as measures of religiosity while psychological wellbeing were selected as dependent. On psychological well-being there is no gender differences and in religiosity gender was significantly associated with all kinds of religious activities. Males are more religious than female and a strong positive relationship was revealed between religiosity and psychological well-being.

Keywords: Religiosity, Life satisfaction, psychological wellbeing

INTRODUCTION

Religion is the part of the human make up its also part of our culture and intellectual history, religion was our first attempt at literature, the text, our first attempt at cosmology, making sense of where we are in the inverse, our first attempt at health care believing in the faith healing, our first attempt at philosophy “

Religion is as old as mankind. Primitive man had primitive religions and he worshiped the elements of nature like sun, earth, air, cloud, water, etc., Advances in civilization led to institutionalized religions. The basic characteristics of all religions are similar. There is a firm belief in a higher, unseen controlling power. Religion appears to be a psychological necessity for mankind. Religion which evolved due to basic psychological need of mankind later metamorphosed. Gradually religious practices developed into dogmas and superstitions. Though most religions continued changing with time many became completely fossilized. From mental health perspective religion provides much -needed guidelines, which can help individuals to devise a course for their lives. Stresses and strains as well as uncertainties of life can be tolerated more easily by the believers. However, many outmoded rituals and belief systems might inhibit positive growth and may lead to mental ill-health.[1] In studying the relationship of spirituality with health, it is not necessary to assume any position about the ontological reality of God or the spiritual realm. We can test whether measures of religious beliefs or behaviors are associated with health outcomes, regardless if we believe in the beliefs under investigation. India is a country which is associated with spiritual traditions for thousands of years; which has been home of some of the greatest religions of the world like Hinduism, Buddhism, Jainism, Sikhism, Christianity, Zoroastrianism. It is a land where spirituality is almost a way of life; where an even illiterate farmer or housewife will surprise one with their philosophical issues of life.

The definitions of religiosity and spirituality have been a perennial source of controversy. These are not interchangeable words. According to Betson and Ventisas early as 1912, the psychologist James Leuba detected 48 distinct definitions of religion. We will adopt the definitions given by Koenig et.

Religion is an organized system of beliefs, practices, rituals, and symbols designed to facilitate closeness to the sacred or transcendent (God, higher power, or ultimate truth/reality)? Religion usually refers to socially based beliefs and traditions, often associated with ritual and ceremony, whereas spirituality generally refers to a deep-

seated individual sense of connection through which each person's life is experienced as contributing to a valued and greater “whole,” together with a sense of belonging and acceptance. Spirituality is expressed through art, poetry and myth, as well as religious practice. Both religion and spirituality typically emphasize the depth of meaning and purpose in life. One does not, of course, have to be religious for life to be deeply meaningful, as atheists will avow. However, although some atheists might not consider themselves spiritual, many do. Spirituality is thus a more inclusive concept than religion.

It must be clarified at the outset that there is a wide diversity of cultures and philosophical systems in India and a historical mix with western modes of thinking in recent years has made it difficult to identify a uniform Indian paradigm of mind and mental illness.

There are obvious differences between Jewish-Christian-Islamic religion and religious traditions as evolved in Indian subcontinent. In Indian languages, there is no equivalent term to convey the meaning of the word Religion. The nearest term is dharma is not an equivalent of religion. It is a mixture of cosmic order, sacred law, and religious duty. In India's philosophy and mythology play an important role in religious teaching. In India, particularly in Hindu religion God also has a different meaning. In other religion God is the creator and he resides outside the world he has created. However, in Hinduism, God lies within you and within everyone and not outside. This is beautifully expressed in opening invocation of the famous Upanishad “That is whole. This is whole. From the whole emerges the whole. The whole is taken from the whole but the whole remains.” In other words, the ultimate reality or Brahman as we say in India is both transcendent and immanent. The creation of the universe does not in any manner affect the integrity of Brahman.

Psychological well-being refers to positive mental health. Research has shown that psychological well-being is a diverse multidimensional concept (MacLeod & Moore, 2000; Ryff, 1989; Wissing & Van Eeden, 2002) which develops through a combination of emotional regulation, personality characteristics; identity and life experience. Psychological well-being can increase with age, education, extraversion, and consciousness and decreases with neuroticism. Previous researches pertaining to the subject area of religiosity and psychological well-being, eloquently speak volumes of, and provide sound evidence to support the positive association between religiosity and psychological well-being. A wide range of different researches have been carried out in this context (Dyson, Cobb & Foreman, 1997; George, Ellison, & Larson, 2002; George, Larson, Koenig, & McCullough, 2000; Mickley, Carson, & Soecken, 1995). The consistent findings have been that aspects of religious involvement are associated with positive mental health outcomes (Ellison & Levin, 1998; Swinton, 2001). Evidence supporting these findings emerge from both cross sectional and longitudinal studies, as well as from studies based on both clinical and community samples.

Objectives:

- 1) To measure Psychological Wellbeing and Religiosity among students.
- 2) To study gender differences on Psychological Wellbeing.
- 3) To study gender differences on Religiosity.
- 4) To find out correlation between Psychological Wellbeing and Religiosity.

LITERATURE REVIEW

Seligman and Csikszentmihalyi (2000): Psychological well-being is a broad and multifaceted construct that refers to an individual's overall experience of positive emotions, satisfaction with life, and sense of purpose. The study of psychological well-being has been an active area of research in psychology for several decades, with the goal of gaining a deeper understanding of the factors that contribute to its development and maintenance.

Lancaster & Strath, 2013: One of the earliest and most influential models of psychological well-being who defined it as the result of two dimensions: positive emotion and engagement in meaningful activities.

According to this model, individuals who experience frequent positive emotions and are actively engaged in activities that are meaningful to them are likely to have higher levels of psychological well-being.

A meta-analysis involving 34 studies was conducted to investigate the association between life satisfaction, self-actualization as reflections of psychological well-being and religiousness revealed positive lower association in institutional religion and higher positive association in personal devotion and prayers and (Hackney & Sanders, 2003).

Oishi & Diener, 2001 These dimensions are considered to be critical to the development and maintenance of psychological well-being and are often taken into account in studies on this topic. Studies have found that both individual and environmental factors can impact psychological well-being. For example, research has shown that personality traits, such as openness and conscientiousness, are associated with higher levels of well-being

Hypothesis:

1. There will be significant gender difference on Psychological Wellbeing of students.
2. There will be significant gender difference on Religiosity of students.
3. There will be positive correlation between psychological wellbeing and Religiosity.

Selection of the participants:

1. the scale was 0.90.

A study was designed in which 120 sample where (60 Males and 60 Females) of age from 20 to 25 from the college of Agriculture Babhulgoan Tal. Yeola Dist. Nashik.

Sample:

The sampling was done by purposive random sampling method. All samples were college going student, for the comparative study of Religiosity and Psychological Well-being with 60 Males and 60 Females.

Variables:

1) Psychological Wellbeing: -

Independent Variables: boys and girls of PG.

Dependent Variables: Score on psychological well-being, Religiosity

Research Tool Used:

1) Psychological Well-being: -

Test: -Psychological Well-being Scale of (Dr. Devendra Singh Sisodia and Ms. Pooja Chaudhari, Udaipur)

Reliability: - This indicates that the test-retest reliability was found to be 0.87 and the overall consistency value of the scale was 0.90.

2) Religiosity Scale

Test: - Religiosity Scale of (L. I. Bhsan {Munger} Agra).

Reliability: - From the manual of this test indicates that the test-retest reliability was found to be 0.86 and the overall consistency value of the scale was 0.90.

Validity: - Religiosity has been changed by the sex difference but the psychologically the well-being by the age and sex are getting stable.

RESULTS

Table showing gender difference on Psychological Wellbeing and Religiosity among students.

	Gender	N	Mean	Std. Deviation	df	t
PWBS	Male	60	184.10	16.311	118	.274
	Female	60	183.27	17.000		
Religiosity	Male	60	120.67	14.224	118	3.788
	Female	60	111.30	12.830		

HO.1.: There will be significant gender difference on Psychological Well-being Scale.

The result reveals that N for the female is 60 and the N for the Male is also 60, mean score of the male in psychological well-being scale is 184.10 and the mean of the female is 183.27 which means that there is no gender difference shown in psychological well-being scale. The Standard deviation of Psychological Well-being scale in male is 16.31 and in female it's about 17.00. The obtained results from table 4.1 shows that difference between male and female Religiosity. And calculated t-test value found in Psychological Well-being is about 0.274 The obtained results shows that there no difference between male and female psychological well-being.

HO.2.: There will be significant gender difference on Religiosity.

The result reveals that N for the Female is 60 and the N for the Male is also 60, mean score of the male in Religiosity Scale is 14.22 and the mean of the female is 12.83 which show the significant difference between the male and female among religiosity. The Standard deviation of Religiosity Scale in male is 14.22 and in female is about 12.83. Whereas df value was 118. And calculated t-test value found in Religiosity is about 3.788. The obtained results shows that there is significant difference between male and female on religiosity level.

Table showing correlation between Psychological Wellbeing and Religiosity among students.

		PWBS	Religiosity
PWBS	Pearson Correlation	1	.286**
	Sig. (2-tailed)		.002
	N	120	120
Religiosity	Pearson Correlation	.286**	1
	Sig. (2-tailed)	.002	
	N	120	120

HO 3: There is positive correlation between psychological well-being and Religiosity.

As per Table of correlation between Psychological Wellbeing and Religiosity is **.286**** Which is significant at 0.01 level its means there is positive correlation between Psychological Wellbeing and Religiosity.

CONCLUSION

There is no gender difference in psychological well-being. There is significant gender difference in religiosity and there is positive correlation between psychological wellbeing and religiosity among college going students.

Limitations

The sample of size was limited (120: - where Male 60 and female 60) of the age of college going student.

Suggestion for the future researcher:

1. Extensive research can be done on the present subject by taking a large sample.
2. Along with religiosity factors like spirituality, personal & moral values can be correlate.

REFERENCES

1. AAMC, Association of American Medical Colleges. Report III: Contemporary Issues in Medicine: Communication in Medicine, Medical School Objectives Project, Washington, DC: Association of American Medical Colleges, pp. 25-26. (1999),
2. Benjamins, & Finlayson (2007). Religion and functional health among the elderly: Is there a relationship and is it constant? *Journal of Aging and Health*, 16, 355–374. doi:10.1177/0898264304264204.
3. Bhushan, L., Agra. (2012) Manual Religiosity Scale National Psychological Corporation, Agara.
4. Bratton, C. D. Spirituality: Faith and Health Care.
5. Davis, T. L., Kerr, B. A. & Kumpins, S. E. R. Meaning, purpose, and religiosity in at-risk youth the relationship between anxiety and spirituality. *Journal of Psychology and Theology*. 31
6. Devendra S., Sisodia, Ms. Chaudhari P, (2012) Manual Psychological Well-being, National Psychological Corporation, Agara.
7. George, L. K., Ellison, C. G., & Larson, D. B. (2012). Explaining the relationships between religious involvement and health: *Psychological Inquiry*, 13, 190–200
8. Hackney, C., & Sanders, G. (2003). Religiosity and mental health: A meta-analysis of recent studies. *Journal for the Scientific Study of Religion*, 42, 43–55.
9. Keyes et al, (2011). The structure of psychological well-being: A socio-historical analysis. *Journal of Personality and Social Psychology*, 43, 653-673.
10. Lippeman, Michelsen & Roehlekraptain R.K., (2006). Empirical clarification of the nature of psychological well-being. *South African Journal of Psychology*, 32, 32 – 44.
11. Margetic, B., McCullough, H & Larson A.D, (2008). Spirituality and health: What we know, what we need to know. *Journal of Social and Clinical Psychology*, 19, 102–116.
12. Regnerus, M. D. (2003). Religion and positive adolescent outcomes: A review of research and theory. *Review of Religious Research*, 44, 394 – 413. doi:10.2307/3512217
13. Ryff, C. D., & Keyes, C. L. M. (1995). The structure of psychological well-being revisited. *Journal of Personality and Social Psychology*,
14. Ryff, C. D., Keyes, C. L. M., & Hughes, D. L. (2003). Status inequalities, perceived discrimination, and eudaimonic well-being: Do the challenges of minority life hone purpose and growth? *Journal of Health and Social Behavior*.
15. Stenutational Journal of Add Riscanh de Technology, Volume 3, Loc. Amil 2014 158N 1278-7763.