Comparative Study of Spirituality and Irrational Beliefs among Engineering and Management Students

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Abstract: *The relationship between spirituality, irrational beliefs, has been a topic of interest for researchers in various fields. However, little is known about the differences or similarities in the levels of spirituality and irrational beliefs among engineering and management students. This research study aims to provide a comparative analysis of spirituality and irrational beliefs among these two groups of students. The study will utilize a survey questionnaire to collect data from engineering and management students. The questionnaire will include questions related to their beliefs and practices regarding spirituality, as well as beliefs related to irrationality. The survey will also collect data on the students' academic background and personal characteristics. Data analysis will involve the use of statistical analysis techniques to determine any significant differences or similarities between the two groups in terms of both spirituality and irrational beliefs. The results of this study will contribute to the understanding of the relationship between spirituality, irrational beliefs among engineering and management students. This study also highlights the sub factors like spiritual openness and mindset, difference between spirituality and religiousness and also types of irrational behaviour and how to identify them. Overall, this research study seeks to contribute to the ongoing discourse on the relationship between spirituality, irrational beliefs, and academic and personal success, while also highlighting any differences or similarities in these factors among engineering and management students.*

Keywords: Spirituality, Irrational Beliefs, Comparative study, engineering students, management students, survey questionnaire, well - being, mental health, emotional health, mental health.

1. Introduction

Beliefs are defined as attitude we have in general by philosophers. Beliefs are formed from perception and experience from the environment. They are basic and important for understanding purpose therefore it is a basic function of the brain to make belief, but irrational beliefs are the negative beliefs that holds back the person. Irrational beliefs are illogical and inconsistent despite of much evidence (Danial David, 2010). They can be opinions, attitude or value which are baseless but strongly being hold by a person. These are scripts we have in our mind we believe life 'should' be for us and others (Steven Jay Lynn, 2010). These irrational beliefs are developed by interpersonal cognitive structure and experience for example if you met with a car accident then you will make a belief that car is dangerous. They are self - defeating that means they may seem to be accurate for a particular situation but will result in negative consequences for us in the end. These beliefs can be for self, for others or for some topic too.

Few examples of irrational beliefs are: -
About self -
I am worthless.
I am a failure, I will not be able to do anything in life.
I am ugly.
For others -
This world is hell.
No one is kind or everyone is mean.

There are four types of irrational beliefs: -
1) Demand: - they are the primary or the very first occurring irrational thoughts coming in one's mind gerally associated with have to, should, ought to, must.
   For example, I have to be successful.
   All other rational beliefs followed by demand.

2) Awfulishing - it is something which is means to be worse than 100%
   For example - if I do not get my presentation right, I will be awful.
3) Low frustration tolerance (LFT) - such beliefs give a person an idea that a struggle is truly unbearable and cannotbe tolerated
   For example - if people are rude to me i can not stood by them
4) Conditional self acceptance - this also known as self drowing. It can in self aspect and for others as well. In this a person defineitself based on one aspect.
   For example - if i fail in this exam, I am a failure.

if one is suffering from such beliefs, how can one recognise if they are irrational or not?
If one is caught up in the vicious cycle in addressing own problem
if one is in the problem for a long time but yet have not taken steps to solve it
if one is obsessed with a problem but still dont take the steps to resolve it
if one is argued from both the side and unable to take decision
if any of the above situation you find yourself in you might be having irrational beliefs. To correct such beilfs you simply have to identify such beliefs, debate on it. And in the end have an alternate thought or belief to think rather than the one you already had.

How can change your irrational beliefs or eliminate them.

Step 1: Is your thinking and problem - solving ability being blocked by an irrational belief?

That means do you find yourself in a circle where your every attempt to solve the problem is failed and you keep on thinking about your problem repeatedly.

Step 2: If you have answered yes, you are facing a problem or situation in which a blocking irrational belief is clouding your thinking. The next thing to do is to try to identify the blocking irrational belief. It could be some beliefs of your life, parents or teachers' teachings or anything.

Step 3: Once you have identified the blocking belief in Step 2, test its rationality. By the means of self introspection look into your thoughts and decide that your thoughts rational or not. Are your thoughts based on facts or not.

Step 4: Once you have determined that the blocking belief is irrational, you are ready to refute this irrational belief. The last step is tobe let do that thought. You can do by encouraging an alternate thought by replace the irrational one. Like this your mind know what to think instead what not to think therefore whenever such situation comes or your mind trick you into that irrational thought, you replace that thought and trick the mind to think the other thought instead.

Inspired by the work of albert Ellis, who also developed rational emotive behaviour therapy there are someexamples of the common sub - conscious irrational beliefs.
Irrational Idea No.1: The idea that it is a dire necessity for an adult human being to be loved or approved by every significant other person in his community.
Irrational Idea No.2: The idea that one should be thoroughly competent, adequate, and achieving in all respects if one is to consider oneself worthwhile.
I must do well and get the approval of everyone who matters to me or i will be worthless person.
other people must tret me kindly and fairly or else they are bad.

These statements demand i or other must or should be in a specific way. Must and should after such statements which are actually impossible make this statement irrational.

He said in his study that by acquiring or practising mindfulness one can give some distance from one's thoughts, can help to spot irrational beliefs which are difficult and also helps us to take it less seriously which will decrease the effect of these thoughts over our conscious

Ellis's rational emotive behaviour therapy targets to eliminate self defeating and self devaluing thoughts through rational introspection for example people may create hypothetical problem which actually do not exist but just the result of overthinking. People may just over exaterate their problems or situation for example people may give a lot of importance to please someone or everyone. Like he/she may think that it is especially important to please everyone in every situation which is impractical, but it generates irrational beliefs over it which cause multiple mental problems. Ellis listed a number of irrational notions that were particularly pervasive among depressed and miserable persons. Ellis's list of illogical notions reveals a few recurring elements. One of them is the idea that in order to feel valuable, we need everyone's affection and approval.

Even though most of us would agree that not everyone will like or approve of us, many people are really heartbroken to learn that a coworker or friend has bad feelings about them. Many people will make unwise choices in the hopes of winning the admiration and approval of others. A Guide to sensible Living, a classic by Ellis, is a great resource to use in your quest to think more logically and rationally, but the key to this strategy is to express these sensible ideas when you notice that you are feeling unpleasant.

These irrational beliefs after certain point become disorders instead of just thoughts. These irrational beliefs make the person anxious about things which can influence the person to be less social and remain in isolation which if carry on become depression and anxiety disorders of many sorts. For example, general anxiety disorder, paranoid, ocd, panic disorder or social anxiety disorder and many more. Therefore, it is especially important to look up for these thoughts and correct them before they take up big phase and leads to some serious problems. Good parenting and good guidance and care in childhood always leads to better person and helps in a healthy cognition of the person whereas bad or unhealthy parenting style or traumatic childhood will definitely make things bad and imitate such irrational beliefs.

Sprituality
There are many different definitions of spirituality, but at its core, otherworldliness helps give your life context. It is not particularly connected to a specific belief system or even rigid love. Instead, it comes from your relationships with others and with yourself, the development of your own sense of value, and your search for meaning in daily life (David Tacey, 2004). Therefore, understanding the nature of the Soul and one's path back to identifying with the Soul and experiencing it as one's true nature are central to spirituality. The broad field of spirituality deals with how to achieve ultimate happiness. Forsome, spirituality appears as strict recognition, supplication, reflection, or a faith in a higher force. For other people, it tends to be found in nature, music, craftsmanship or a mainstream network. Spirituality is distinctive for everybody.

General reason people develop interest in spirituality: -
Curiosity the spiritual dimension: This consists of searching for solutions to the extra profound questions in life together with – what is the cause of existence, in which did I come from and where do we cross after demise?

When facing a trouble in life: Insurmountable troubles in lifestyles are regularly a catalyst for humans to look for a solution to their issues beyond the purview of current technology. This consists of drawing close an astrologer, a psychic or a holy guy.

Inquisitive about non secular healing: The capacity to heal via channelising subtle energies is an art that has been pursued for millennia.

Interested in personality improvement: wanting to be a higher man or woman can lead one to Spirituality and a more spiritual way of existence.

Looking to develop spiritually: some of us have an innate want to develop spiritually and do not want a catalyst to push us in the direction of Spirituality.

Your level of intellectual and true satisfaction might increase by staying connected to your inner self and the lives of everyone around you. Your personal definition of spirituality may evolve with time and positive experiences, but in general, it serves as the foundation for your success, motivates you to handle both major and minor stresses, and frames your outlook on life. Spirituality has numerous advantages for pressure alleviation and in general emotional wellness. It can support you:

Have a sense of direction. Increasing your otherworldliness may expose the larger themes in your life. By outlining the basic significance, you may focus less on the unimportant details and eliminate pressure.

Connect with the outside world. The more you think you are here for a reason, the less singular you feel—at least when you are the only one. This can help maintain vital internal harmony during trying times.

delivery management. You realise that you are not responsible for everything that happens in daily life when you feel like a part of a larger whole. Both the burden of challenging times and the joys of life's gifts can be shared with those around you.

Expand your supportive network of people. No matter where you find extraterrestrial phenomena—at a church, mosque, or other meeting place, in your family, or on nature hikes with a friend—this sharing of profound expression can foster ties.

Have a more beneficial existence. Individuals who view themselves as profound give off an impression of being better ready to adapt to pressure and mend from sickness or dependence quicker.

No matter who we are and wherein we come from – our want to experience happiness in our lives drives all our worldly interests. This need is commonplace to all and sundry regardless of cultural background, faith, gender, social or economic popularity, and many others. but, through non secular studies, we have observed that on common people enjoy happiness simplest 30% of the time. The reason most people remain unsatisfied and unhappy is due that they are unaware of their surroundings and themselves. They are so busy in the materialistic world that failed to gain conscious out of that world and see beyond it. It especially important for the people to look beyond the world they live in and gain awareness about themself, their thoughts, actions, emotion, and basic cognition and also see the world with different prospective. Spirituality built this relationship with oneself and others as well where the person is in the state of complete awareness and conscious of his/thoughts and also give full attention and efforts to understand other emotions and thoughts as well which remove unwanted thoughts about self, others, or the situation. This is extremely helpful and have amazing significance on the person life and give him immense ability to think and analyse rationally.

Spirituality is one of the crucial factors which can help you to keep your life simple and focused. Many of us are not much into spirituality and do not believe on any supernatural power nor do many of us do spirituality practices which led to disturb mindset, less emotional control, less turbulence which means living and disturb and imbalance life. Spirituality plays an especially key role is everyone's life. Being focused, handle tough situation with cool mind, stay clam and forced, stay motivated and always have hope this is somethings which spirituality contributes to life. It is especially important to be emotionally stable, and self - aware which spirituality do for us. Being spiritually awake give you a pattern for life, a way you should live you to make more similar and more productive in all matters. Spirituality helps you to gain full control over oneself whether it is emotionally or physically. Spirituality helps you to gain every aspect to control over oneself and there is very crucial of us the world we are living now coz it being a problem of many of all age group to gain control over their emotions and their thought process.

Difference between spirituality and religion:
Many people learn about religion and spiritual subjects and things that exist outside of the physical world for the first time. However, religions frequently have a sectarian bent. A group of people known as a "sect" are those who fervently believe that their path to God is the best and most acceptable one (if not the easiest one).

But one fundamental principle of spirituality is that there are as many ways to God as there are individuals. The same type of religious practise may not necessarily benefit everyone, just as a doctor does not recommend the same medication for different problems that unique people may likewise have. Quicker spiritual advancement results from religious practise that is adapted to the temperament and demands of the individual.

God is expansive, and to enjoy Him, we too have to become expansive in our non secular outlook. A myopic or ethnocentric outlook about faith or Spirituality regularly stifles non secular increase, as a consequence main to stagnation.

There are many generic paths to God and the most popular ones are listed below.
Bhakti yoga– The Path of Devotion
Namsankirtan yoga– The Path of Chanting
Karmakand– The Path of Ritualistic Worship
Karma yoga– The Path of Action (i. e., to have no expectation of fruit from an action which is performed)
Dhyan yoga– The Path of Meditation
Dnyan yoga– The Path of Knowledge (Receiving knowledge pertaining to the Soul through Holy texts or in the subtle)
Hatha yoga– The Path of Deliberate Rigor
Kundalini yoga– The Path of Spiritual Energy

These routes have been developed to accommodate the seeker's temperament. No matter whatever Path to God one chooses, it is critical to lessen the severity of one's personality flaws. One cannot succeed on any career if they possess several personality flaws.

2. Literature Review

Mahmoud Sharifian (2020) conducted research where he investigates the mediating role of spiritual health in relationship of irrational beliefs and dysfunctional attitudes on 120 patients with multiple sclerosis. The result shows that irrational beliefs and dysfunctional attitudes have a negative effect on psychological well - being and spiritual health has a positive and direct effect on psychological health.

Barbara L Carlozzi (2017) publish his research in which he examined the relationship between the spiritual beliefs and anger, stress, and depression symptoms among the young adults. In the sample of fifty - three teenagers the conclusion drawn out was that there is significance impact of spirituality to lower the levels of anger and stress among young adults and adolescent

Merve Helici Kurtulan (2016) conducted a study with a sample of 404 university students where he tried to study death anxiety, spiritual tendencies, existential anxiety, and religious tendencies. The result shows that death anxiety and existential anxiety are negative correlation and existential anxiety, and spiritual anxiety has positive corelation.

Elise E Labbe (2015) conducted an experiment over the sample of 80 participants ranting them on the basis of low, average and high spirituality and have a hypothesis that people with high spirituality aspiration will be more stable when will be tested over the basis of trait anger, neuroticism, conscientiousness, extraversion, agreeableness and openness to experience when exposed to laboratory stressors. As a result, people with high spiritual aspiration scored high in all aspects mentioned above as compare people with low or average aspiration.

Tomoki Kimaur (2015) develop the scale to examine relationship depressive symptoms and spirituality attitudes of Japanese university students of sample 527. the results shows that multi dimensionality of spirituality overlaps with mental health.

Carla Daniels and Marilyn Fitzpatrick (2013) studied the use of spirituality in counselling and psychotherapy in both theoretical and clinical perspective in order to change or correct clients' beliefs. They concluded the study by stating that there is key role of spirituality, and it has significant impact on one's beliefs.

Laurel L. Hourani (2013) in his research, he tried to find out the relationship between the spirituality and depression and with PTSD as well in military workers. Over his 24000 - sample size he concluded that officers with high spirituality beliefs tend to have low depression symptoms whereas officers with low spirituality have high chances to get depressed.

Rosmarin and David h (2013) did a survey among CBT practitioners of sample 262 in which they concluded by saying that greater the value of spirituality and religious involvement relevant to greater mental health and comfort.

Sook Lee (2012) conducted an experiment over two hundred employees of age group of 20 - 30 inorder to fing out the

corelation between spirituality and stress, anger, depression. He stated that there is great negative correlation between spirituality and stress and depression as well. He also stated that anger is caused due to high stress level.

Varinderjeet Singh (2012) examine 150 college going student on the basis on their spirituality and tried to find out the relation between the spirituality and emotional wellbeing and emotional intelligence. He tested the participants on the topics on anxiety, depression and stress. He finds out a positive corelation between spirituality and emotional wellbeing.

Jamnes Carmody (2012) conducted his experiment on forty - four medical students where he tried to examine their mindfulness and gave them program to increase their mindfulness which is mindfulness stress reduction program in order to see the relationship between the s [rituality and stress. After the program there was notable change in the coping. He concluded as with increase in mindfulness, stress decrease.

Crystal (2012) conducted a study in which he said that more attention should be given to beliefs in order to correct the well being of the person and spirituality can be a key factor in doing so.

Naelys Diaz (2011) in her study tried to examine the relationship between spirituality and depressive symptoms among 160 impatient individual who abuse substance in which she concluded that spirituality has significant predictors of depressive symptoms. She stated that spirituality is inversely related to depressive symptoms.

Harold G. Koenig (2011) in the research in 2010 finds out that spirituality and mental health have great relation when we talk about depression, substance abuse and anxiety.

Alison Chapple (2011) did a survey and qualitative study on the relative of the people who had a traumatic death. He took a sample to forty people and interval them in which they reported that spirituality helped them to found practical support, comfort help in making sense of what had happen.

Cox, Crystal Janell (2011) conducted research on college going student where he tried to find out the relation between spirituality and stress and academic performance as well. In his research he finds out that spirituality has negative correlation with stress which will result in good academic

Jung sim yun (2009) in his research tried to find out the relationship between spirituality and depressive symptoms 224 young adults and adolescent where he finds out that stress is causing depressive symptoms and spirituality increase the coping with stress therefore decrease depressive symptoms.

Cunningham, C. J. L. (2009) Conducted research in which corelate religiousness, spirituality and well being and concluded that both are positively correlated with each other.

Roberg L Gorge (2009) did similar experiment where he tried to find out the relationship between mindfulness and

stress where he finds out with increase in mindfulness coping with stress increase therefore stress levels decrease.

Thomas p. Doyle (2009) tried to study the impact of spirituality over the victims of sexual abuse and tried to examine symptoms and recovery from spiritual dimension.

Bianca Macavei and Mircea Miclea (2008) experimentally investigated the relationship between the negative thoughts and spirituality in which they found out that person with high values have more positive thoughts, hope for future and experience less sadness and worry when deal with intense events.

Csiernik (2008) conducted an experiment where he tried to find out the impact of spirituality on stress in the lifestyle of 154 workers in their work stress where he finds out that workers with high spiritual level cope better with stress whereas workers with low on spirituality normally struggles with important level of stress and pressure on them.

Harold G. Koenig (2007) did a study on spirituality and depression in which he concluded that religious beliefs or spiritual practices becomes a source of comfort and strength for the people, it gives people hope and escape illness therefore it reduce the chances of depression and help the people to cope who are already struggling form it

Edward C. Chang (1997) did a research based on the study of Ellis RET theory examined the validity of irrational beliefs and stress or negative life experience model for predicting depressive symptoms in the subject.

Charlene E. Westgate (1996) in his study examine the four dimension of spirituality which are sense of meaning of life, a transcendent perspective, an intrinsic value system and a sense of belonging and relate them to clinical literature and empirical research on depression.

3. Methodology

Aim:
To study the relationship between spirituality and irrational beliefs in young adults.

Rationale:
This study targets the population of young adults and try to establish relationship between spirituality and irrational beliefs. There is a great urge of spirituality in the population due to pandemic and number of stress event happen in the last year. There have been number of cases of suicide and constantly increasing cases of depression. Many individual used substances in order to deal with theirday - to - day lifestyle which results into serious addiction of substance and their extensive abuse therefore it is very necessary for this population to gain insight about their life, gain control over thoughts and get aware and for that spirituality in one of the best ways. Spirituality not only increase awareness about oneself but also increase ability to think rational and self - introspect therefore it also reduce irrational thoughts which is problem majority of the people suffers from. We often found ourselves stuck in the never - ending baseless thought circle which just make us overthink.

Objectives
1) Examine the relation between spirality and irrational beliefs
2) Test this correlation on two groups management students and engineering students
3) Examine the dimension of the test on the groups as well

Hypothesis
H1 - There will be significant relationship between spirituality and irrational beliefs among young adults.
H2 - There will be significant relationship of spirituality and irrational beliefs on management students.
H3 - There will be significant relationship of spirituality and irrational beliefs on engineering students.
H4 –There will not be significant difference in the relationship of two variables in two groups.

Design
Independent variable - spirituality
Dependent variable - irrational beliefs
Sub variables - spiritual support, spiritual openness, awfulness, self - worth, self - directed should, other directed should, low frustration tolerance

Sample
This study targets the population of young adults within the age group of 19 - 28 the study is conducted on 120 people in which sixty was or are from management studies and sixty have done or currently pursuing engineering.

Description of the tool
Spiritual experience index revised - A 23 - object scale that measures faith and spiritual journey, aiming to no longer impose any unique faith as part of the questions. This questionnaire is a revised version of the religious experience Index. Specifically, the unique has been shortened, and, through component evaluation, been revised into two subscales: non secular aid or Spiritual Support (thirteen questions) and spiritual Openness (10 questions). Responses in the scale are: -

Responses	Score
Totally agree	6
Mostly agree	5
Slightly agree	4
Slightly disagree	3
Mostly disagree	2
Totally disagree	1

The rational emotive therapy method of psychotherapy, created by psychologist Albert Ellis, is reflected in the Survey of Personal Beliefs. In contrast to what people often think, Ellis asserted that they are actually troubled by the things they tell themselves about the things that happen to them. People frequently think that they are nervous, depressed, or otherwise unpleasant because of the things that happen to them. The Survey of Personal ideas was created by Howard Kassinove and Andrew Berger to represent the many illogical ideas that Ellis identified as being particularly widespread among sad, troubled persons. As you can tell from reading the test's items. According to the test, if you did score below the 30th percentile on this test, the odds are good that you could have a more satisfying life by

modifying the things you say to yourself. This scale has fifty items and responses to these fifty items are from

Responses	Score
Totally agree	1
Mostly agree	2
Slightly agree	3
Slightly disagree	4
Mostly disagree	5
Totally disagree	6

The test has five sub scale, The names of the subscales and the items on each sub - scale are as follows: -
Awfulizing
Self - Directed Shoulds
Other - Directed Shoulds
Low Frustration Tolerance
Self - Worth

4. Results

Engineering students: -

Table 1

		Spirituality	Irrational beliefs
Spirituality	Pearson correlation	1	0.398
	Sig. (2 - tailed)		0.002
	N	60	60
Irrational beliefs	Pearson correlation	0.398	1
	Sig. (2 - tailed)	0.002	
	N	60	60

This tables shows that there is positive correlation between spirituality and irrational beliefs in engineering students with are value of.398 this is weak but positive correlation. The p value comes out to be.002 which means this corelation is significant.

Management students: -

Table 2

		Spirituality	Irrational beliefs
Spirituality	Pearson correlation	1	-0.04
	Sig. (2 - tailed)		0.759
	N	60	60
Irrational beliefs	Pearson correlation	-0.04	1
	Sig. (2 - tailed)	0.759	
	N	60	60

This table shows that there is negative correlation between spirituality and irrational beliefs with the value of - 0.040 in management students it is very moderate negative correlation but p values in more tha.759 which is higher than 0.05 which signifies that this correlation is non - significant.

Combine T test:

Table 3

	Engineering		Management				
Variable	Mean	Sd	Mean	Sd	T	P	Remark
Spirituality	4.1543	0.8369	3.5116	1.0978	3.606	0.56	p>0.05
Irrational beliefs	3.1040	0.6493	3.1710	0.6476	- 0.566	.707	P>0.05

By comparison of the two variables on the two groups we found that there is slight difference between the relationship of variables in the two groups. Mean for spirituality is more in engineering students than in management students whereas mean for irrational beliefs is greater in management students than engineering students with slight difference as well.

This result shows that there is a difference between two groups engineering and management.

Table 4

	Engineering		Management				
Variable	Mean	SD	Mean	SD	T	p	remark
S_Support_Subscale	4.017	1.117	3.520	1.250	2.297	0.352	p>0.05
S_Openness_subscale	4.331	0.629	3.500	5.255	0.003	0.003	P<0.05

This table sub - scale of spiritual experience index revised scale which are spiritual support scale and spiritual openness scale in the two groups. Results shows that there is a difference in the mean of spiritual support scale that is, it more in engineering students than in management students and in spiritual openness scale mean in engineering students is more than that of management students.

This table shows that engineering students are higher in spiritual support and spiritual openness in the attitude than management students which also in the t test table which shows engineering students to be higher in spirituality than management students.

Table 5

	Engineering		Management				
Variables	Mean	SD	Mean	SD	T	p	remark
Awfulizing	3.028	0.77	3.083	0.75	- 0.393	0.596	P>0.05
Self - directed shoulds	2.944	0.81	3.025	0.71	- 0.571	0.281	P>0.05
Low - frustration - tolerance	3.196	0.59	3.218	0.67	- 0.186	0.557	P>0.05

self - worth	3.256	0.61	3.223	0.72	0.271	0.268	p>0.05
Other - directed shoulds	3.095	0.72	3.305	0.69	- 1.62	0.575	P>0.05

This table measure the sub - scale of survey of personal beliefs scale in the two groups. Results shows that management students have high mean in every sub - scale expect self - worth subscale in which engineering students scored higher mean with a slight difference as compared to management students. This means that management students indulge in more core irrational activities than engineering students.

5. Discussion

The population taken for this study is young adults within the age group of 18 to 28. This population was chosen because this population is most aware of both the variables. Within this population there were two subgroups, engineering students and management students. The study tried to establish a relationship between two variables by conducting a test and the population and also compare the two groups which tends to show some difference due to the cause and living their course offers. The study has a hypothesis that there will be a significant relationship the two variables that is spirituality and irrational beliefs. The study also has the hypothesis that there will be significant relationship between the two variables when being tested on the groups.

The correlation in the engineering group comes out to be 0.398 which says it a weak positive corelation whereas in the management group the correlation comes out to be - 0.040 which is weak negative corelation. Therefore, we can say that correlation is strong in the engineering students than in management students. The hypothesis one is accepted which says that there is a significant corelation between the two variables which is spirituality and irrational beliefs. hypothesis two is not accepted because p value is more than 0.05 which says that according to our survey corelation between the two variables comes to be negative in management students, yet we do not have enough evidence to confirm it. As per hypothesis, there should be a significant correlation between spirituality and irrational beliefs which is shown in the result as well. If we first look in the table, no 1 which shows the data for engineering student we see a positive correlation between are variable with p value or significance of 0.002 which means we have enough evidence to say it is a positive coorelation. Positive correlation means that if spirituality increases then irrational beliefs also increase.

In the table no 2 which present the data of management students, it shows weak negative correlation in the two variables but out p value is 0.75 which means we do not have much evidence to to tiled it as a positive correlation on the basis on this data.

The table no 3 shows a t - test conducted on the two groups to see the impact of the variables on the two groups and compare the impact as well. The table reveal that mean spatiality of engineering students is slightly more than that of management student and irrational beliefs is more is management students than that of engineering students.

Though there is slight difference between the two means of two variables, but p value is higher than 0.05 which means we do not have much evidence to confirm the result yet.

In the first scale, spiritual experience index revised there are two subscales. One is spiritual support sub - scale and other is spiritual openness sub - scale. The spiritual support sub - scale measures the amount of support subject take from spirituality or how much spirituality works as a support system for the subject. The spiritual openness scale measures the open mindset of the subject in the spiritual aspect. Both the subscale was measure on two groups and the results shows that engineering students has high spiritual support system and open mindset as compared to management students.

In survey of personal belief scale, there are five sub - scale. First is Awfulizing, this refers to the beliefs which are means to be worse than 100%. beliefs such as if I do not clear this exam i will be awful or i am the worst and capable of nothing. The tendency to think of worst yourself and exarate a failure and assume yourself to be worst. Next is self - directed shoulds, these are assumed shoulds which are directed by the person himself, for example, i should clear this exam. Other directed shoulds, these are assumed shoulds which are directed from other sources other than subject himself. For example, Absolutely, my friends and family should treat me better than they sometimes do. Next is low frustration tolerance, this refers to such beliefs give a person an idea that a struggle is truly unbearable and cannot be stood or tolerated for example - if people are rude to me I cannot stood by them. Next is self - worth, self - value in their own prospective about themselves and way they measure it. For example - A person who sins or harms others repeatedly is a "bad person. " or i often rate myself based upon my success at work or school, or upon my social achievements. Majority of the people with irrational thinking have very less self - worth. They see themselves to be very less in every aspect and keep on comparing themselves with the ones who are better to them which result in lack of confidence, a lot ofself - doubt and low self - esteem.

Comparison of two groups over these sub - scale shows that management students have involve in these cores' irrational activity than engineering students. This means that management students indulge in more irrational thoughts activities like awfulness, low frustration tolerance, have more self and others directed shouds and have weak self - worth.

This difference in result of two groups may be because of the and opportunity living condition the course offers. Management degrees involve in a lot of improving personality and manage the whole staff and take a lot of major decision for the company and staff as well so responsibility and pressure the reason for such thoughts and involvement in such core irrational thoughts and activities.

Ellie's in his book mention that REBT is a great therapy to correct the irrational beliefs of the client. To get the client

more aware of his/her thought, emotions and cognition REBT is very helpful. And the recent studies talk about the spiritual approach to REBT therapy which can make it more impact full for the client and make give a better insight of his/her beliefs system. Therefore, it is definite that spirituality and irrational beliefs are very closely related and a lot of impact on each other. Spirituality makes you aware of your internal world which include emotions, thoughts, beliefs and give you the power to self - introspect yourself therefore it will make your thought process and belief system better but it is very necessary that you understand the correct meaning of spirituality and go in the direction of enlightment. The poor knowledge about spirituality and spiritual practice the reason of the results to be came out to be as positive correlation between the variables. Spitulity, mindfulness make a person more aware of his/her conscious and sub - conscious world which will give better insight of the thought process more knowledge, workshop or awareness should be spread across specially in the age groups of 12 - 30 because this age group is suffer a lot due to changes in the world and this group is very vulnerable to disorders. There are number of suicide case registered every year from this age group which are increasing every year. Due to this pandemic and increase in the screen time of very individual it is more difficult to stay health physically and mentally as well. Social media can be very negative to increase the fear of getting a disorder because social media addiction, comparison of oneself with others, exposing to rumours and number to negative news can cause a great damage to healthy mindset of the person therefore it is very important to indulge in spiritual practise in order to remain healthy mentally. There is Meditation, yoga, music, gyming, sports and many more ways to gain spiritual peace to yourself. It is not necessary to indulge in core spiritual practise to gain peace, one can find spirituality in anything they do. All it requires to be your full attention and you being fully devoted to that task and attaining some mental peace from that activity and your mind is there at present doing that one task only not thinking about the future or the past.

One should be ready to accept that he/she is suffering or having irrational beliefs cause many people use defence mechanise and go in denial which make it exceedingly difficult to correct therefore one should be open to accept and correct the thought process. If one is realizing that he/she is in this vicious circle of irrational thoughts one should take help from someone or take professional help. Social stigma should not come in between cause these thoughts and lead to something big if they are not corrected and the right time. Therefore, talking about it is particularly important.

According to Ellis, a key to correct irrational beliefs is by changing "must. " Replace blaming comment, complains and excuse with something positive. Its okay to fail but important is to accept. Choose your thoughts wisely because your thought will occupy your mind and lead to actions therefore be very aware of your thoughts. With a right thought selection, you are achieving very goal you want because your every thought will lead to action that is why a positive thought means a positive action, a successful thought means a successful action. Don't ignore or run from

your negative thoughts instead change them with conscious efforts this will make your aware of your thoughts so if such thought or any thought related to that comes in your mind your mind will automatically change it or you will be able to recognize that thought and then it will not be difficult for you to replace it to begin with, spirituality enables me to govern what is proper and what is inaccurate in my life. most of the choices that I make ordinary, I accept as true with are a right of way end result of my spirituality.

Spirituality is an evolved relationality in preference to a trifling capability. It is far. Now not familiar. for example, we can distinguish in a qualitative feel. Among a healthy and rigid spirituality, even inside a religious tradition. A spirituality is as unique as a persona is unique.

While spirituality may also contain elements of faith, it is typically a broader concept. religion and spirituality are not the same thing, nor are they entirely awesome from each other.

In spirituality, the questions are: where do I personally discover that means, connection, and value?

In faith, the questions are: what is real and proper?

You will be aware thatmany practices recommended for cultivating spirituality are similar to those endorsed for improving emotional well - being. that is due to the fact there is a connection among the 2—emotional and non - secular wellbeing have an impact on each other and overlap, as do all components of well - being.

Spirituality is set in search of a significant reference to something bigger than your self, which can bring about advantageous emotions, which include peace, awe, contentment, gratitude, and acceptance.

Emotional fitness is set cultivating a high - quality state of thoughts, which could expand your outlook to understand and incorporate a connection to something larger than yourself. As a result, emotions and spirituality are awesome however linked, deeply included with one another.

6. Conclusion

Results of this study says that there is positive correlation between the two variables, spirituality, and irrational beliefs. The corelation in engineering students comes out to be weak positive corelation and it comes out to be weak negative corelation in management students.

The sub - scale suggests that management students have contain in these cores' irrational pastime than engineering college students. which means that management college students bask in extra irrational thoughts activities like awfulness, low frustration tolerance, have greater self and others directed shouds and have susceptible self really worth.

This distinction in result of agencies can be because of the opportunity and dwelling condition the route offers and the result also says that there is less spirituality in management

students as compared to engineering students but high in correlation.

7. Limitation

1) There was limitation time.
2) Less sample due to which study could not collect much evidence to comment with prove.
3) Lack of research on the topic which results in lack of data.

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