

Spirituality and Happiness: A Correlative Study

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Abstract: *Spirituality and Happiness are very important concepts of human life. Spirituality relates to higher self. Happiness is happy self, a satisfied self in harmony. The present study is aimed to find correlation between these two important concepts of human life, namely, spirituality and happiness. The SISRI (The Spiritual Intelligence Self Report Inventory 2008) questionnaire and Oxford Happiness questionnaire were used. Purposive sampling technique was used wherein a school was selected purposely because of the availability where in the whole group of teachers was taken cluster sample of 20 teachers (between age of 22 to 35 years were selected from Gandhidham city.) Pearson Product Moment Correlation method was used to compute correlation coefficient between the scores of SISRI and Oxford Happiness. Results of study showed that there is a positive high correlation between spirituality and happiness.*

Keywords: Spirituality, Happiness

1. Introduction

Spirituality is a broad concept, it involves a search for meaning in life, and it connects to our greater self. As such, it is a universal human experience. In early part of twentieth century, IQ was the intelligence talked of which helps in solving intellectual problems, then came EQ, Daniel Goleman, the man behind it said, EQ is equally important to understand one's own and others feelings. In 2000, Zohar and Marshal came with the concept of SQ. According to Zohar and Marshal, SQ is the Ultimate Intelligence. 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.

Spiritual experiences can include being connected to a larger reality, yielding a more than 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 joy. According to Buddha – "just as a candle cannot burn without fire, men cannot live without a spiritual life." This quote makes it clear that spirituality is an important concept of human life. Martin Seligman asserts that happiness is not solely derived from external, momentary pleasures. There are a number of mechanisms which may make a person happy, including social contact and support that result from spiritual pursuits, the mental activity that comes with optimism and volunteering. Some surveys conclude that spiritually committed people are twice as likely to report being "very happy" than the least spiritually committed people. An analysis of over 500 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 accepts happiness as a main theme. Religion 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. Spirituality is ability to behave with wisdom and compassion, while maintaining inner and outer peace, regardless of situation.

According to Dalai Lama, "Happiness is not something readymade; it comes from your own actions." Happiness is not a matter of intensity but of balance, order, rhythm and harmony.

2. Rationale

Everyone wants to be happy. Happiness is the ultimate goal of everyone's life. We want a job, prestige, life partner, and all these we want for happiness, to be truly happy. Spirituality, unlike religion, is to relate self to a wider form, feel contentment in this life, and to be totally present in the actions of the present. Spirituality means the process to know the self, the inner and original self.

Diener (2000) explored about the subjective well-being and national indicators of happiness and cultural influences on the subjective well-being. Pargament, Keneth, Mahoney, Annette (2002) reviewed some of the ways in which spirituality can be understood and studied from a psychological perspective. They also reviewed the empirical studies of spirituality and its connections to well-being.

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

3. Objective

- To find out spiritual quotient
- To find out happiness quotient
- To find correlation between spirituality and happiness

Hypothesis

- There would be a positive correlation between spirituality and happiness.
- There would be no correlation between spirituality and happiness.

4. Methodology

Sample 20 teachers' males and females, within the age group of 22-35 years, were taken from a school of Gandhidham city. School was purposively selected; all teachers of high school and higher secondary section were taken. Cluster sampling technique was used to select the sample. Procedure Two paper and pencil questionnaires of Subjective Happiness Scale (SHS) and The Spiritual Intelligence Self Report Inventory 2008 (SISRI 24) were distributed among samples in Gandhidham city. The sample population filled out the questionnaires on the spot. It took about 15 minutes to complete both the questionnaires.

Tools

- 1) The Spiritual Intelligence Self Report inventory 2008 (David King) Total 24 items, 5point rating scale.
 - 0 Not at all true of me
 - 1 Not very true of me
 - 2 Somewhat true of me
 - 3 Very true of me
 - 4 Completely true of me
 Total 24 items Range 0-96
 Four factors * Critical Existential Thinking (CET)
 * Personal Meaning Production (PMP)
 * Transcendental Awareness (TA)
 * Conscious State expansion (CSE)
 Reverse Coding for item 6
- 2) Oxford Happiness Questionnaire – developed by psychologist Michael Argyle and Peter Hills at Oxford University. Its 6 point scale 1 Strongly Disagree to Strongly Agree
 Total 29 items, item marked R- are to be reversed, total to be divided by 29.

Variable	Correlation	Interpretation
Spirituality	.80	High correlation
Happiness		

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.

5. Discussion

With the Pearson Product Moment correlation method the correlation coefficient was computed, the correlation coefficient between spirituality and happiness is .80 which indicates high positive correlation between these two aspects of life. On the basis of the findings, the above table was prepared. The results of the findings indicate 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 is therefore rejected. A person who is more spiritual feels more connected to life, feels more satisfied with life, finds peace and harmony in everything he does, believes that God, or a greater power, is always with him, in his or her every action.

So the person who thinks like this will naturally be happier and more content than those who don't.

6. Conclusion

As a conclusion of this study one can say that, a person who is more spiritual is more happy and satisfied. A spiritual person has a purpose and meaning in life, feels connected to a broader eternal power, believes in equality and has more acceptance. Spirituality makes a person more open to positive emotions and feelings. So spirituality is highly positively correlated with happiness.

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