

A STUDY TO ASSESS THE LEVEL OF SPIRITUALITY AMONG ELDERLY MALE AND FEMALE IN BHUCHO MANDI, BATHINDA, PUNJAB.

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ABSTRACT

Background of the study- The spirituality plays vital role in all individual's life in the world. Spirituality is the aspect of humanity that refers to the way individuals seek and express meaning, purpose and the way they experience their connectedness to the moment to self, to others, to nature and to the significant or sacred. Science provide physical comforts while spirituality provide us mental calm. The people can acquires the positive values, attitude, beliefs and strength through spiritual health. Spiritual practices contribute to the sense of wellbeing, health and happiness. **Objectives:** To assess the level of spirituality among elderly male and female. To compare the level of spirituality among elderly male and female. To find an association of spirituality among elderly male and female with their selected socio demographic variables. **Methodology:** A descriptive study design was used to assess the level of spirituality. The sample of 200 elderly male and female was selected by non probability convenience sampling technique. The data was collected by using the Spiritual Experience Index Scale (SEI) given by Genia V. 1991. Analysis was done by using descriptive and inferential statistics. **Results:** The study revealed that majority of elderly male 84 (84.0%) and elderly female 80 (80.0%) was highly spiritual, 16 (16.0%) elderly male and 20 (20.0%) elderly female was moderately spiritual, None was less spiritual.

Keywords- Assess, Level, Spirituality, Elderly.

INTRODUCTION

Spirituality is a brave search for the truth about existence, fearlessly peering into the mysterious nature of life.

Elizabeth Lesser

The word 'spirituality' originated in Christianity with the Latin word 'Spiritualis' or 'Spiritual', which translated from the Greek adjective 'Pneumatikos' as it appears in the New Testament.¹ It is a broad concept and in general, it includes a sense of connection to something bigger than ourselves. As such, it is a universal human experience something that touches us all. People describe a spiritual experience as sacred or transcendent or simply a deep sense of aliveness and interconnectedness.² Aging is a worldwide phenomenon. Since the mid-twentieth century the percentage of elderly people in the world's population has been accelerated.³ According to population census 2011, there are nearly 104 million elderly persons (aged 60 years or above) in India; 53 millions females and 51millions males under the ministry of statistics and programme implementation central statistics office.⁴ According to country meter, current population of India is 1,374,916,042till April 14, 2019.⁵ Elderly people with high levels of intrinsic religiosity and spiritual wellbeing and have found to have higher levels of hope, positive

mood and quality of life. Psychological wellbeing has found to facilitate in dealing effectively with everyday life challenges in the aging population.⁶

This present study was undertaken to assess the level of spirituality among elderly male and female in Bhucho Mandi, Bathinda, Punjab.

STATEMENT OF THE PROBLEM:

A study to assess the level of spirituality among elderly male and female in Bhucho Mandi, Bathinda, Punjab.

OBJECTIVES:

- 1) To assess the level of spirituality among elderly male and female.
- 2) To compare the level of spirituality among elderly male and female.
- 3) To find an association of spirituality among elderly male and female with their selected socio demographic variables.

MATERIALS AND METHODS:

Research Approach: A quantitative research approach was used.

Research design: A descriptive research design was used in the present study.

Setting of the Study: The study was conducted in Bhucho Mandi, Bathinda, Punjab.

Target population: The target population is the aggregate of cases about which the researcher would like to generalize. In the present study, the target population was elderly male and female who had the age of 60 year or more than 60 year.

Sample: The sample for the present constitutes elderly male and female.

Sample size: Sample size was 200 elderly male and female (100 males and 100 females).

Sampling Technique: The non-probability convenience sampling technique was used for selecting the sample.

Development of tool for data collection:

The data collection tool was consist of two parts:

1. **Section A:** Socio-demographic data of elderly male and female regarding spirituality.
2. **Section B:** Spiritual Experience Index Scale.

1. Section A: Socio-demographic data of elderly male and female regarding spirituality

It included baseline information of elderly male and female regarding spirituality such as age (in years), sex, religion, family type, marital status, educational status, educational status of spouse, occupation, occupation of spouse, monthly income, number of children, who taught you religious practices, do you considers that you are more interested in religion at this stage of life, in your view, the family allows you to freely express your religious beliefs and practices, how often do you pray, how often you watch or hear religious programs on television/radio, how often you give thanks or praying before or after meals.

2. Section B: Spiritual Experience Index Scale

Spiritual experience index (SEI) scale was developed by Genia V in 1991. It was used to assess the level of spirituality. It consists of 38 questions. It consists of scoring which is kept continuous. Items 2, 6, 11, 12, 15, 16, 20, 22, 26, 29, 32, 34, and 35 are reverse score. It consists of scoring: 38 to 76 = less spiritual, 77 to 152 = Moderately spiritual, 152 to 228 = Highly spiritual. The minimum score is 38 and maximum score is 228.

Scoring key for Spirituality Scale:

Items	Maximum score	Minimum score
Negative items	78	13
Positive items	150	25
All items	228	38

Level of Spirituality:

S. No.	Spirituality Score	Level of Spirituality
1.	38 – 76	Less spiritual
2.	77 – 152	Moderately spiritual
3.	153 – 228	Highly spiritual

RESULTS:**Organization and presentation of the data:**

The data collected were edited, tabulated, analyzed, interpreted and findings obtained were presented in the form of tables and diagrams represent under following sections:

Section I:

Table 1: Frequency and percentage distribution of socio-demographic variables of elderly male and female.

Section II:

Table 2: Frequency and percentage distribution of level of spirituality among elderly male and female.

Section III:

Table3: Findings related to comparison of levels of spirituality among elderly male and female.

Table 4: Comparison of the Mean, Standard Deviation of level of spirituality among elderly male and female.

Section IV:

Table 5: Association of spirituality among elderly male with their selected socio demographic variables.

Table 6: Association of spirituality among elderly female with their selected socio demographic variables.

SECTION I:

Table 1: Frequency and percentage distribution of socio-demographic variables of elderly male and female.

N=200

Variables	Elderly male and female	
	F	Percentage (%)
Age (in years)		
60-65	94	47.0
66-70	69	34.5
71-75	25	12.5

76-80	11	5.5
81-85	1	.5
Sex		
Male	100	50.0
Female	100	50.0
Religion		
Sikh	147	73.5
Hindu	44	22.0
Muslim	1	.5
Christian	8	4.0
Family type		
Nuclear	92	46.0
Joint	89	44.5
Extended	19	9.5
Marital status		
Married	163	81.5
Unmarried	0	0
Widow/widower	37	18.5
Educational status		
No formal education	129	64.5
Senior secondary	54	27.0
Graduate	17	8.5
Educational status of spouse		
No formal education	141	70.5
Senior secondary	46	23.0
Graduate	13	6.5

Occupation.....		
Unemployed	73	36.5
Daily wager	17	8.5
Shopkeeper/driver	34	17.0
Farmer	56	28.0
Pvt. Job	7	3.5
Govt. job	13	6.5
Occupation of spouse.....		
Unemployed	86	43.0
Daily wager	9	4.5
Shopkeeper/driver	48	24.0
Farmer	45	22.5
Pvt. Job	5	2.5
Govt. job	7	3.5
Monthly income.....		
10,000 – 20,000	49	24.5
20,001 – 30,000	96	48.0
30,001 – 40,000	39	19.5
40,001 – 50,000	10	5.0
50,001 – 60,000	6	3.0
Numbers of children in the family?		
One	10	5.0
Two	97	48.5
Three	61	30.5
More	32	16.0
Do you have a frequent contact with your family members?		

Yes	200	100.0
No	0	0
How many years of married life?		
20 – 30	27	13.5
31 – 40	114	57.0
41 – 50	48	24.0
51 – 60	10	5.0
61 – 70	1	.5
In general, would you say your health is?		
Excellent	1	.5
Very good	1	.5
Good	164	82.0
Fair	34	17.0
Poor	0	0
Feeling of anxiety.....		
Always	61	30.5
Sometime	135	67.5
Rare	4	0
Feeling of loneliness.....		
Always	28	14.0
Sometime	163	81.5
Rare	9	4.5
Who taught you religious practices?.....		
Family	113	56.5

Religious places	51	25.5
Granth	36	18.0
Do you considers that you are more interested in religion at this stage of life?		
Yes	114	57.0
No	10	5.0
Equal	76	38.0
In your view, the family allows you to freely express your religious beliefs and practices?		
Yes	199	99.5
No	1	.5
How often do you pray?.....		
Once a day	67	33.5
Twice a day	108	54.0
Thrice a day	25	12.5
How often you watch or hear religious programs on television/radio?.....		
Once a day	23	11.5
Twice a day	92	46.0
Thrice a day	85	42.5
How often you give thanks or praying before or after meals?		
At all meals	119	59.5
Once a day	70	35.0

Only on special occasions	11	5.5
Never	0	0

SECTION II:

Table 2: Frequency and percentage distribution of level of spirituality among elderly male and female.

N=200

Level of spirituality	Elderly Male (n=100)		Elderly Female (n=100)	
	f	%	f	%
Less spiritual	0	0	0	0
Moderately spiritual	16	16.0	20	20.0
Highly spiritual	84	84.0	80	80.0

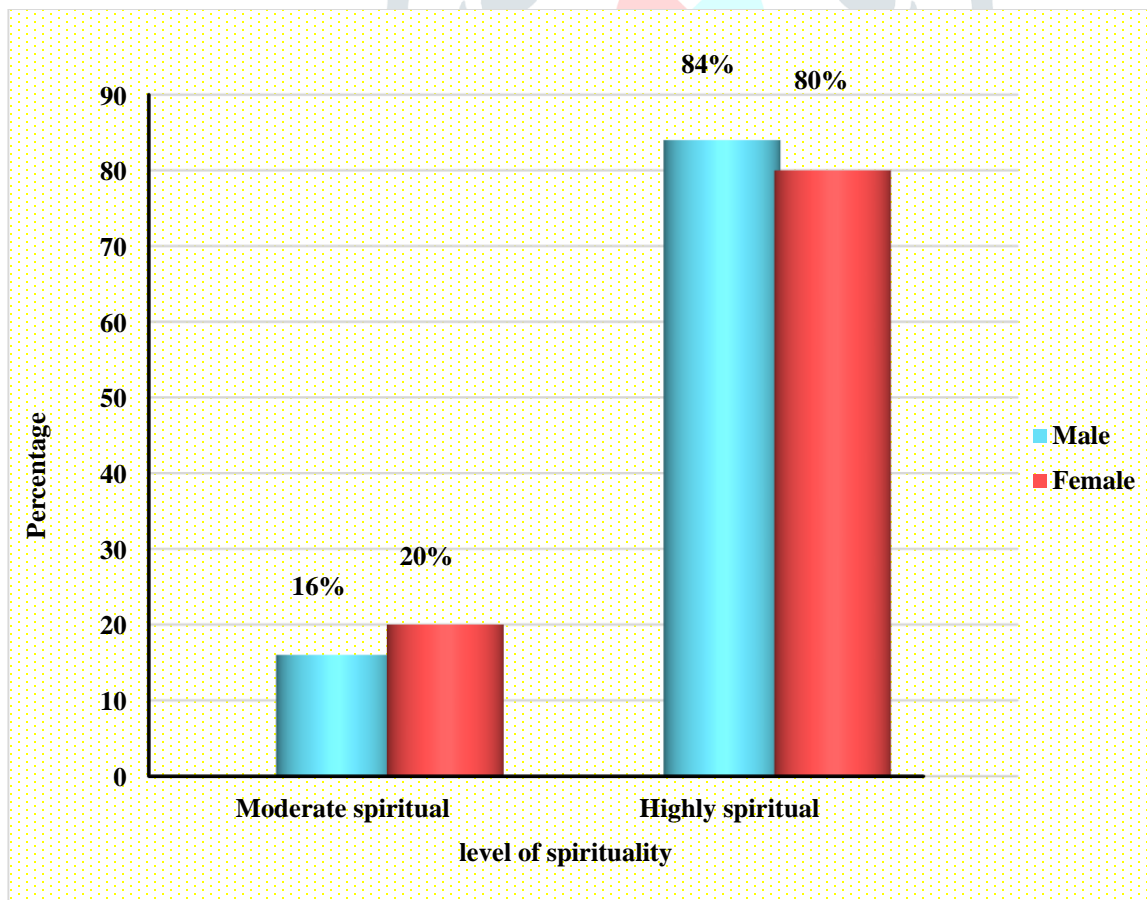


Figure 1: The cylindrical column diagram shows percentage distribution of elderly male and female according to the level of spirituality among elderly male and female.

SECTION III:**Table3:** Findings related to comparison of levels of spirituality among elderly male and female.**N=200**

Level of spirituality	Elderly Male (n=100)		Elderly Female (n=100)	
	F	%	F	%
Less spiritual	0	0	0	0
Moderately spiritual	16	16.0	20	20.0
Highly spiritual	84	84.0	80	80.0

Table 4: Comparison of the Mean, Standard Deviation of level of spirituality among elderly male and female.**N=200**

Scale	No. of items	Male (n=100)		Female (n=100)	
		Mean	S.D	Mean	S.D
Spirituality scale	200	169.55	12.892	168.26	13.445

SECTION IV:**Table 5:** Association of spirituality among elderly male with their selected socio demographic variables.**N=100**

Variables	Moderately Spiritual		Highly Spiritual		Chi square	df	p value
	F	%	f	%			
Age (in years)							
60-65	4	4.0	29	29.0	8.795	3	.032 ^S
66-70	6	6.0	36	36.0			
71-75	6	6.0	9	9.0			
76-80	0	0.0	10	10.0			

Religion							
Sikh	14	14.0	67	67.0	.610	2	.737 ^{NS}
Hindu	2	2.0	16	16.0			
Muslim	0	0.0	0	0.0			
Christian	0	0.0	1	1.0			
Family type							
Nuclear	12	12.0	32	32.0	7.949	2	.019 ^S
Joint	4	4.0	41	41.0			
Extended	0	0.0	11	11.0			
Marital status							
Married	14	14.0	65	65.0	.830	1	.362 ^{NS}
Unmarried	0	0.0	0	0.0			
Widow/widower	2	2.0	19	19.0			
Educational status							
No formal education	13	13.0	50	50.0	3.004	2	.223 ^{NS}
Senior secondary	3	3.0	29	29.0			
Graduate	0	0.0	5	5.0			
Educational status of spouse							
No formal education	14	14.0	68	68.0	.597	2	.742 ^{NS}
Senior secondary	2	2.0	14	14.0			
Graduate	0	0.0	2	2.0			
Occupation.....							
Unemployed	0	0.0	6	6.0	14.408	4	.006 ^S
Daily wager	6	6.0	19	19.0			
Shopkeeper/driver	1	1.0	47	47.0			
Farmer	9	9.0	4	4.0			
Pvt. Job	0	0.0	8	8.0			
Occupation of spouse.....							

Unemployed	13	13.0	69	69.0	4.404	4	.354 ^{NS}
Daily wager	2	2.0	2	2.0			
Shopkeeper/driver	1	1.0	10	10.0			
Farmer	0	0.0	1	1.0			
Pvt. Job	0	0.0	2	2.0			
Monthly income.....							
10,000 – 20,000	15	15.0	23	23.0			
20,001 – 30,000	0	0.0	41	41.0			
30,001 – 40,000	1	1.0	14	14.0	25.504	4	.000 ^S
40,001 – 50,000	0	0.0	3	3.0			
50,001 – 60,000	0	0.	3	3.0			
Numbers of children in the family?							
One	1	1.0	1	1.0	2.661	3	.447 ^{NS}
Two	9	9.0	42	42.0			
Three	3	3.0	27	27.0			
More	3	3.0	14	14.0			
Do you have a frequent contact with your family members?							
Yes	16	16.0	84	84.0	-	-	-
No	0.0	0.0	0.0	0.0			
How many years of married life?							
20 – 30	2	2.0	9	9.0	2.981	3	.395 ^{NS}
31 – 40	7	7.7	47	47.0			
41 – 50	7	7.7	22	22.0			
51 – 60	0	0.0	6	6.0			

In general, would you say your health is?							
Excellent	0	0.0	0	0.0	20.797	1	.000 ^S
Very good	0	0.0	0	0.0			
Good	7	7.0	76	76.0			
Fair	9	9.0	8	8.0			
Poor	0	0.0	0	0.0			
Feeling of anxiety.....							
Always	9	9.0	19	19.0	7.760	2	.021 ^S
Sometime	7	7.0	62	62.0			
Rare	0	0.0	3	3.0			
Feeling of loneliness.....							
Always	5	5.0	12	12.0	3.586	2	.166 ^{NS}
Sometime	11	11.0	66	66.0			
Rare	0	0.0	6	6.0			
Who taught you religious practices?.....							
Family	10	10.0	45	45.0	1.783	2	.410 ^{NS}
Religious places	5	5.0	22	22.0			
Granth	1	1.0	17	17.0			
Do you considers that you are more interested in religion at this stage of life?							
Yes	3	3.0	55	55.0	15.680	2	.000 ^S

No	1	1.0	0	0.0			
Equal	12	12.0	29	29.0			
In your view, the family allows you to freely express your religious beliefs and practices?							
Yes	16	16.0	83	83.0	.192	1	.661 ^{NS}
No	0	0.0	1	1.0			
How often do you pray?.....							
Once a day	11	11.0	23	23.0	10.876	2	.004 ^S
Twice a day	5	5.0	49	49.0			
Thrice a day	0	0.0	12	12.0			
How often you watch or hear religious programs on television/radio?.....							
Once a day	3	3.0	10	10.0	1.536 ^a	2	.464 ^{NS}
Twice a day	9	9.0	40	40.0			
Thrice a day	4	4.0	34	34.0			
How often you give thanks or praying before or after meals?							
At all meals	3	3.0	54	54.0	27.342	2	.000 ^S
Once a day	9	9.0	30	30.0			
	4	4.0	0	0.0			

Only on special occasions	0	0.0	0	0.0			
Never							

Table 5: There was a significant association of spirituality among elderly male with selected demographic variables such as age (in years) ($p=.032$), family type ($p=.019$), occupation ($p=.006$), monthly income ($p=.000$), health status ($p=.000$), feeling of anxiety ($p=.021$), do you considered that you are more interested in religion at this stage of life? ($p=.000$), how often do you pray? ($p=.004$), how often you give thanks or praying before or after meals? ($p=.000$) at the level of 0.05. Hence the null hypothesis ($H_{0.1}$) was rejected and the research hypothesis ($H_{1.1}$) was accepted. However, there was no significant association of level of spirituality among elderly males with the religion, marital status, educational status, educational status of spouse, occupation of spouse, numbers of children in the family, do you have a frequent contact with your family members?, how many years of married life?, feeling of loneliness, who taught you religious practices?, in your view, the family allows you to freely express your religious beliefs and practices?, how often you watch or hear religious programs on television/radio? at level of 0.05.

Table 6: Association of spirituality among elderly female with their selected socio demographic variables.

N=100

Variables	Moderately Spiritual		Highly Spiritual		Chi square	df	p value
	f	%	f	%			
Age (in years)							
60-65	13	13.0	48	48.0	1.274	4	.866 ^{NS}
66-70	6	6.0	21	21.0			
71-75	1	1.0	9	9.0			
76-80	0	0.0	1	1.0			
81-85	0	0.0	1	1.0			
Religion							
Sikh	16	16.0	50	50.0	3.089	3	.378 ^{NS}
Hindu	4	4.0	22	22.0			
Muslim	0	0.0	1	1.0			
Christian	0	0.0	7	7.0			

Family type							
Nuclear	9	9.0	39	39.0	1.219	3	.748 ^{NS}
Joint	9	9.0	35	35.0			
Extended	2	2.0	6	6.0			
Marital status							
Married	16	16.0	68	68.0	.298	1	.585 ^{NS}
Unmarried	0	0.0	0	0.0			
Widow/widower	4	4.0	12	12.0			
Educational status							
No formal education	15	15.0	51	51.0	1.373	2	.503 ^{NS}
Senior secondary	4	4.0	18	18.0			
Graduate	1	1.0	11	11.0			
Educational status of spouse							
No formal education	13	13.0	46	46.0	3.111	2	.211 ^{NS}
Senior secondary	7	7.0	23	23.0			
Graduate	0	0.0	11	11.0			
Occupation.....							
Unemployed	18	18.0	55	55.0	7.740	4	.102 ^{NS}
Daily wagger	2	2.0	3	3.0			
Shopkeeper/driver	0	0.0	14	14.0			
Farmer	0	0.0	0	0.0			
Pvt. Job	0	0.0	3	3.0			
Govt. job	0	0.0	5	5.0			
Occupation of spouse.....							

Unemployed	2	2.0	2	2.0	4.666	5	.458 ^{NS}
Daily wager	2	2.0	3	3.0			
Shopkeeper/driver	7	7.0	30	30.0			
Farmer	8	8.0	37	37.0			
Pvt. Job	0	0.0	4	4.0			
Govt. job	1	1.0	4	4.0			
Monthly income.....							
10,000 – 20,000	11	11.0	0	0.0	50.360	4	.000 ^S
20,001 – 30,000	7	7.0	48	48.0			
30,001 – 40,000	2	2.0	22	22.0			
40,001 – 50,000	0	0.0	7	7.0			
50,001 – 60,000	0	0.0	3	3.0			
Numbers of children in the family?							
One	3	3.0	5	5.0	3.576	3	.311 ^{NS}
Two	6	6.0	40	40.0			
Three	8	8.0	23	23.0			
More	3	3.0	12	12.0			
Do you have a frequent contact with your family members?							
Yes	20	20.0	80	80.0	-	-	-
No	0	0.0	0	0.0			
How many years of married life?							

20 – 30	2	2.0	14	14.0	2.961	4	.564 ^{NS}
31 – 40	15	15.0	45	45.0			
41 – 50	3	3.0	16	16.0			
51 – 60	0	0.0	4	4.0			
61 – 70	0	0.0	1	1.0			
In general, would you say your health is?							
Excellent	0	0.0	1	1.0	3.359	3	.340 ^{NS}
Very good	0	0.0	1	1.0			
Good	14	14.0	67	67.0			
Fair	6	6.0	11	11.0			
Poor	0	0.0	0	0.0			
Feeling of anxiety.....							
Always	11	11.0	22	22.0	10.227	2	.006 ^S
Sometime	8	8.0	58	58.0			
Rare	1	1.0	0	0.0			
Feeling of loneliness.....							
Always	2	2.0	9	9.0	.819	2	.664 ^{NS}
Sometime	18	18.0	68	68.0			
Rare	0	0.0	3	3.0			
Who taught you religious practices?							
Family	14	14.0	44	44.0	2.718	2	.257 ^{NS}
Religious places	2	2.0	22	22.0			

Granth	4	4.0	14	14.0			
Do you consider that you are more interested in religion at this stage of life?							
Yes	10	10.0	46	46.0	.367	2	.832 ^{NS}
No	2	2.0	7	7.0			
Equal	8	8.0	27	27.0			
In your view, the family allows you to freely express your religious beliefs and practices?							
Yes	20	20.0	80	80.0	-	-	-
No	0	0.0	0	0.0			
How often do you pray?.....							
Once a day	11	11.0	22	22.0	7.292	2	.026 ^S
Twice a day	9	9.0	45	45.0			
Thrice a day	0	0.0	23	23.0			
How often you watch or hear religious programs on television/radio?.....							
Once a day	2	2.0	8	8.0	.045	2	.978 ^{NS}
Twice a day	9	9.0	34	34.0			
Thrice a day	9	9.0	38	38.0			

How often you give thanks or praying before or after meals?							
At all meals	10	10.0	52	52.0	2.304	2	.316 ^{NS}
Once a day	9	9.0	22	22.0			
Only on special occasions	1	1.0	6	6.0			
Never	0	0.0	0	0.0			

Table 6: The association of level of spirituality among elderly female with their selected socio-demographic variables revealed that there was a significant association of spirituality among elderly females with selected socio demographic variables such as monthly income ($p=.000$), feeling of anxiety ($p=.006$), how often do you pray? ($p=.026$) at the level of 0.05. Hence the null hypothesis (**H_{0.1}**) was rejected and the research hypothesis (**H_{1.1}**) was accepted. However, there was no significant association of level of spirituality among elderly female with the age (in years), religion, family type, marital status, educational status, educational status of spouse, occupation, occupation of spouse, numbers of children in the family, do you have a frequent contact with your family members?, how many years of married life?, in general, would you say your health is?, feeling of loneliness, who taught you religious practices?, do you considered that you are more interested in religion at this stage of life?, in your view, the family allows you to freely express your religious beliefs and practices?, how often you watch or hear religious programs on television/radio?, how often you give thanks or praying before or after meals? at the level of 0.05.

CONCLUSION

Findings revealed that majority of elderly male 84 (84.0%) and elderly female 80 (80.0%) was highly spiritual, 16 (16.0%) elderly male and 20 (20.0%) elderly female was moderately spiritual, None was less spiritual. The mean scores for level of spirituality among elderly male and female were 169.55 and 168.26 respectively while the Standard Deviation for spirituality among elderly male was 12.892 and female was 13.445 respectively.

RECOMMENDATIONS:

On the basis of the findings of the study the following recommendations have been made:

1. Similar study can be undertaken with a large and different sample to generalize the findings.
2. Experimental studies can be conducted to increase the level of spirituality and life satisfaction.

LIMITATIONS:

1. The sample size was limited to 200 elderly male and female.
2. The study setting was limited to Bhuchho Mandi.

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