TREATING STRESS THROUGH SPIRITUALITY- A CASE STUDY OF RAJASTHAN

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I   Abstract

"Stress" is the new buzzword today. In the current research paper, multiple studies have been carried out to address stress, its sources, effects, etc. It is linked to tension and spirituality. People believe that a spiritual person makes it easier to deal with any condition in life. Its applicability, in view of this understanding and to experiment with this claim. In order to carry out the research work, questionnaires were sent through Google forms and 87 responses were received with complete details. The statistical instruments used were Count, Percentage, Mean, Standard Deviation and ANOVA to obtain the precise results of the research work. The study's main results were that there was a strong link between stress and spirituality.

Keywords: Stress, Spirituality

II   Introduction

Stress seems to be of a recent source in the world when one looks at both the words, stress and spirituality. This is because the people of India are rooted in faith. When we speak about spirituality, it does not imply going to temples, churches, mosques or gurudwaras or satsangs, etc. It does not mean that a person holds an approach to and perceives the presence of God in this mortal universe. Spirituality has many dimensions. The WHO comments on tension: "Work stress is the response to work demands and pressures that are not in line with their skills and knowledge and that challenge their capacity to cope." It must be noted here that the pressures of the updated job environment today make unavoidable stress at the workplace. In this article, we link spirituality to stress and measure the impact of the former on the latter. Spirituality encourages people to adapt to changing market methods, creating a 'intuitive' attitude in a person in plain terms. The respondents' mood is related to the dependent variable "stress."

III   Research questions

1) Can spirituality cure stress?

2) For people in an association, is faith a developmental immune system?

3) Can faith and stress be related and statistically measured?

4) Why does the approach of a spiritual person differ from that of a nonspiritual person?

5) What is the proportion of respondents in any spiritual organisation involved?

IV   Review of Literature

(Kumar & Kumar, 2014) The researchers found a supportive correlation between faith and well-being and spirituality in their study. A sample size of 150 managers was described and 28 claims were asked on different metrics to measure spirituality, stress in the workplace and well-being. The further study concluded that for positive health improvements and reduction of stress, spirituality is important.

 (Yadav & Khanna, 2014). The researchers found in their study a positive correlation between faith and well-being and spirituality. A sample size of 150 managers was described and 28 claims were asked for on various measures to measure spirituality, stress in the workplace and well-being. The further study concluded that for positive health improvements and stress reduction, spirituality is important.

V   Objectives:

The study's main objectives are:

1. To determine if confidence and stress are linked or not,
2. To understand the stress level among respondents,
3. To define tension in an elaborate way among people,
4. To understand the opinions of respondents regarding spirituality at work,
5. Measure the impact of spirituality on respondents' stress levels

VI   Hypothesis:

 To be checked on statistical grounds, one hypothesis was taken;

 H_{01}: "There is no significant impact of being Spiritual on occupational stress of respondent"

VII   Research methodology

The analysis is exploratory in nature, since it collects data through primary methods of data collection and discovers a correlation between the 2 variables selected; stress and spirituality, where spirituality is the independent variable, and stress is the dependent variable. The study was done in Rajasthan State. A pilot

survey was conducted on a group of 10 respondents chosen based on the technique of convenience sampling. Initially, the total number of respondents taken for the study was 104, of which 17 were uncommitted responses, which had to be decreased and thus the final number of respondents for which the study was carried out reached 87. In the questionnaire, Likert statements were drawn up to classify the strength of responses selected by the respondents, taking the demographic profile of the respondents. Count, Percentage, Mean, Standard Deviation and ANOVA were the statistical instruments used to analyse the results.

VIII   Analysis of Data

Table 1
Spirituality Statements

	Statement		SD	D	N	A	SA
SP_1	When I am at work, I feel some kind of spiritual link that positively impacts my ability to work.	N	19	16	10	28	14
		%	21.84	18.39	11.49	32.18	16.09
SP_2	In difficult times, my spiritual values make me happy.	N	18	17	8	29	15
		%	20.69	19.54	9.20	33.33	17.24
SP_3	I can tolerate insults, harsh words and contrasting situations better.	N	26	6	17	30	8
		%	29.89	6.90	19.54	34.48	9.20
SP_4	In every case, spirituality helps me to figure out the best that helps me adapt to every new development that gets into the company.	N	23	10	19	23	12
		%	26.44	11.49	21.84	26.44	13.79
SP_5	I cover my spiritual desires because it doesn't seem important to people at my job.	N	21	15	8	26	17
		%	24.14	17.24	9.20	29.89	19.54
SP_6	There are moments when, for any good purpose, I feel happy and content.	N	28	18	14	21	6
		%	32.18	20.69	16.09	24.14	6.90
SP_7	Spirituality has helped me to achieve workplace satisfaction.	N	24	14	9	26	14
		%	27.59	16.09	10.34	29.89	16.09
SP_8	I am happy and focused on my objectives.	N	27	22	16	14	8
		%	31.03	25.29	18.39	16.09	9.20

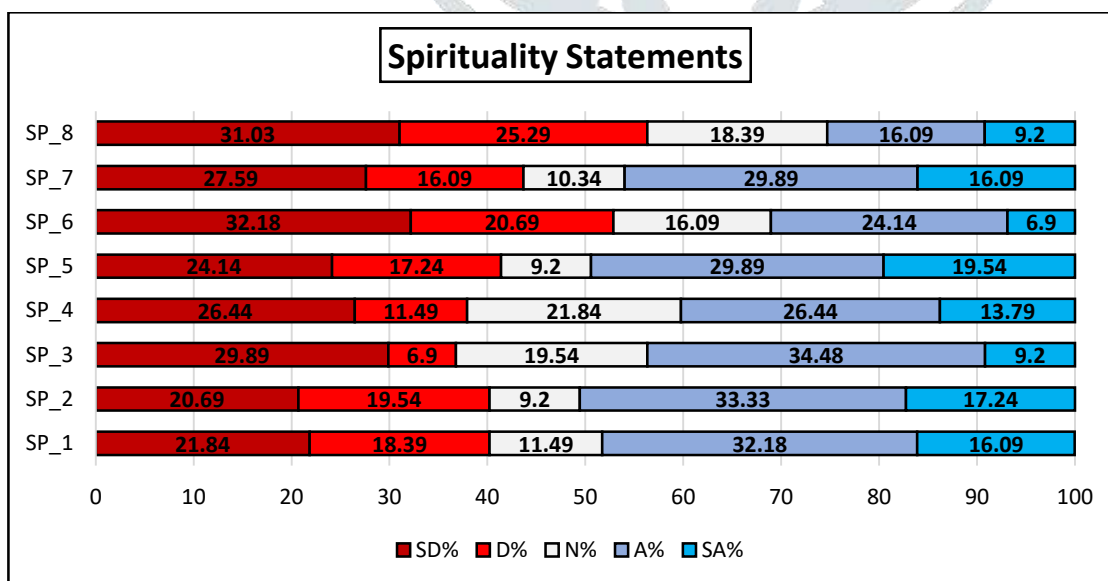*SD = Strongly Disagree, D = Disagree, N = Neutral, A= Agree, SA = Strongly Agree

Figure 1 Spirituality Statements

The above Table and Chart lists eight statements that characterize workplace spirituality, the respondents ranked these 8 statements from strongly disagreeing to strongly agreeing and were graded accordingly by the

respondents. All the above-written statements are a result of being spiritual respondents, i.e. few attend motivational seminars, few visit religious places on a regular basis, few attend Satsang, few follow You tubers, etc. These statements are a result of adopting the lifestyle.

Inferences drawn from the Likert statement were as follows.

Table 2
Inferences

	Statement	Inferences
SP_1	When I am at work, I feel some kind of spiritual link that positively impacts my ability to work.	The figures indicate that most interviewees believe that they experience a special divine relation while they pursue spiritualism at work and lead them to work in a certain way
SP_2	In difficult times, my spiritual values make me happy.	The figures indicate that the plurality of respondents believe that faith aids participants in coping flexibly with tough situations. The moral mentality enlightens them and adapts them quickly to harsh environments.
SP_3	I can tolerate insults, harsh words and contrasting situations better.	The figures indicate that most respondents accept that spirituality allows them to properly control, to enhance their management ability and to handle insults and competing situations effectively.
SP_4	In every case, spirituality helps me to figure out the best that helps me adapt to every new development that gets into the company.	The numbers indicate almost the same proportion of interviewees identify with and firmly oppose that faith allows them in any case to find the highest. This indicates that many accept the inculcation of good beliefs within themselves, and many assume that they adjust to the rough, but refuse to find the best of them.
SP_5	I cover my spiritual desires because it doesn't seem important to people at my job.	The figures indicate that about the same proportion of respondents accept and deny firmly that their spiritual interests cannot be revealed publicly at their place of employment. Those who believe can't comprehend people in their professions because they haven't been happy and those who firmly disagree with it have acknowledged their moral mindset
SP_6	There are moments when, for any good purpose, I feel happy and content.	The findings suggest that most respondents disagree strongly with the fact that faith allows them to both feel satisfied and happy. Some accept, too, that happiness is not a cup of tea for all. It requires a great deal of devotion to the ultimate father to give him and chillax everything.
SP_7	Spirituality has helped me to achieve workplace satisfaction.	The numbers indicate that most respondents believe that spirituality allows them to be good at work. They claim that spirituality results in our worldly fulfilment and the pleasure produced contributes to intellectual work.
SP_8	I am happy and focused on my objectives.	The numbers indicate that most respondents disagree strongly and reject that spirituality retains them happy and goal-oriented, acknowledging that concentration is not important to spirituality, it is the human understanding. It is good to state here that of all the eight claims made by Likert, the plurality of the respondents just disagreed with and strongly disagreed.

Table 3
Occupational Stress

	Statement		SD	D	N	A	SA
ST_1	I'm just getting tired of working. .	N	13	15	42	10	7
		%	14.94	17.24	48.28	11.49	8.05
ST_2	Excessive load causes my quality of work to deteriorate.	N	13	16	41	8	9
		%	14.94	18.39	47.13	9.20	10.34
ST_3	I have to hurriedly dispose of my job because of the excessive workload.	N	11	12	43	17	4
		%	12.64	13.79	49.43	19.54	4.60
ST_4	My workload spoils my relationships with family.	N	11	20	33	18	5
		%	12.64	22.99	37.93	20.69	5.75
ST_5	I oppose workplace improvements because I am not yet familiar with the organisation's past practises.	N	12	35	19	14	7
		%	13.79	40.23	21.84	16.09	8.05
ST_6	My stress causes me, too, to dislike my bosses and subordinates.	N	8	17	43	12	7
		%	9.20	19.54	49.43	13.79	8.05
ST_7	My stress level leaves me confused and annoyed.	N	13	24	33	8	9
		%	14.94	27.59	37.93	9.20	10.34
ST_8	I don't appreciate my senior's teaching because I don't like their working style.	N	11	25	32	11	8
		%	12.64	28.74	36.78	12.64	9.20
ST_9	My company lacks command unity, which leaves me in disarray.	N	11	16	43	10	7
		%	12.64	18.39	49.43	11.49	8.05
ST_10	I don't have any mates in the organisation to trust.	N	13	9	42	15	8
		%	14.94	10.34	48.28	17.24	9.20

*SD = Strongly Disagree, D = Disagree, N = Neutral, A= Agree, SA = Strongly Agree

The above table lists ten Likert statements that describe workplace occupational stress, the respondents ranked these 10 statements from strongly disagreeing to strongly agreeing and were accordingly scored by the respondents. All of the above-written comments are a result of the tension on respondents at work. Such statements are signs that affect the work of a depressed person.

Table 4
Inferences

	Statement	Inferences
ST_1	I'm just getting tired of working.	The data indicate that the bulk of respondents are neutral to tension. Rather, they admitted that a certain physical deficiency could contribute to tiredness or fatigue.
ST_2	Excessive load causes my quality of work to deteriorate.	Statistics suggest that most respondents were neutral that unnecessary workloads decreased their output, that they were well equipped to cope with tension, so that they did not agree that their quality was too stress-dependent.

| ST_3	I have to hurriedly dispose of my job because of the excessive workload.	The findings suggest that most respondents are neutral to tension and that it contributes to rushed behaviour towards jobs. Stress does not utterly influence their professional style and therefore is not significantly hindered by heavy workload. .
ST_4	My workload spoils my relationships with family.	The results suggest that most of the respondents are neutral because depression adversely impacts their family relationships. Among respondents there is a strong sense of spirituality and positivity which makes them disagree and in great numbers remain neutral .
ST_5	I oppose workplace improvements because I am not yet familiar with the organisation's past practises.	Statistics indicate that most respondents firmly deny that tension is induced by the implementation of new developments. The respondents acknowledged that tension is generated but firmly disagreed in significant numbers, since they are well informed, even though improvements are unwelcome. .
ST_6	My stress causes me, too, to dislike my bosses and subordinates.	The figures suggest that most respondents are neutral, since tension leads them to dislike their friends. The respondents realise that this is their specific battle to alleviate stress, that they were very realistic in reacting to stress by themselves rather than extending it to others.
ST_7	My stress level leaves me confused and annoyed.	The results suggest that most respondents are neutral because tension irritates them. Few felt the depression caused them to devote themselves. Respondents realise that they are under tension, but they are not sure whether or not it is 100% right.
ST_8	I don't appreciate my senior's teaching because I don't like their working style.	The figures indicate that the bulk of respondents in this situation are neutral, since tension disobeys the orders of their seniors. They claimed that one element of their personality and disobedience to older persons were a totally different component. .
ST_9	My company lacks command unity, which leaves me in disarray.	The figures indicate that the plurality of respondents were neutral regarding tension being the product of the organization's lack of stability in leadership. They acknowledged that their approach to their job is tension and that it cannot be related solely to the organisation.
ST_10	I don't have any mates in the organisation to trust.	The results suggest that most of the respondents were neutral regarding depression getting friends in the company.
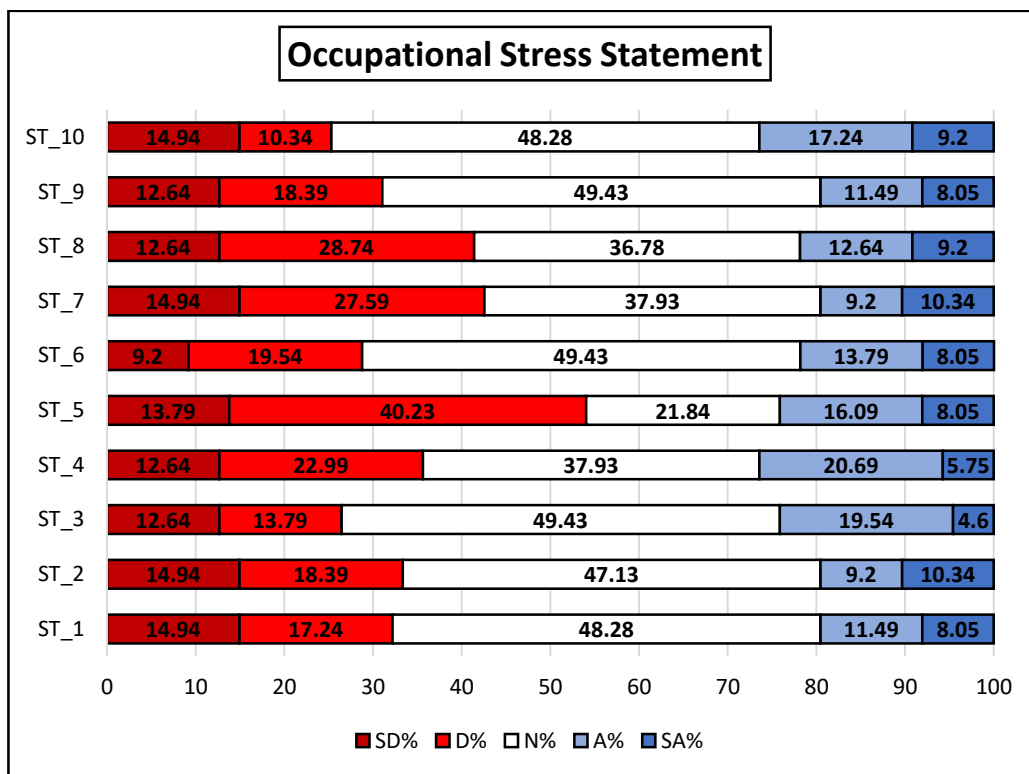
Figure 2 Occupational Stress Statement

We questioned the participants about the multiple tension relief aids that they use to get rid of stress. It would not be inappropriate to comment here about the concept of the universal spirit. Everyone had the same methods to relieve tension. They also claimed that they watched videos, heard songs, prayed to Heaven, used social networking resources, flipped with buddies, consumed fast food and worked hard. As our goal was to balance tension with faith, only one was taken into account. Naturally, the aforementioned observations are of considerable relevance to the tension of the problem such that they can be carried up as fresh subjects.

Table 5
Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
Spirituality Score	87	8	38	22.79	10.390
Occupational Stress Score	87	10	48	28.21	9.680

The descriptive statistics of the Spirituality score and the occupational stress score are shown in Table 5 above, which was done to frame categories, as shown in Table No. 6. The Spirituality score range was 30 (38-8) and the Workplace Stress score range was 38. (48-10). In the spirituality lines, the minimum and maximum score is 8 and 38 respectively, the mean was found to be 22.79 and the standard deviation is 10.39. The minimum

and maximum score in the Occupational stress row was 10 and 48 respectively, mean was found to be 28.21 and the standard deviation is 9.68.

Table 6
Exhibiting Category of Occupational Stress and Spirituality Score of Respondents

		Stress Level	Spirituality Level
High	$(\overline{x} + \sigma)$ to Max Score	28.21+9.680≅ 38 to 48	22.79+10.390≅ 32 to 38
Average	$(\overline{x} - \sigma)$ to $(\overline{x} + \sigma)$	28.21- 9.680≅ 19 to 28.21+9.680≅ 38	22.79-10.390≅ 12 to 22.79+10.390≅ 32
Low	Min. Score to $\bar{x} - \sigma$	10 to 28.21- 9.680≅ 19	8 to 22.79-10.390≅ 12

Table 7 displays the groups that were framed on the basis of Table No.6 above. Based on $(\overline{x} + \sigma)$ to Max Score, $(\overline{x} - \sigma)$ to' $(\overline{x} + \sigma)$, Min, three groups were framed. High level of stress (38-48), average level of stress (19-38) and low level of stress (10-19) and high level of spirituality (32-38), average level of spirituality (12-32), low level of spirituality (8-12).

Hypothesis testing

H_{01}: There is no significant impact of being Spiritual on the occupational stress of the respondent.

All the schematic checking of the hypothesis is in tables 7, 8 and 9 below. All three tables that are followed by the same description have been given.

Table 7
Crosstabulation Occupational Stress Category and Spirituality
Score-Category of Respondents

		Spirituality Score Category			Total
		8-12 (Low)	13-32 (Average)	33-38 (High)	
Occupational Stress Category	10-19 (Low)	0	2	12	**14**
	19-38 (Average)	9	47	3	**59**
	38-48 (High)	11	3	0	**14**
Total		**20**	**52**	**15**	**87**

A cross tab between Occupational Stress and Spirituality is represented in table 8 above. Scores calculated from the above works were shown here and their relation was shown with the other variable. Here, it is important to remember that spirituality is an independent variable and depends on stress. It can be correctly noted that the level of stress among respondents decreases as spirituality increases. To demonstrate, the stress score is as high as 11 when the spirituality score is normal, the stress score decreases to 3 when the spirituality

score is low, and the stress score is 0.0 when the spirituality score is high. This indicates that there is a negative correlation between tension at work and spirituality.

Table 8
Exhibiting Occupational Score and Spirituality Score Category

			Occupational Score		
			Count	Mean	Standard Deviation
Spirituality Score Category	8-12	Low	20	39.20	3.53
	13-32	Average	52	28.13	6.08
	33-38	High	15	13.80	5.37

Table 9 reflects the expansion of Table 8 above. It shows that the count and mean are decreasing as the spirituality score increases from one class to another, so derived is found. The occupational stress count was 20 when the spirituality score was between 8 and 12, with an average of 39.20, when the spirituality score was between 13 and 32, the occupational stress count was 52, with an average of 28.13, when the spirituality score was between 33 and 38, the occupational stress count was 15, with an average of 13.80, meaning that the highest spiritual score group has the lowest average occupational score.

Table 9
ANOVA

Occupational Stress Score					
	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	5530.618	2	2765.309	91.898	.000
Within Groups	2527.658	84	30.091		
Total	8058.276	86			

Table 10 above explains that, because the p-value was found to be less than 0.05, the application of ANOVA to the above data in which the dependent variable was occupational stress score failed to acknowledge the null hypothesis. Hence, we infer that stress is inversely related to a rise in spirituality.

Findings and Conclusion

The key finding of the research is that stress is inversely related to the growth in spirituality. As spirituality increases inside a person, his stress-taking magnitude decreases because he begins to look at the problems in a specific way. Spirituality, in other words, protects against the detrimental effects of stress.

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