



## TO FIND THE EFFICACY OF ECO SPIRITUALITY ON THE WELL-BEING OF OLDER PEOPLE.

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### ABSTRACT:

Wellbeing is the experience of health, happiness, and prosperity. It includes having good mental health, high life satisfaction and sense of meaning or purpose and ability to manage stress. The present study investigated the effect of eco-spirituality on wellbeing of older individuals. Wellbeing scale (Prof. B. Nagarathna and Mrs. T.D. Vimala) was used to collect data from aged people (N=60), 30 from an Eco-spiritual environment and 30 not from an Eco-spiritual environment. T- test was applied to test the hypothesis. The findings revealed that spirituality alone does not define wellbeing in aged people. The result has been discussed and suggestions have been offered for future research.

### KEYWORDS:

**WELL-BEING, ECO SPIRITUALITY & AGED PEOPLE.**

### INTRODUCTION

Well-being is the experience of health, happiness, and prosperity. It includes having good mental health, high life satisfaction, a sense of meaning or purpose, and ability to manage stress. More generally, well-being is just feeling well. It is a positive outcome that is meaningful for people and for many sectors of society, because it tells us that people perceive that their lives are going well. However, many indicators that measure living conditions fail to measure what people think and feel about their lives, such as the quality of their relationships, their positive emotions and resilience, the realization of their potential, or their overall satisfaction with life—i.e., their “well-being.” Well-being generally includes global judgments of life satisfaction and feelings ranging from depression to joy.

Spirituality is an inner sense of relationship to a higher power that is loving and guiding. The word we give to this higher power might be God, nature, spirit, the universe, the creator, or other words that represent a divine presence. Eco spirituality connects the science of ecology with spirituality. It brings together religion and environmental activism. Eco spirituality has been defined as “a manifestation of the spiritual connection between human beings and the environment.”

Dev Sanskriti Vishwavidyalaya (D.S.V.V.) is a non-conventional centre of higher learning, education, and research. It is an exceptional creation, which has born out of a unique vision of the ground-breaking scholar and visionary, Pt Shriram Sharma Acharya Ji (1911-1990), who was also a renowned social reformer and a celebrated

freedom fighter. He had the vision to establish a university devoted to the preservation and propagation of the Indian

Culture, which to him was Dev Sanskriti that could combine the precepts of practical knowledge (Shiksha) and spiritual education (vidya) to create truly enlightened individuals. Pt Shriram Sharma Acharya believed that there is a need for an educational institution, which could mould its students into noble and enlightened human beings. His admirers and followers resolved to translate his vision into action by establishing a university and naming it as Dev Sanskriti. D.S.V.V. works with a primary focus of providing a confluence of modern education with the installation of human values in the students as well as the residents there. Everyone is expected to follow a simple, spiritual lifestyle and they receive benefits from both, state of the art facilities and the wisdom of ancient traditional practices. This allows the university to provide noble citizens, who would channel their efforts towards the goal of a divine, value-based society.

Understanding connections between spirituality and psychological well-being requires theoretical acumen as well as thoughtfully performed empirical science. The need to reach into new territories in examining these linkages is also very important. There are some researches which shows the relationship between Spirituality and Wellbeing. **Mackenzie, Rajagopal, Meilbohm, Lavizzo, Risa (2000)** conducted a research to better understand how older adults perceive the role played by religious belief and activity in maintaining and recovering health and to explore the hypothesis that spiritual support contributes to increased sense of coherence and enhanced psychological Well-being. A total of 41 male and female residents aged 66 to 92 years were taken and the results showed that most of the older adults in this study believed

that a higher power (ie, God) supports them constantly, protecting, guiding, teaching, helping, and healing. They believe that prayer can heal both physical and mental illness if it is God's will to do so. Many expressed the belief that having a relationship with God forms the foundation of their psychological well-being. **Kirby & Coleman (2004)** conducted a study on Spirituality and Well-Being in Frail and Nonfrail Older Adults. They recruited 233 British participants from warden-controlled retirement housing to complete interviewer-administered questionnaires. Results showed that, Spirituality was a significant predictor of PWB and moderated the negative effects of frailty on Psychological Wellbeing (PWB). Therefore, this study suggests that spirituality is a resource in maintaining PWB, and that the use of this resource is more significant for individuals with greater levels of frailty. **Boswell (2006)** did a study to examine stress-ameliorating effects of religiosity, spirituality, and healthy lifestyle behaviors on the stressful relationship of chronic illness and the subjective physical well-being of 221 older adults. It suggested that spirituality, physical activities, and healthy diet all contributed to higher subjective physical well-being. Findings also support the need for studying different dimensions of religiosity and spirituality in an effort to understand coping versus adaptation in behaviors and orientations. **Pil Yoon & Othelia Lee (2008)** gave the results of a study on the impact of spirituality, religiousness, and social support on the psychological well-being among rural elderly. With a rural community sample of 215 older adults. Findings of this study suggest that practitioners need to develop programs or services that are congruent with religious/spiritual beliefs and practices in order to better enhance the psychosocial well-being and improve the quality of life among older persons in rural areas. **Koenig**

**(2012)** provided a concise but comprehensive review of research on religion/spirituality (R/S) and both mental health and physical health. It is based on a systematic review of original data-based quantitative research published in peer-reviewed journals between 1872 and 2010. The research findings show that Religious/spiritual beliefs and practices are commonly used by both medical and psychiatric patients to cope with illness and other stressful life changes. A large volume of research shows that people who are more R/S have better mental health and adapt more quickly to health problems compared to those who are less R/S. These possible benefits to mental health and well-being have physiological consequences that impact physical health, affect the risk of disease, and influence response to treatment. **Villani & Sorgente (2019)** investigated the relationship of spirituality and religiosity with subjective well-being. Data were collected from 267 Italian adults aged 18–77. They finally concluded saying that Spirituality and religiosity have been found to be positive predictors of subjective well-being. With these objectives in mind, this research would check if there is a significant difference in the well-being of the older people above the age of 60, who live in an Eco spiritual environment of Dev Sanskriti Vishwavidyalaya, Haridwar and the people who don't.

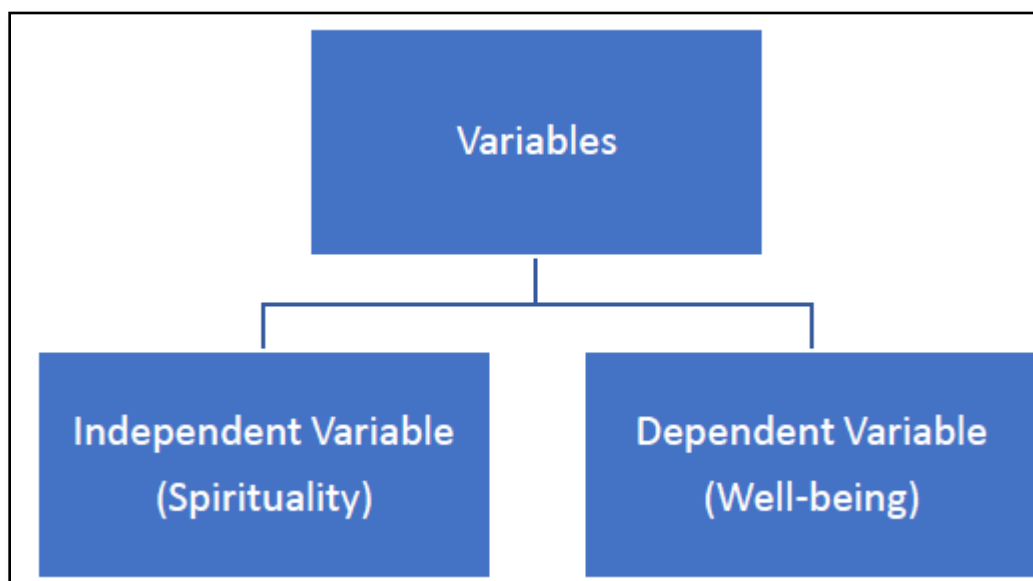
#### RESEARCH PROBLEM FOR THIS RESEARCH WORK:

**“Is there any significant effect of Eco spiritual environment on Wellbeing of older individuals?”**

#### RESEARCHER FORMULATED FOLLOWING RESEARCH OBJECTIVES:

- To find the effect of Eco spirituality on the well-being of aged people.

#### DESCRIPTIONS OF VARIABLES:



#### RESEARCHER FORMULATED FOLLOWING NULL HYPOTHESIS:

1. There is no significant difference between spirituality and well-being of old people.

**SAMPLE & SAMPLING:**

With the help of Quota sampling, the researcher collected 60 sample i.e. (30 old people living in an Eco spiritual environment and 30 old people living outside an Eco spiritual environment) with the age range of 60 and above years. Ex-post facto research design was used in this present investigation.

**INCLUSION CRITERIA:**

Researcher have included old people of age 60+ years, out of which 30 samples are particularly from Dev Sanskriti Vishwavidyalaya, Haridwar and 30 samples are from Odisha

**EXCLUSION CRITERIA:**

Researcher excluded physically disabled or handicapped 60+ people.

**PROCEDURE OF DATA COLLECTION:**

- Researcher has used Well-being scale for collecting data from the samples.
- Questionnaire was created on google forms and circulated via online platform to collect data from Odisha and data collection from D.S.V.V. was done by personally meeting and interviewing. Their

responses were simultaneously recorded in that Google Forms.

- Quota sampling is used, and the age range selected is people of 60 and above years.
- After data collection, scoring has been done through concerned manual.

**RESEARCH TOOLS:**

Researcher applied Well-being scale constructed by Prof. B. Nagarathna and Mrs. T.D. Vimala. A total number of items in this scale is 40 & the age norm is 60 and above.

**STATISTICAL TECHNIQUES:**

In this, researcher did a study over the variables i.e. Well-being and Eco spirituality. Researcher applied t-test for statistical analysis.

**RESULT AND INTERPRETATION:**

Collected data through above mentioned inventories were analysed in terms of mean, standard deviation & t-test method. The results have been presented in the tables.

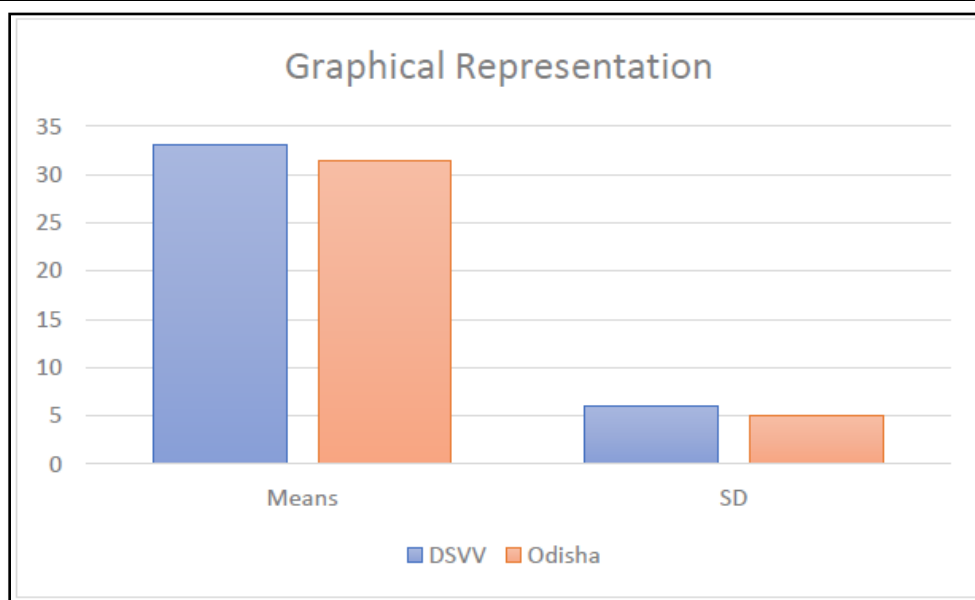
**Ho:** There is no significant difference between spirituality and well-being of old people.

**Ha:** There is significant difference between spirituality and well-being of old people.

**COMPARING THE LEVEL OF SPIRITUALITY ON THE WELL-BEING OF AGED INDIVIDUALS:**

| Groups | N  | Well-being Scores |      |                 | SE <sub>D</sub> | t-test | Significance Level |
|--------|----|-------------------|------|-----------------|-----------------|--------|--------------------|
|        |    | Mean              | SD   | SE <sub>M</sub> |                 |        |                    |
| DSVV   | 30 | 33.03             | 6.02 | 1.09            | 1.41            | 1.08   | Not significant    |
| Odisha | 30 | 31.5              | 4.93 | 0.9             |                 |        |                    |

df = 58

**DISCUSSION:**

From the above result and graphical representation, it is interpreted that there is no significant difference between

spirituality and well-being of old people. The null hypothesis has been accepted and the alternative

hypothesis is rejected. Yet the results reveal that the older individuals living in an eco-spiritual environment have greater level of well-being as compared to other older people. The sense of being in connection with a higher power, with others, and, in general, with life represents an effective way to maintain a positive evaluation of one's life, despite all the possible negative circumstances that one may encounter. Additionally, religious and spiritual involvement may benefit individuals' lives through empowering both internal (e.g., feeling of self-worth) and social (e.g., sense of belonging to a network) resources (Lim and Putnam, 2010). However, other research failed to find any connection between religiosity and life satisfaction (Kirkpatrick and Shaver, 1992; Mak et al., 2011), thus questioning the existence of a direct relationship between individuals' beliefs as well as attitudes toward religion and their own satisfaction with life. As for the effect of religiosity and spirituality on the affective dimension of SWB, findings are mixed as well. Some studies, which reported a weak relationship between religiosity/spirituality and positive affect (Diener et al., 2011; Lun and Bond, 2013), highlighted a possible effect of the social structure provided by religious affiliation on experiencing positive affect.

### CONCLUSION:

The main aim of the study was to reveal whether there is an effect of Spirituality on the level of wellbeing of aged people or not. The research study includes 30 old people living in an Eco spiritual environment and 30 old people living outside an Eco spiritual environment) with the age range of 60 and above years. After the data collection, analysis was done with the help of t-test and result were formulated which shows that that the older individuals living in an eco-spiritual environment have greater level of well-being as compared to other older people living outside the Campus of Dev Sanskriti Vishwavidyalaya.

### LIMITATIONS AND SUGGESTIONS:

- As the sample size is small for this research, a researcher could increase the size of the sample for generalization of the research
- Other independent variables can be included in the future studies
- Other dependent variables can be included in the future studies
- In future research the researcher can use other Well-being inventories too.

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