

A STUDY OF SPIRITUAL HEALTH AWARENESS AMONG SECONDARY SCHOOL STUDENTS IN RELATION TO THEIR GENDER

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Abstract

Spiritual health considers as an important aspect of personality development. Being a person as spiritually healthy can deal much better his or her behavioural issues to become as balanced personality. Such person more able to maintain his strengths and try to remove the weaknesses as compared other people. The main objective of this research is to analyse the spiritual health awareness among secondary school students in relation to their gender. For the study, the sample selected of 52 students randomly of govt. secondary school students. Data collected by using quantitative method based survey conducted. The self-made test in form of questionnaire provides to sample students comprised of 19 questions covering the areas like sense of purpose and values, individual's spirituality, religious beliefs and practices etc. A percentage distribution and bar graph presentation of male and female students' responses and statistical techniques including mean, standard deviation and t-test were employed to analyse and interpret the data. This study provides valuable insights for teachers, counsellors and teacher educators to design inclusive programs nurturing spiritual development among secondary school education.

Key Words: *Personality development, Spiritual Health Awareness, Secondary School Students, Gender*

School education period is a crucial time of every individual of his life. During this period, adolescent stage brings many changes in students' behaviour as well as inner and outer world. It is a time of learn adjustments to cope with challengeable life-situations. Personality development has many dimensions like physical, emotional, intellectual, social etc. Spiritual dimension of personality is an important one of these. To explore more meaning of spirituality, words like religion, religiosity and religious practices are basically used in past studies interchangeably time to time.

Spirituality can play an important role in the shape of individual's identity, life purpose and values. This can have direct impact on any individual's life- long learnings. Students, who involving in practicing spiritual

activities influences their motivation level, behavioural progress ethically and emotional well-being etc. Spiritual beliefs can effect anyone's ethical considerations, personal values and moral standards. Spiritual health contributes in the development of any individual as whole; mind, body and spirit. Spiritual healthy person has connected with positive attitude towards life, different life situations, concentration, self- confidence, self-discipline and self- growth etc. Nurturing Spiritual health is essential for over-all well-being of any individual. With high spiritually healthy individuals are better in coping with dealing stress management, developing positive attitudes towards challengeable life situations. Gender differences occur in spiritual health of individuals due to many responsible factors.

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In educational institutions, opportunities must provide to students about learn spirituality in theory and practice. Schools play a key role to develop spirituality among their students by making their involvements in different kind of activities such as meditation, connecting with God in daily routine practices and religious celebrations etc. By practicing these activities, students may develop their attitudes, understanding, mental outlook and perspectives in a balanced way.

Review of Related Literature

To explore the relationship between spiritual health and gender, we found several studies in the past.

Madumathi and Suparna (2017) studied spiritual intelligence among secondary school students concerning gender and management, finding that girls generally displayed higher spirituality intelligence.

Similarly, Saranaya and Sangeetha (2017) explored the relationship intelligence and science achievement among secondary school students in Coimbatore educational district discover variations based on gender at different education boards.

Agarwal (2018) focused on the development of spiritual intelligence among school children, noting that girls exhibited higher spiritual intelligence than boys.

Sarchami, Rajaei and Aalaei (2020) conducted a study on 109 four-year dentistry students and concluded that religiosity has positive relationship with overall mean grade.

Okunlola, Odukoya, Olowookere, Omonijo and Anyaegbunam, (2021) reported significant difference in spirituality of male and male and female undergraduate students.

Fatima (2023) found no significant difference

in spirituality of the male and female postgraduate students.

In the light of above past studies, the main focus of the present study is to provide more holistic understanding of the relationship between spiritual health and gender factor of secondary school students.

The Need for the Study

The need of the study is to explore the connection between the spiritual well-being and personality development process. Adolescent students deal with many personality issues, stresses, and responsibilities towards self and others in routine life during their school education. To cope up with these behavioural and personality issues, there is major need to developing a right perspective toward life challenges among school students. Being spiritually aware encourages the children to handle and cope with stressful situations effectively. Through developing spiritually, make them aware about the impact of spiritual health on the overall health of any individual.

Statement of the Problem

The research problem is identified for the current investigation is "A Study of Spiritual Health Awareness among Secondary School Students in relation to their Gender."

Objectives

- To investigate significant difference in the mean scores of spiritual health among secondary school students with respect to gender.

Research Hypothesis

There is no significant difference in the spiritual health awareness of secondary school male and female students.

Methodology

Sample

In this study, 52 students of 9th standard were selected of govt. senior secondary schools of Gurdaspur district of Punjab. Random sampling method was employed by the researcher to obtain the desired sample.

Used Measure Tool

In this study, the researcher prepared and used self-made test for observing the awareness of spiritual health among students in Govt. Senior Secondary School, Gurdaspur. The researcher developed a self-made questionnaire comprising of 19 having four options including no, sometimes, most of the times and yes or always. Questionnaire items covered some areas of spirituality-like sense of purpose and values, individual's spirituality, religious beliefs and practices etc.

Statistical Technique

A percentage distribution and bar graph presentation of male and female students' responses in respect to questionnaire items calculated by the researcher. The statistical techniques used for analysis of study mean, standard deviation were used. To study the significance difference between the spiritual health awareness of the students and their gender 't' value has been used by the researcher.

Data Collection

The researcher consulted to the principal of the school sought the permission to administer the test for collection purpose. A general instruction for filling up the items in the questionnaire was given to the students. After providing appropriate time to students for filling the questionnaire then data was collected from the students and scoring was carried out.

Analysis and Interpretation of Data

Interpretation and analysis of the data presented in form of the following table.

Table 1. Showing the Level of Spiritual Health Awareness

Sr. No.	Response Options	Male Response in %	Female Response in %
1.	No	17%	05%
2.	Sometimes	30%	13%
3.	Most of the Times	33%	48%
4.	Yes / Always	20%	34%
	Total	100	100

Findings: Table 1 and figure 1. reveals that 17% male students reported their level of spiritual health by opted 'no' option. 30% male students identified their spiritual health level opted by 'seldom' option. A significant proportion, 33% male students consider their spiritual health level to be opted 'most of the time' option. 20% male students recorded their spiritual health by opted 'yes / always' option. Table 1 and figure 1 also reveals that 05% of female students reported their level spiritual health opted by 'no' option. This indicates that a small group of students feel they are less spiritual than other peers. 13% female students identified their spiritual health level opted by 'seldom' option. The majority of female students 48%, considered their spiritual health level to be opted by 'most of the time' option. This indicates that a large proportion of female students a deep and intense connection to spirituality. 34% female students recorded their spiritual health by opted 'yes / always' option.

Table 2. Showing the Significance Difference between Mean, S.D. and 't' value of the Male and Female Students

Gender	No. of Students	Mean	S.D.	't' value
Male	26	6.12	2.65	3.28*
Female	26	10.21	4.92	

*Significance at 0.05 level

The data was collected; tabulated and statistical techniques (Mean, SD and t-test) were employed to study the relationship between the said variables i. e. male students and female students. The mean and standard deviation of students belong to males and females presented in table 1. It may be observed that from the table mean of male students was lower than the mean of female students. (Mean value of male students = 6.12, Mean value of female students = 10.21). To find out the significance between these two-mean t-test was applied, which came to be 3.28. It can be concluded that female students had more spiritual health awareness than male students.

Results and Discussions

There was a significant difference in the spiritual health awareness of secondary school students. The secondary school female students had more spiritual health awareness than male students. Female are discovered more regulated in their behaviours, tasks etc. according to the studies. Due to adopt and adjusting in cross-cultures backgrounds impacts their thought processes, actions and performing assigned responsibilities. Culture and society plays an important role in shaping the behaviour and personalities of women to become more confident and strengthen person. Women are more sensitive in respect to soul, more receptive the ideas of trust, more imaginative to abstract, more attracted to divine than men.

Conclusion

After the analysis and interpretation of data, we conclude that observed gender-based differences in their spiritual health indicates that female students have better understanding and involvement in spirituality which leads to develop positive attitudes,

shaping behaviour, adopting life perspectives and explore them as human being in real sense. In present time, the pivotal role of policy makers, teachers and other stakeholders to incorporates some spirituality basis programs for school students which will help them to explore more connected to self, others and the universe.

Educational Implications

The findings of the study provide a few important educational implications.

Educational institutions of school education should focus on to provide more specialised spiritual assistance programs that encourage to male students, as female students exhibit a greater level of spiritual health than the male students. School are suggested to become more responsible to inculcate the spiritual values among their students through develop co-curricular and cultural-spiritual activities that promote spiritual well-being.

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