

GRATITUDE AND SPIRITUAL EXPERIENCES IN RELATION TO LIFE SATISFACTION AMONG ORPHANS

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ABSTRACT

This study purports to examine the relationships between life satisfaction, spiritual experiences and gratitude among orphans as well as to find the difference between male and female on life satisfaction, spiritual experiences and gratitude. Besides this, difference was also examined across different age groups on life satisfaction, spiritual experiences and gratitude. The sample size of the study was 200. The age ranges from 15 to 21 years. Purposive sampling method was used. Three standardized scales were used, Gratitude Questionnaire (GQ6) which was developed by Michael E. McCullough, Robert A. Emmons & Jo-Ann Tsang (2002), Multi-Dimensional Students Life Satisfaction Scale (MSLSS) which was developed by E. Scott Hueber (1994) and Spiritual Experiences Index-Revised (SEI-R) which was developed by Dein S. (2005) were used for data collection. Pearson correlation and t- test and Anova was used for data analysis. The findings of the study depict that there is a positive significant correlation between gratitude, spiritual experiences and with life satisfaction there exists negative significant relationship. There exists no significant difference on Gratitude on among gender difference. Further results states significant difference in Spiritual Support among gender difference, significant difference in Spiritual openness among gender difference in orphans.

Keywords: Gratitude, spiritual experiences, life satisfaction, orphans.

INTRODUCTION

Gratitude

Appreciation / gratitude is one of the most ignored feeling and most misjudged of the goodness. Gratitude in a more extensive studies of the attitudes, it has been usually found ignored.

Gratitude is "being thankful" or "ready to show thanks." There is a feeling of being with gratitude, it occurs in the moment and it lives in the present. When one lives in the "now" with thankfulness, the other virtues like compassion, adoration, empathy, trustworthiness,

thoughtfulness and trust are extremely available to them in that moment. Gratitude is just a mindful and being thankful for all the benefits and presents those can be credited to other people's kindness (McCullough, et al, 2001).

In throughout the past history many people have explained and gave many definitions to this one word. They made various different definitions and opinions for this word is not wicked, but as a science that has to have measure effects, positive psychology explains appreciation in such a means that it shows that it must gauge effects. Gratitude is a quality, emotion/feeling, or personality trait of being thankful. The appreciation of a tendency to return kindness. when you are able to recognize and recall all the fantastic gear in your life you will feel happier. In scientific view gratitude is a positive emotion not only an action (McCullough et al (2004). The way of appreciating keeps us focused on what we before and tolerate in life. The term gratitude originated from Latin word "gratia" which means favor and 'gratus meaning pleasing. All these words which came from Latin word, they all meant "to do with compassions, generousness, presents, and the happiness of getting something for nothing" (Prayer, 1976) we all are aware of this feeling of gratitude, when we receive gifts we associate thankful by saying "thank you" who has given this kindness to us. The purpose of gratefulness is to synchronized to people, and in addition to generic (nature) or non-human sources (God, creatures, the universe) Lane & Anderson (1976).

Spiritual Experiences

A devoted knowledge sometimes branded as a spiritual experience, spiritual experiences, or magical experiences. It is a subjective practice which is interpreted in a sacred framework. James was mainly involved in instruct holy experiences He said that devout experiences were only human being experiences: Religious happiness is happiness and dutiful reverie is trance. An increased affectability to spiritually concerns has turned out to be one of the characterizing attributes of current culture (Roof, 1993). Spirituality is all about being aware of, giving meanings and expression to one's inner selves, it is a power of acknowledging our inmost foundation of being (Roof, 1993). In a common phrase spirituality is believed as explore for meaning, for solidarity, connectedness to nature, humankind and the excellence of the divinity. Religion is a contract trust or faith community with lessons and accounts that upgrades the seek for the holiness and inspire morality (Dollahite, 1998).

Many studies found that people attending more religious services was the greatest reliability of correlation with individual well-being (Ferriss 2002), even some educations/studies found the internal or divine proportions of religion have positive relation to comfort or well-being (Ellison 1991; Greeley and Hout 2006; Krause 2003).

Life satisfaction

“Life satisfaction is an overall assessment of feelings and attitudes about one's life at a particular point in time ranging from negative to positive. It is one of three major indicators of well-being; Life satisfaction, positive effect, and negative effect” (Diener 1984)

Life satisfaction includes mostly the complete person's life and all the facets of life. Life satisfaction is the supremacy of positive state of mind in the everyday life and it means, to be decent in diverse opinions likewise cheerfulness and moral. Life satisfaction is important for present hectic/confused life, without gratification one can have no ability lead a passive and flourishing life. So it means that one should acquire to breakdown worries, pressures and worries of everyday life, besides all these will disrupt one being. (Veenhoven ,1996)

Life fulfillment alludes to a judgmental procedure, in which people survey the nature of their lives based on their own novel arrangement of criteria (Pavot & Diener 2009).

Objectives

1. To examine the relationship between gratitude and life satisfaction.
2. To examine the relationship between gratitude and spiritual experiences
3. To examine the relationship between spiritual experiences and life satisfaction
4. To examine gender difference among orphans on life satisfaction.
5. To examine gender difference among orphans on spiritual experience.
6. To examine gender difference among orphans on gratitude.

Hypotheses

1. H1 There exists significant relationship between gratitude and life satisfaction.
2. H2 There exists significant relationship between gratitude and spiritual experiences.
3. H3 There exists significant relationship between life satisfaction and spiritual well-being.
4. H4 There exists significant difference on spiritual experience among orphans with respect to gender.
5. H5 There exists significant difference on gratitude among orphans with respect to gender.
6. H6 There exists significant difference on life satisfaction among orphans with respect to gender.

METHODOLOGY

Participants

Sample comprises of (N=200) orphan from different orphanages of Uttarakhand (Garhwal region). The sample further divided on the basis of gender (i.e., male and female) as well as on single parent individual and orphans. Age ranged from 15-21, and the sample was collected by the convenient sampling method.

Tools

1. Gratitude questionnaire: This scale was developed by Michael E. McCullough, Robert A. Emmons & Jo-Ann Tsang (2002). Which contains 6 items (1 to 7-point scale). It is a Likert-type scale which ranges between 1 (strongly disagree) to 7 (strongly agree). There are two items which are reverse. This scale assesses the extent to which the person experiences the gratitude in daily life. GQ-6 helps us to find out the level of thankfulness in a person. It will take less than 5 minutes and there is no such time limit.

2. Multi-Dimensional Students Life Satisfaction Scale (MSLSS): The MSLSS was developed by Hueber in 1994. It contains 40 items. The MSLSS was developed to assess the multidimensional profile of children's life satisfaction, these different assessments can help us to get better diagnostics, preventions and interventions. This scale was basically constructed to assess children's, level of life satisfaction. This is Likert-type scale, which can be used on groups as well as individually. This scale contains several subscales as family, friends, school, living environment and self.

3. Spiritual Experiences Index-Revised (SEI-R) This scale was developed by Dein (2005) it contains 23 items with 6-point scale, which ranges between strongly agree to strongly disagree. That measures the person's faith in god and spirituality level by using Likert-type questions. The SEI-R is a revised version of Spiritual Experiences Scale which contained 38 items, SEI-R is a shorter version of SEI. It contains two subscales, Spiritual Support (13 questions) and Spiritual Openness (10 questions). It contains few reverse items also in sos, 1, 3, 7 and 10th items.

Result and discussion

Table 1.1: Relationship of gratitude and spiritual experiences with life satisfaction among orphans.

| | Gratitude | Spiritual Experience | Spiritual Support | Spiritual Openness | Life Satisfaction |
|----------------------|-----------|----------------------|-------------------|--------------------|-------------------|
| Gratitude | 1 | .273** | .279** | .188** | -.434** |
| Spiritual Experience | | 1 | .564** | .914** | -.349** |
| Spiritual Support | | | 1 | .180** | -.256** |
| Spiritual Openness | | | | 1 | -.290** |
| Life Satisfaction | | | | | 1 |

**P<.01, *P< .05

Results in the table no. 1.1 shows positive significant correlation between Gratitude and Spiritual Experience ($r = .273, P < .01$), this result supports my hypothesis (**H2**) as there exists positive significant correlation between Gratitude and Spiritual Experience. It means that the change in one variable (Gratitude) brings change in other variable (Spiritual Experience) too. This says that if a person is more gratitude then he or she will have more Spiritual Experience. There is a positive significant correlation between Gratitude and Spiritual Support ($r = .279, P < .01$). In Gratitude and Spiritual Openness, the total scores are ($r = .188, P < .01$) which explains that there exists a positive significant correlation between Gratitude and Spiritual Openness. The score shows negative significant correlation between Gratitude and Life satisfaction ($r = -.434, P < .01$) thus the result supports my hypothesis (**H1**) as there exists significant relationship between Gratitude and Life Satisfaction. Result shows positive significant correlation between Spiritual Experience and Spiritual Support ($r = .564, P < .01$), as well as positive significant correlation between Spiritual Experience and Spiritual Openness ($r = .914, P < .01$). And the scores show negative significant correlation between Spiritual Experience and Life Satisfaction ($r = -.349, P < .01$). This result supports my hypothesis (**H3**) as there exists significant relationship between life satisfaction and spiritual experience.

Result shows positive significant correlation between Spiritual Support and Spiritual Openness ($r = .180, P < .01$), And the scores show negative significant correlation between Spiritual support and Life Satisfaction ($r = -.256, P < .01$).

And the scores show negative significant correlation between Spiritual Openness and Life Satisfaction ($r = -.290, P < .01$).

Table 1.2: Showing difference between male and female on Gratitude among orphans.

| | Gender | N | Mean | SD | df | t-value | P |
|-----------|--------|-----|-------|------|-----|---------|------|
| Gratitude | Male | 93 | 28.72 | 5.35 | 198 | .189 | .850 |
| | Female | 107 | 28.88 | 6.34 | | | |

** $P < .01$, * $P < .05$

In this table the Mean value for male is 28.72 and 28.88 for female. The t value is .189 and whereas the p value is .850. It shows that male and female do not differ on gratitude because the p value is larger than .05

Table 1.3: Showing difference between male and female on Spiritual Support among orphans.

| | Gender | N | Mean | SD | df | t t-value -value | P |
|----------------------|--------|-----|-------|-------|-----|---------------------|--------|
| Spiritual support | Male | 93 | 39.26 | 5.558 | 198 | 2.548 | .012** |
| | Female | 107 | 41.26 | 5.489 | | | |

**P<.01, *P< .05

Table 1.3 exhibits mean value for male is 39.26 and 41.26 for female. The t value is 2.548 and whereas the p value is .012. It shows significant difference on Spiritual support among orphans with respect to gender difference.

Table 1.4: Showing difference between male and female on Spiritual Openness among orphans.

| | Gender | N | Mean | SD | df | t-value | P |
|-----------------------|--------|-----|-------|--------|-----|---------|--------|
| Spiritual openness | Male | 93 | 53.41 | 12.845 | 198 | 3.75 | .000** |
| | Female | 107 | 59.27 | 9.138 | | | |

**P<.01, *P< .05

The Mean value for male is 53.41 and 59.27 for female. The t value is 3.75 and whereas the p value is .000. The result shows significant difference ($r = 3.75$, $p < .01$) on Spiritual openness among orphans with respect to gender. Female exhibits more spiritual openness as compare to males.

Table 1.5: Showing difference between male and female on Life Satisfaction among orphans.

| | Gender | N | Mean | SD | df | t-value | P |
|----------------------|--------|-----|-------|--------|-----|---------|-------|
| Life satisfaction | Male | 93 | 73.81 | 19.134 | 198 | 1.943 | .053* |
| | Female | 107 | 69.03 | 15.639 | | | |

**P<.01, *P< .05

Table 1.5 indicates that the mean value for male is 73.81 and 69.03 for female. The t value is 1.943 and whereas the p value is .053. It shows significant difference on life satisfaction among orphans with respect to gender. Males orphans are more satisfied with their life as compare to their female counterparts.

Table 1.6 Showing difference between age groups on Gratitude, Spiritual experiences and Life Satisfaction among orphans

| | Age | N | Mean | SD | df | t-value | P |
|--------------------------------|----------------------------|-----|-------|--------|-----|---------|-------|
| Gratitude total | Middle adolescence (15-17) | 88 | 99.68 | 10.829 | 198 | 2.640 | 0.009 |
| | Late adolescence (18-21) | 112 | 94.66 | 15.035 | | | |
| Spiritual total | Middle adolescence (15-17) | 88 | 67.66 | 15.539 | 198 | - 2.648 | 0.009 |
| | Late adolescence (18-21) | 112 | 74.11 | 18.420 | | | |
| Life satisfaction total | Middle adolescence (15-18) | 88 | 41.02 | 4.932 | 198 | 1.568 | .118 |
| | Late adolescence (18-21) | 112 | 39.78 | 6.034 | | | |

**P<.01, *P< .05

The Mean value for middle adolescence is (M=99.68) and for Late adolescence is (M=94.66). The t value is 2.640 and whereas the p value is 0.009. It shows highly significant difference in Gratitude among age difference in orphans, as T-value is (2.640 > .009) than P value.

The Mean value for middle adolescence is (M= 67.66) and for Late adolescence is (M=74.11). The t value is 2.648 and whereas the p value is 0.009. It shows highly significant difference in Spiritual Experiences among age difference in orphans, as T-value is (2.648 > 0.009) than P value.

The Mean value for middle adolescence is (M= 41.02) and for Late adolescence is (M= 39.78) The t value is 1.568 and whereas the p value is .118 there exists no significant difference in Life Satisfaction among age difference in orphans, as T-value is (1.568> .118) than P value

CONCLUSION

The present study aimed to find out the relationship between gratitude, spiritual experiences and life satisfaction. It also purports to investigate the difference on gratitude, spiritual experiences and life satisfaction among orphans with respect to gender. To serve the purpose, 200 orphans have been selected from different orphanages of Uttarakhand. After the completion of data collection procedure, it was analyzed using appropriate statistical analysis. Following are the results after analysis:

- The result shows positive significant correlation between Gratitude and Spiritual Experience.
- There exists positive significant correlation between Gratitude and Spiritual Experience
- There is a positive significant correlation between Gratitude and Spiritual Support
- Result shows positive significant correlation between Spiritual Support and Spiritual Openness
- The score shows negative significant correlation between Gratitude and Life satisfaction
- There exists is no significant difference on Gratitude on among gender difference (male and female).
- It shows significant difference in Spiritual support among gender difference.
- It shows significant difference in Spiritual openness among gender difference in orphans.
- All the three groups indicate that age they did not differ on gratitude, there exists no significant difference.
- All the three groups are having positive significant difference when compared different age groups on spiritual experiences.

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