

A Comparative Study of Spirituality and Psychological Well-Being among Senior Secondary Male and Female Students

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Abstract : Nowadays most of the researchers focused on adolescents that were the most crucial and critical stage of their life's. In this study, we want to know to what extent does spirituality and psychological well-being plays a vital role in adolescent's life, and to what extent both were correlated. The first objective of the present study is to examine difference between the mean scores of male and female students on spirituality and Psychological well-being. The second objective of this study is to find out the relationship between Spirituality and Psychological Well-being. The participants of the present study comprised N=100 students who are further divided n=50 male and n=50 female and they were from senior secondary schools and recruited from Metropolitan cities, their age ranged from 13 to 18 years. Data were collected through Spirituality questionnaire and Psychological well-being questionnaire. Results showed that there was insignificant difference between male and female students on spirituality and significant difference between male and female students on psychological well-being. Relationship showed that there was positive correlation between spirituality and psychological well-being. Result was analyzed by SPSS version 20.0 software. Insignificant difference was found between males and females students on Spirituality and significant difference showed between males and females students on Psychological well-being. There was positive correlation between Spirituality and psychological well-being.

Keywords : spirituality, psychological well-being, male and female, students

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