

## A Study of Religiosity and Mental health among college students

\*Akolkar A. Awin

Research Scholar

Dr. B. A. M. University Aurangabad

### Abstract

*Present research to study of Religiosity and mental health among male and female college students. By employing a sample of 100 subject in which 50 subject were male college students and 50 were selected from female college students. All subjects included in the study from Jalna district from various colleges. The first dependant variable Religiosity was measured by standardized test. Religiosity Scale developed by Bhushan's (1970) scale was used to measure religiosity and second standardized tool was Mental Health Inventory developed by Dr. Jagdish and Dr. Srivastava. Analysis of data descriptive statistics Mean, SD and t – test was used. After analysis of the data following results was drawn. Male and female college students for religiosity score is value of t score = 3.46 this is statistically significant ( $p < 0.01$ ). Male and female college students for mental health score is  $t = 3.46$  this is statistically significant ( $p < 0.01$ ). Subjects from male and female college students differ significantly among themselves on the dependant variable Religiosity and Mental health. The result reveals that religiosity was found to be significantly positively correlated with religiosity mental health scores from male and female college students ( $r = .246, p < 0.05$ ).*

**Keywords:** Religiosity, Mental Health, Religiosity Scale, Mental Health Inventory

Psychology of religion has been captivated by how religion relates to health, happiness, and various problems. The guiding research question seems to be "What are the practical implications of knowledge about the role of religion in enhancing and retarding personal and societal well-being?" The focus is not on what people should believe, but on how they utilize their beliefs in dealing with life's problems. Psychologically, the idea of dependence upon a supreme controlling power comes into being as a result of man's inability to exert his physical as well as psychological strength. The assumption that there is a powerful hand governing the destinies of human and the universe, truly necessitates surrender and dependence. Webster's new universal dictionary of the English defines the world in this vein and states that religion is

the, "recognition of the part of man, of a controlling superhuman power entitled to obedience, reverence and worship. The feeling or the spiritual attitudes or those recognizing such as controlling power". Four dimensions of spirituality that influence the functionality of a human being: First dimension cognitive interpreting life's happenings through spirituality, accepting the past, appreciating the present, and looking hopefully to the future; Second dimension behaviorist the religious rituals and practices through which the individual sees himself, the others and the community. Third dimension affective spirituality breeds hope, love, care, security. Fourth dimension developmental living spirituality throughout life, as the individual integrates the lessons and experiences of life.