

Introduction

According to WHA31.13 passed by the World Health Assembly in 1984, urges all states to include a spiritual dimension in their Health For All strategies. The definition of spirituality and religiosity have an overlap. Religion institutionalises faith and provides a philosophical orientation to it. While spirituality is a pure state of transcendental consciousness which liberates humans from body-centric ego and helps identifying the self with the cosmos becoming one with the elements. It is important to study the effect of the religious and spiritual aspects on the self rated health and subjective wellbeing.

Objectives

To understand the effect of the religiosity and spirituality factors on the self-rated health and subjective wellbeing.

Results

- As importance of God in life decreases, odds of having fair health with respect to good health decreases.
- The odds of having poor health increase with decrease in frequency of thinking about meaning and purpose of life, and of attending religious services.
- The odds of people being not happy decreases as the importance of God in life goes from rather importance to not at all important.
- The same odd increases with the decrease in the frequency of thinking about meaning and purpose in life.
- The odds of being not satisfied decreases with the decrease in importance of religion or God in life.
- An increase in the odds of being not satisfied with the decrease in the frequency of thinking about meaning and purpose in life.
- Also an increase in being dissatisfied with a decrease in the frequency of attending religious services.

Data

Study is based on the 6th Wave of World Values Survey conducted during 2010-14.
Religions: Christianity, Islam, irreligious affiliation, Hinduism and Buddhism.

Countries: India, USA, Romania, Iran, Brazil, Thailand.

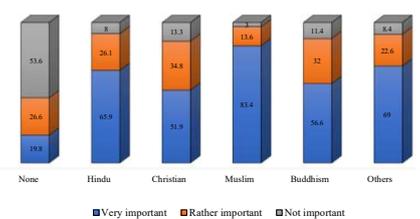
Dependent Variables: Self rated health and subjective wellbeing (feeling of happiness and satisfaction with life)

Independent Variables: Importance of religion, God in life; Thinking about meaning and purpose of life, Frequency of attending religious services, and of praying

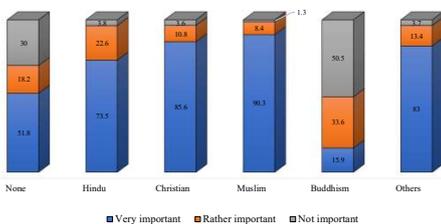
Methods: Multinomial logistic regression has been used to examine the effects of the religious and spiritual variables.

If you know the why of your life, you can live with any what and how.

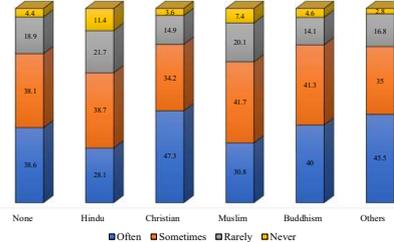
Importance of Religion in life



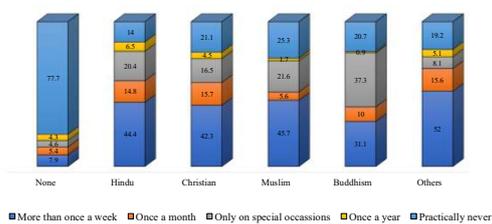
Importance of God in life



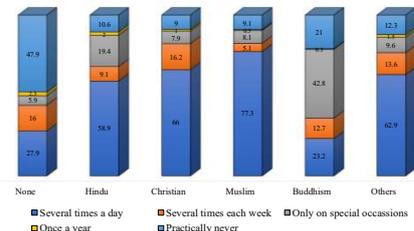
Thinking about meaning and purpose of life



Frequency of attending religious services



Frequency of praying



Conclusion

- A positive relation between religious and spiritual variables with self rated health, level of happiness and satisfaction with life.
- People who are non-believer are happier and more satisfied in life compared to the ones who identify themselves with a religion but don't follow the customs associated with it.

Following God can help you achieve mental peace only when you surrender yourself wholly and trust the divine process.

A person who believes in hard work and their own karma also lead a better and peaceful life than a person whose belief is half hearted.

References

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