

**A STUDY OF RELIGIOUS ORIENTATION AND PERFORMANCE
AMONG UNIVERSITY STUDENTS**

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ABSTRACT

The role of religion is undeniable in the life of mankind since their existence. It is an acknowledged fact that religious minded people performed better in every walks of life with negligible worries. The study is an attempt to examine the effects of religious orientation on performance students at university level. The students of university of education Faisalabad campus were the population of the study. For this purpose, 309 students were randomly selected form six departments. They were further subdivided from social sciences 123 students and basic sciences 186 students. There were one hundred and eighty-one students belonged to males and one hundred and twenty-eight students belonged to female category. The adapted instrument Religious Orientation Scale [ROS] was used. Data were analyzed using SPSS 24. Pearson r, t-test and ANOVA were applied for the results. The findings of the study showed that university students have strong values of religious orientation. Female students have greater achievement score and religious orientation than that of males. Basic sciences students were found to have greater achievement score than that of social sciences students. There is a strong

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positive correlation exists among intrinsic, extrinsic and overall religious orientation. It is suggested that in order to promote spiritual well-being through religious orientation, seminars and workshops in higher educational institutions may be conducted.

KEYWORDS: Religious Orientation, Performance, Spiritual wellbeing

Introduction

The word Religion derived from Latin word Religio which means restraint. According to Cicero, to read again, to repeat, or Religionem to show esteem for sacred. Religion is a planned system of practices and beliefs that revolves around spiritual experiences¹

Over the human history, religion is practiced in any form. Religion has always been inveterate the most important human need.²

According to William James³

Religion and love strengthen the grandeur, dignity, tolerance, patience, confidence and believes among individuals about religious feelings resulted in smooth and comforted life.

Religion is systematized structure of belief, rituals, symbols and practices made to accommodate and facilitate human beings to abide the supreme authority of Almighty Allah to promote positive relationship and with other living beings.⁴

Human beings, since their existence know the role and importance of religion to understand the life events and psychological adjustment in everyday life activities. Psychologists perceived the religion as a basis of

¹Mark Joshua J., "Religion in the Ancient World". www.ancient.eu/religion/ (2018)

² Najar Irshad Ahmad, Najar Arshid Ahmad, and Sultan, Iflah (2018). A Study of Religious Orientation and Mental Health among University Students with Reference to Gender. *International conference on research developments in arts, social sciences, and humanities*, 385-393.

³ James William, "The Varieties of Religious Experience". New York: Longman. (1902).

⁴ Koenig Harold George, McCullough Michael E. and Larson David B., "Handbook of Religion and Health". New York, NY. (2001).

constancy of an uncertain world and for the contribution of positive mental health. It is interesting to study the role of religious beliefs and psychological well-being. The main contribution of researchers in the psychological health, is the momentous relationship between psychological well-being and religiosity. The religious practice has positive effect on happiness and overall sense of individual well-being.

Many students experienced stress when they live busy lives and the demands of studies and work to save time for family and friends. The stress has become a way of life. All people experienced occasional stress when getting ready for exams, complete paper, preparation for an interview. The stress in prolonged period of time may lead to certain health risks.⁵

The workload in university life involved more than college and school activities as teachers and parents have less hand-holding for students. The challenging classes, less coordination, difficult exams and countless academic problems lead to arise mental health issues among students. Many novice students find it difficult to study long hours. The freshmen face crucial challenges that involve their entire academic support behind, creating a new social interaction, problems to live far from home, find less parental support and social stress. All these challenges lead to substantial stress and low academic performance among learners.⁶

Review of Related Literature

According to Richaudde and Sacchi⁷

The relationship between mental health and religion orientation has important pros and cons for students. Sigmund Freud during 20th century, investigate the venomous effects of religion on psychological development and projected that religion is only an illusion with no future. Making the Freud's judgement strong, Richard developed a group of fundamentalists to help people to overcome their emotional distress that prevailed by conservative religious reactions. Another counselor, Donald Slot, warned

⁵ Baqutayan Shadiya Mohamed Saleh, "The importance of religious orientation in managing stress". *International Journal of Psychological Studies* 3 No. 1 (2011): 113-121.

⁶ Walker Kieron, "What are the Common Causes of Stress in College Students". (2008).

⁷ Richaud de Minzi Maria Christina, and Sacchi Carla, "Coping Assessment in Adolescents". *Journal of Adolescence*. (2001).

the public about bad effects of the term religious addiction.⁸

According to Islam, religion is a combination of belief “Iman”, act “Amal”, and adoration “Ibadah”. In crucial circumstances, the adjustment seemed to better anticipated by religious handling than by common religious alignment.⁹

The religious managing strategies have differential associations with outcomes of various demanding circumstances.¹⁰

Thus, religious management appeared to be an uncertain miracle which does not automatically involve beneficial outcomes. The positive religious approaches reflect a constructive and confident turning to religion for care and beneficial coping for stressful life living people. On the other hand, negative religious aspirations show a religious doubt and struggle that leads to mal-adaptive.¹¹

Many studies revealed that religious orientation is associated with mental health and academic performance.¹²

While intrinsic religious orientation perceived as less stress quality.¹³

⁸ Maloney Bridget A., “Distress among the Legal Profession: What Law Schools can do about it”. *Notre Dame Journal of Law, Ethics, and Public Policy*, 15, (2001): 307-331.

⁹ Pargament, Kenneth I., “God Helps Me: Toward a Theoretical Frame Work of Coping for the Psychology of Religion”. *Journal for the Scientific Study of Religion* 2, (1985): 195- 224.

¹⁰ Zwingmann Christian, and Murken Sabastian, “Coping with an Uncertain Future: Religiosity and Millenarianism”. *Archives for Religions Psychology* 23 (2000): 11–28.

¹¹ Ano Gene G., and Vasconcelles Erin B., “Religious Coping and Psychological Adjustment to Stress: A meta-analysis”. *Journal of Clinical Psychology* 61 (2005): 1–20.

¹² McCullough Micheal E., Hoyt William T., Larson David B., Koenig Harold G., and Thoresen Carl, “Religious Involvement and Mortality: A Meta-Analytic Review”. *Health Psychology* 19 (2000): 211–222.

Smith Temothy B., McCullough Michal E., and Poll Justin, “Religiousness and Depression: Evidence for a Main Effect and a Moderating Influence of Stressful Life Events”. *Psychological Bulletin* 129 (2003): 614-636.

¹³ Pollard Lawanda J. and Bates, Larry W., “Religion and perceived stress among undergraduates during fall 2001 final examinations”. *Psychological Report* 95 (2004): 999-1077.

The women have higher score than men in performing of religious activities. It may be told that women tend to be more religious than that of men.¹⁴

The individual differences in religious orientation related to variation in personality, religious experiences, happiness, and showing nonreligious attitude.¹⁵

The extrinsic orientation with religion provides powerful participation in group activities.¹⁶

The security, comfort, and societal status is the feature of religion in religious activities.¹⁷

According¹⁸, religious orientation has positive correlation with depression and locus of control among females with high intrinsic religiosity than that of males. On the other hand¹⁹ Examined that males and females have same level of intrinsic orientation and extrinsic orientation.

According to²⁰ the students had moderate level of strain, stress, and religious orientation. Male and female scholars have different perceptions about religion and females are more religious than that of male students. Females indicated strong intrinsic religiosity than that of males²¹

The religious orientation has significant gender differences. It is surprising to mention

¹⁴ Baqutayan Shadiya Mohamed Saleh, "The importance of religious orientation in managing stress". *International Journal of Psychological Studies* 3 No. 1 (2011): 113-121.

¹⁵ Lewis Christopher Alan, Maltby John, and Day Liz, "Religious orientation, religious coping and happiness among UK adults". *Personality and Individual Differences* 38 No. 5 (2005): 1193-1202.

¹⁶ Genia Vicky, and Shaw Dale G., *Religion, Intrinsic Extrinsic Orientation and Depression*. *Review of Religious Research* 32 (1991): 274-283.

¹⁷ Lewis Christopher Alan, Maltby John, and Day Liz, "Religious orientation, religious coping and happiness among UK adults". *Personality and Individual Differences* 38 No. 5 (2005): 1193-1202.

¹⁸ Cirhinlioglu Fatma Gul, & Özdikmenli-Demir Gozde, "Religious Orientation and its Relation to Locus of Control and Depression". *Archive for the Psychology of Religion* 34 (2012): 341-362.

¹⁹ Biesinger Rick, and Arikawa Hiroko, "Religious Attitude and Happiness among Parents of Children with Developmental Disabilities". *Journal of Religion, Disability & Health* 11 No. 4 (2008): 23-34.

²⁰ Baqutayan Shadiya Mohamed Saleh, "The importance of religious orientation in managing stress". *International Journal of Psychological Studies* 3 No. 1 (2011): 113-121.

²¹ Ozdemir Fatih, "The Predictive Power of Religious Orientation Types on Ambivalent Sexism". *Journal of Psychology (NPD)* 4 No. 7 (2016): 89-107.

that women are more religious minded than men in religious practices²²

Many pro-gender equality activities, the intellectual development and modernization desires, many nations still protect their male-dominance²³ and gendered appearances²⁴

On the World Economic Forum, global gender gap index (2014) ranked Turkey on 125th position from 142 nations for masculine values about male dominance and female subordination in society. In Turkey, the people live in gender based classified culture with traditional, religious and conservative philosophies²⁵

Rectitude culture promote patriarchal values as paternal rule that men dominated and controlled women in ideological and social structures²⁶

Males are perceived as an authority symbol in various life contexts²⁷

The gender hierarchy shaped the nature of femininity and masculinity notions. The prime features like independence, self-sufficiency, dominance, strong nature indicators and leadership capacities are the features of masculinity. On the other hand, dependency, passiveness, warm, tenderness, gentle, sympathy, affectionateness and cares are associated with femininity in many nations' especially religious oriented nations.²⁸

Turkish men perceived women as immature, emotional, and reliant on, ignorant, obedient, less IQ and weak than men. It may be stated that masculinity deals with rational, logical, active, and autonomous while femininity is concerned with emotional, passive, connected, and illogical ideas from both poles.²⁹

²² Vaus David D. and McAllister Ian, "Gender Differences in Religion: A Test of the Structural Location Theory". *American Sociological Review* 52 (1987): 472-481.

²³ Glick, P., Sakallı-Uğurlu, N., Akbaş, G., Metin-Orta, I., & Ceylan, S. (2015). *Why do women endorse honor beliefs? Ambivalent sexism and religiosity as predictors*. *Sex Roles*, 1-12.

²⁴ Sakallı-Uğurlu, Nuray, Zeynep Sila Yalcın, and Glick Peter, "Ambivalent Sexism, belief in a Just World, and Empathy as Predictors of Turkish Students' Attitudes toward Rape Victims". *Sex Roles* 5 No. (11/12) (2007): 889-895.

²⁵ Cagaptay Soner, "Islam, secularism and nationalism in modern Turkey: Who is a Turk?" *London: Routledge*. (2006).

²⁶ Walby Sylvia, "Theorizing patriarchy". *Oxford: Basic Blackwell*. (1990).

²⁷ Ali Tazeen S. Krantz Gunilla, Gul Raisa, Asad Nargis, Johansson Eva, Mogren Ingrid, "Gender roles and their influence on life prospects for women in urban Karachi, Pakistan: A qualitative study". *Glob Health Action* (2011): 4-10.

²⁸ Ozkan Turker, and Lajunen Timo, "Masculinity, Femininity, and the Bem Sex Role Inventory in Turkey". *Sex Role* 52 No. 1 (2005): 103-110.

²⁹ Carreiras Helena, "Gender and the Military: A Comparative Study on the Participation of the Women in the Armed Forces of Western Democracies. *Doctoral Dissertation, European Research Institute, Florence*. (2004).

The great religions have more stress on equal rights of mankind. When spiritual dissertations are assessed, it is known that some people do not equal to others. The evidence from Holy Qur'an revealed (al-Baqarah, 2:228; al-Nisa, 4:1; al-An'am, 6:164, al-Ahzab, 33:35) the equal rights of mankind and democratic gender structure. Both gender by virtue are Allah's creatures. Both have equal rights and are rewarded in the life after death.³⁰

Islamic beliefs justify the male supremacy and inferiority for women (Anwar, 2006). The virtuous women are true devotee's, who are protector of affection (al-Nisa, 4:34). One brother has share equal to two sisters (al-Nisa, 4:176). According to Holy Qur'an, the features of a perfect woman as subservient and obedient.

The study of Touseef³¹

Revealed a negative relationship between depression and anxiety with intrinsic religious orientation while extrinsic orientation revealed no correlation. Gender did not show any difference between depression and anxiety. Males are extrinsically religious oriented and females were shown as intrinsically oriented.

A significant correlation exists between religious orientation and spiritual well-being. Spiritual health strengthens the religious orientation.³²

Many researches revealed the positive impact of religion on mental health of respondents.³³

³⁰ Anwar, E. (2006). *Gender and self in Islam*. Oxon: Routledge.

³¹ Touseef, R. (2015). *Examining the Relationship between Depression, Anxiety and Religious Orientation in Kashmir University Students, India*. *International Research Journal of Social Sciences*, 4(5), 1-4.

³² Haghghi Morteza, Rahmati-Najarkolaei Fatemeh Ansarian, Ahmad, and Mesri, Mehdi, "Correlation between Spiritual Wellbeing and Religious Orientation among Staffs of one Military Medical University". *Journal of Health Policy and Sustainable Health* 1 No. 4 (2014): 137-140.

³³ Masters K. S., Hill R., Kircher J., Benson Lensegrav, and Fallon J., "Religious Orientation, Aging and Blood Pressure Reactivity to Interpersonal and Cognitive Stressors". *Annals of Behavioural Medicine* 28 No. 3 (2004): 171-178.

Pieper Joseph, *Religious Coping in Highly Religious Psychiatric Inpatients*. *Mental Health, Religion and Culture* 7 No. 4 (2004): 349-363.

Smith Timothy B., McCullough Michal E., and Poll Justin, "Religiousness and Depression: Evidence for a Main Effect and a Moderating Influence of Stressful Life Events". *Psychological Bulletin* 129 (2003): 614-636.

Religious orientation, religious affiliation and academic pressure have significant correlation.³⁴

Religious orientation promotes an ultimate destination in living style. It is an effort to tolerate the spirituality in demanding situations. The stronger religious orientations have better access to cope with spiritual support, religious appraisals and meditation lead live better mental and physical health.³⁵

Religious beliefs have inspiration in personal growth in improving physical and mental health. They linked with individual tolerance and able to revitalize aimless life of a person.³⁶

The spiritual well-being is linked to religious orientation. An Islamic lifestyle means spreading and institutionalizing Islamic arrangements at personal and social levels that changes patterns of individual behaviors. The students are needed to practice the religious beliefs regularly in their lives like honesty, truth, responsibility and sense of accountability at university level. The teachers and religious scholars should inculcate the sense of religiosity among students during their lectures to improve the mental health and spiritual well-being.³⁷

Some studies do not have significant differences on mental health and intrinsic religious orientations with gender among university students.³⁸

³⁴ Almeida, Claudia Da Silva, “*Religious Orientation and Pressure in Undergraduate Engineering Students*”. Unpublished Masters dissertation in Clinical Psychology, Faculty of Humanities, University of the Witwatersrand. (2006).

³⁵ Pargament, Kenneth I., “The psychology of religion and coping: Theory, research and practice”. New York, Guilford Press. (1997).

³⁶ Motamedi, A, Ajeyi. G, Falah, P., and Kiamanesh, A., “Studying relationship between religious orientation and successful agedness”. *Scholar 12* (2005): 43-56.

³⁷ Haghghi Morteza, Rahmati-Najarkolaei Fatemeh Ansarian, Ahmad, and Mesri, Mehdi, “Correlation between Spiritual Wellbeing and Religious Orientation among Staffs of one Military Medical University”. *Journal of Health Policy and Sustainable Health* 1 No. 4 (2014): 137-140.

³⁸ Najar Irshad Ahmad, Najar Arshid Ahmad, and Sultan, Iflah (2018). A Study of Religious Orientation and Mental Health among University Students with

The human beings developed naturally and educationally and they get more orientations from religion.³⁹

Academic Performance is the knowledge attained by the competence in in an institution and usually measured by standardized tests and are expressed in grades approved through pupils' performance.

Objectives of the Study

Following objectives were made for the study:

1. To explore the level of religious orientation among university students.
2. To find the effect of religious orientation on the performance of university students.
3. To trace out the difference in religious orientation among university students.
4. To explore gender wise difference in academic performance at university students.

Research Questions

The research questions designed for the study were as under:

RQ1: What is the level of religious orientation among university students?

RQ2: What is the difference in academic performance in gender of students at university level?

RQ3: What is the academic performance difference between social sciences and basic sciences university students?

RQ4: What is the difference in religious orientation between gender of university students?

RQ5: What is the significant impact of different classes on the performance of university students?

RQ6: What is the relationship between religious orientation and students' performance?

Research Design

The study was descriptive in nature. Survey method was utilized to investigate the perceptions of students about religious orientations and its impact on students' performance.

Reference to Gender. *International conference on research developments in arts, social sciences, and humanities*, 385-393.

³⁹ Khodadady Ebrahim, and Saadi Naeimeh Sherkat, "Religious Orientation and English Language Proficiency". *International Journal of Psychology and Behavioral Sciences* 5 No. 1 (2015): 35-47.

Population and Sample

The students of BS level belonged to university of education were the population of the study. There were 3000 students studying in the university Faisalabad campus. The sample selected from the population was ten percent. So, 309 students were randomly selected from six classes of the university. They were further subdivided from social sciences 123 students and basic sciences 186 students. There were one hundred and eighty-one students belonged to males and one hundred and twenty-eight students belonged to female category.

Instrumentation

The study was conducted by using an instrument Religious Orientation Scale [ROS]. This scale was used by.⁴⁰

The scale has 18 Likert type items with equal distribution of intrinsic religious orientation and extrinsic orientation. The performance was measured using the results of students obtained by them in previous semester. The instrument was validated by panel of educational experts and pilot tested on fifty students other than the sample. The reliability of the instrument was computed as .802.

Data Analysis

The data were analyzed with the help of statistical software. Descriptive as well as inferential statistic was used for the study. Pearson r, t-test and ANOVA were applied for data analysis.

RQ1: What is the level of religious orientation among university students?

Table 1

Mean and Standard Deviation Values of Indicators of Religious Orientation

Values	Extrinsic Religious Orientation	Intrinsic Religious Orientation
Mean	3.6505	3.6037
Std. Deviation	.59352	.63450

The table 1 revealed that university students have strong values of religious orientation. The mean value of extrinsic religious orientation was

⁴⁰ Haghghi Morteza, Rahmati-Najarkolaei Fatemeh Ansarian, Ahmad, and Mesri, Mehdi, "Correlation between Spiritual Wellbeing and Religious Orientation among Staffs of one Military Medical University". *Journal of Health Policy and Sustainable Health* 1 No. 4 (2014): 137-140.

3.650 with sd value .593. The mean value of intrinsic religious orientation was 3.603 with sd value .636.

RQ2: What is the difference in academic performance between gender of university students?

Table 2

Difference in Academic Performance Between Gender of University Students

	Gender	N	Mean	Std. Deviation	t	p
Achievement	Male	181	71.50	6.662	-2.551	.011*
	Female	128	73.51	7.051		

*P<0.05

According to table 2, t-test was applied to explore the difference among gender of university students about achievement score. It revealed a statistically significant difference between gender of students with respect to performance. The overall mean achievement score of male students (M = 71.50, SD = 6.662) and female students (M = 73.51, SD = 7.051, t(307) = -2.251, p<0.05). Females have higher achievement score than males in the sampled data. So the research question about the difference in achievement score between male and female university students answered in positive.

RQ3: What is the difference in achievement score between social sciences and basic sciences university students?

Table 3

Difference in Achievement between Social Sciences and Basic Sciences University Students

Indicator	Subject	N	Mean	Std. Deviation	t	p
Achievement	Social Sciences	123	71.06	6.943	-2.669	.008**
	Basic Sciences	186	73.17	6.736		

**P<0.01

According to table 3, t-test was applied to explore the difference among discipline of university students about performance. It revealed a statistically significant difference between social sciences and basic sciences students with respect to achievement score. The overall mean achievement score of social sciences students (M = 71.06, SD = 6.943) and basic sciences students (M = 73.17, SD = 6.736, t(307) = -2.669, p<0.01). Basic sciences students were found to have greater achievement score than that of social sciences students in the sampled data. So the research question about the difference in achievement score between

social sciences and basic sciences university students answered in positive.
 RQ4: What is the difference in religious orientation between gender of university students?

Table 4

Difference in Religious Orientation between Gender of University Students

Indicator	Gender	N	Mean	Std. Deviation	t	p
Religious Orientation	Male	181	3.571	.631	-2.252	.025*
	Female	128	3.706	.421		

*P<0.05

According to table 4, t-test was applied to explore the difference among gender of university students about religious orientation. It revealed a statistically significant difference between male and female students with respect to religious orientation. The overall mean achievement score of male students (M = 3.571, SD = .631) and female students (M = 3.706, SD = .421, t(307) = -2.252, p<0.05). Female students were found to have greater religious orientation than that of male students in the sampled data. So the research question about the difference in religious orientation between male and female university students answered in positive.

RQ5: What is the significant impact of different classes on the performance of university students?

Table 5

Impact of Different Classes on The Performance of Students

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	331.234	1	331.234	7.124	.008**
Within Groups	14275.096	307	46.499		
Total	14606.330	308			

**P<0.01

In table 5, a one-way between-group was conducted to explore the effect of different classes on students' performance. The participants were divided into five six classes' groups (Group one B. Ed. (Hons); Group two BS English; Group three BS Chemistry; Group four BS Physics; Group five BS Math; Group six BS Zoology). There was statistically significant difference at the p < .01 level in for the six age groups: F (1, 307) = 7.124, p = .008. So the research question about the significant impact of different classes on the performance of university students answered in positive.

RQ6: What is the relationship between students' performance and religious orientation?

Table 6
Relationship between Students' Performance and Religious Orientation

	Achievement	Extrinsic Or.	Intrinsic Or.
Achievement	1		
Extrinsic Orientation	.125*	1	
Intrinsic Orientation	.105	.648**	1
Religious Orientation	.127*	.901**	.914**

*p<0.05 and **P<0.01

Table 6 revealed the correlation among different indicators. It showed a significant correlation among all variables except for achievement and intrinsic motivation. There is a weak positive correlation among achievement score, religious orientation and extrinsic religious orientation. There is a strong positive correlation exists among intrinsic religious orientation, extrinsic religious orientation and overall religious orientation.

Findings and Conclusions

The current study supported most of the previous studies. The university students have strong values of religious orientation. Female students have higher achievement score than that of male students. The studies of ⁴¹

and ⁴²
 Practices⁴³

had same results. It revealed a statistically significant difference between

⁴¹ Baqutayan Shadiya Mohamed Saleh, "The importance of religious orientation in managing stress". *International Journal of Psychological Studies* 3 No. 1 (2011): 113-121.

⁴² Cirhinlioglu Fatma Gul, & Özdikmenli-Demir Gozde, "Religious Orientation and its Relation to Locus of Control and Depression". *Archive for the Psychology of Religion* 34 (2012): 341-362.

⁴³ Vaus David D. and McAllister Ian, "Gender Differences in Religion: A Test of the Structural Location Theory". *American Sociological Review* 52 (1987): 472-481.

social sciences and basic sciences students with respect to achievement score. Basic sciences students were found to have greater achievement score than that of social sciences students. It supported the previous studies conducted by.⁴⁴

A significant difference between gender of students with respect to religious orientation. Female students were found to have greater religious orientation than that of male students. These findings were opposite with the studies of⁴⁵ who examined that males and females have same level of intrinsic orientation and extrinsic orientation. There was statistically significant difference of classes on the performance of university students. There is a strong positive correlation exists among intrinsic religious orientation, extrinsic religious orientation and overall religious orientation.

The intrinsic religious orientation perceived as less stress quality and higher performance.⁴⁶

The women have higher score than men in performing of religious activities. It may be told that women tend to be more religious than that of men.⁴⁷

Future Implications of the Study

The spiritual well-being is linked to religious orientation. An Islamic lifestyle means spreading and institutionalizing Islamic arrangements at personal and social levels that changes patterns of individual behaviors. Thus, it is suggested that in

⁴⁴ McCullough Micheal E., Hoyt William T., Larson David B., Koenig Harold G., and Thoresen Carl, "Religious Involvement and Mortality: A Meta-Analytic Review". *Health Psychology* 19 (2000): 211–222.

Smith Temothy B., McCullough Michal E., and Poll Justin, "Religiousness and Depression: Evidence for a Main Effect and a Moderating Influence of Stressful Life Events". *Psychological Bulletin* 129 (2003): 614-636.

⁴⁵ *Biesinger Rick, and Arikawa Hiroko, "Religious Attitude and Happiness among Parents of Children with Developmental Disabilities".* *Journal of Religion, Disability & Healt* 11 No. 4 (2008): 23-34.

⁴⁶ *Pollard Lawanda J. and Bates, Larry W., "Religion and perceived stress among undergraduates during fall 2001 final examinations".* *Psychological Report* 95 (2004): 999-1077.

⁴⁷ *Baqutayan Shadiya Mohamed Saleh, "The importance of religious orientation in managing stress".* *International Journal of Psychological Studies* 3 No. 1 (2011): 113-121.

order to promote spiritual well-being through religious orientation, seminars and workshops in higher educational institutions may be conducted. Then, a panel consisting of religion, mental health, and health experts set the research agendas for the area of spiritual well-being. Considering this, future studies can include variables such as physical health, mental health, and other spirituality scales in order to determine factors influencing spiritual health in a better way.



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