

## Impact of Spirituality on Stress

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### Abstract

*This study conducted to know impact of Spirituality on Stress. For this purpose 60 male participants belonging to age 35-30 randomly selected. All participants were non-spiritual. These participants employed in private companies. Anxiety, Depression and Stress Scale used to measure level of stress. Out of 60, 40 participants had mild level of stress whereas 20 participants had moderate level of stress. They were advised to do prayer at morning and evening. After 3 month level of stress had measured. The result indicated that there was significant positive effect of spirituality on stress.*

**Keywords:** Stress, Spirituality, ADS scale.

Spiritual intelligence is the set of abilities that individuals use to apply, manifest and embody spiritual resources, values and qualities in ways that enhances their daily functioning and well-being (Amram 2007). On the analysis of five components mentioned above Wigglesworth (2012) have developed twenty one detailed skills of spiritual intelligence. These are : A. Higher Self/Ego Self Awareness: 1. Awareness of own Worldview. 2. Awareness of life purpose (mission) 3. Awareness of values hierarchy. 4. Complexity of inner thought. 5. Awareness of Ego self / Higher Self. B.Universal Awareness: 1. Awareness of interconnectedness of all life. 2. Awareness of worldviews of others. 3. Breadth of time / space perception. 4. Awareness of limitations/power of human perception. 5. Awareness of Spiritual laws. 6. Experience of transcendent oneness. C. Higher Self/Ego Self Mastery:1. Commitment to spiritual growth.2. Keeping Higher Self in charge.3. Living your purpose and values. 4. Sustaining your faith. 5. Seeking guidance from Spirit. D. Social Mastery / Spiritual Presence :1. A wise and effective spiritual teacher/mentor.2. A wise and effective change agent.3. Makes compassionate and wise decisions. 4. A calming, healing presence. 5. Being aligned with the ebb and flow of life.

According to Emmons (2000) the adaptive use of spiritual information to facilitate everyday problem solving and goal attainment is as known as spiritual intelligence. According to Wigglesworth (2002) Spiritual intelligence is the ability of individuals to behave with wisdom and compassion while maintaining inner and outer peace, regardless of the situation. According to Stephen Covey (2004) Spiritual intelligence is the central and most fundamental of all the intelligences, because it becomes the sources of guidance for the others. Five components of spiritual intelligence are as follows:The capacity to transcend the physical and material. The ability to experience heightened states of consciousness. The ability to sanctify everyday experience. The ability to utilize spiritual resources to solve problems. The capacity to be virtuous.

Noble (2001) stated that spiritual intelligence integrates the qualities of flexibility and emotional resilience (that may arise out of spiritual experiences), which play a role in psychological health and behaviour.

### Objective:

To know the level of Stress of private companies' employees.

To know the impact of Spirituality on Stress of private companies employees.

### Hypothesis: