

Spiritual health and psychosocial stress among adolescent

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Abstract

The aim of present study was to find out the difference between spiritual health and psychosocial stress among adolescent. The present sample consist 100 adolescent among them 50 boys and 50 girls selected from Aurangabad district. The age range of selected sample is 18 to 20. In the research spiritual health was measured by using spiritual health scale which is developed by Dr. Archana Singh and Dr. Amit Kumar Srivastava and psychosocial stress are measured by using psychosocial stress scale which is developed by Prof. A. K. Srivastava and Prof D. M. Pestonji. The proposed descriptive statistics i.e. mean, S.D and t-test was used to find out the difference in spiritual health and psychosocial stress between boys and girls adolescent. Result show that there is significant difference in spiritual health among boys and girls adolescent, girls are more spiritually healthy than boys, also there is significant difference was found in psychosocial stress among boys and girls adolescent, girls are more psychosocial stress than boys.

Key Words: *Spiritual Health, Psychosocial Stress.*

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