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## A study to assess spirituality and quality of life among college students in selected colleges of Pune city

**Veena D Sakhardande and Dr. Sneha Pitre**

### Abstract

Spirituality refers to a religious process of re-formation which "aims to recover the original shape of man," oriented at "the image of God" as exemplified by the founders and sacred texts of the religions of the world. In modern times the emphasis is on subjective experience of a sacred dimension.

**Purpose:** To assess spirituality and quality of life among college students of selected colleges of Pune city.

**Objectives:** To assess spirituality among college students, to assess quality of life among college students, to correlate spirituality and quality of life among students of selected colleges of Pune city.

**Method:** This was a quantitative descriptive survey study of 450 college students, aged 19-25 years, students studying Bachelors of Science, Bachelors of Commerce, Engineering and Biotechnology of selected colleges of Pune City during Oct 2016- Jan 2017. Non-probability purposive sampling technique was used for the selection of students. To obtain necessary data for the study, the tool used for data collection were assessment of the spirituality and quality of life. The assessment of the spirituality and quality of life were done from college students by self reporting and structured interview and in depth information collected according data collection tool.

**Results:** 24% of college students had spiritually adept and act with spiritual intelligence, through sensitivity, compassion, and understanding. 45% of college students had a seeker and are striving to strike a balance in body, mind, and spirit. 31% of them shows that decisions seem to be driven by ego, rather than any spiritual sense. 53% of the college students had good quality of life, 45% of them had average quality of life and 2% of them had poor quality of life.

**Conclusion:** The spirituality and quality of life of college students many times are interconnected. So it is necessary to know and understand the spirituality and quality of life among college students. If we understand the spirituality and quality of life among students then we can help them for to plan professional growth, achievements and good career opportunities in turn will lead to quality life.

**Keywords:** College students, Spirituality, Quality of life

### 1. Introduction

Traditionally, spirituality refers to a religious process of re-formation which "aims to recover the original shape of man," oriented at "the image of God" as exemplified by the founders and sacred texts of the religions of the world. In modern times the emphasis is on subjective experience of a sacred dimension and the "deepest values and meanings by which people live, often in a context separate from organized religious institutions. Modern spirituality typically includes a belief in a supernatural (beyond the known and observable) realm, personal growth, a quest for an ultimate/sacred meaning<sup>[7]</sup>, religious experience, or an encounter with one's own "inner dimension. Quality of life is the general well-being of individuals and societies, outlining negative and positive features of life.

### 2. Objectives

The objectives of study were,

- To assess spirituality among college students colleges in of selected Pune city.
- To assess quality of life among college students colleges in of selected Pune city.
- To correlate spirituality and quality of life among students of selected colleges of Pune city.

### 3. Method and material

This was a quantitative descriptive survey study of 450 college students, aged 19-25 years, students studying Bachelors of Science, Bachelors of Commerce, Engineering and

Biotechnology of selected colleges of Pune City during Oct 2016- Jan 2017. Non-probability purposive sampling technique was used for the selection of college students. To obtain necessary data for the study, the tool used for data collection were assessment of the spirituality and quality of life. The assessment of the spirituality and quality of life were done from college students by self reporting and structured interview and in depth information collected according data collection tool.

**4. Result**

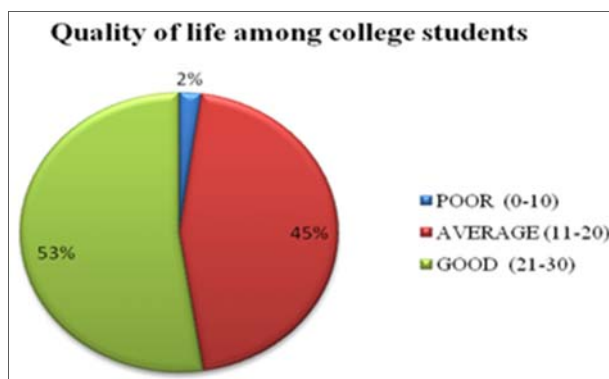
**4.1. The findings of sample characteristics**

45.78% of the college students had age 19-21 years and 54.22% of them had age 22-25 years. 32.22% of college students had education B.Sc, 17.78% of them had education.B.Com, 43.33% of them had engineering and 6.67% of them from biotechnology course.53.33% of them were residing in urban place, 36.89% of them were residing in rural place and 9.78% of them were residing in suburban place.60.22% of them had joint family, 34.67% of them had nuclear family and 5.11% of them had extended family.83.11% of them were Hindu,7.11% of them Muslim and 9.78% of them were Christians.

**4.2. Findings of the of spirituality among college students**

24% of college students had spiritually adept and act with spiritual intelligence, through sensitivity, compassion, and understanding. 45% of college students had a seeker and are striving to strike a balance in body, mind, and spirit.31% of them shows that decisions seem to be driven by ego, rather than any spiritual sense.

**4.3. Finding related to the Quality of life among college students**



**Fig 1**

Figure no.1 shows that, 53% of the college students had good quality of life, 45% of them had average quality of life and 2% of them had poor quality of life.

**5. Discussion**

College students had spiritually adept and act with spiritual intelligence, through sensitivity, compassion, and understanding, even college students had a seeker and are striving to strike a balance in body, mind, and spirit. Some of them shows that decisions seem to be driven by ego, rather than any spiritual sense. The college students had good average quality of life.

**6. Conclusion**

The spirituality and quality of life of college students many times are interconnected. So it is necessary to know and understand the spirituality and quality of life among college students. If we understand the spirituality and quality of life among students then we can help them for to plan professional growth, achievements and good career opportunities in turn will lead to quality life.

**7. Acknowledgement**

My sincere thanks to all the Participants of the study who made this study possible. I would like to thank authorities of world health organization for permitting us to use WHOQOL)-BREF as tool. Our sincere thanks college authority for permitting us to conduct our research.

So finding suggests that, this type of study will helpful not only for the college students but teachers can also to understand the students spirituality. It will also helpful for any individual who feels somewhere deviation of normal emotional, and psychological health effect on spirituality and quality of life.

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