

# A Comparative Study on Religiosity and Spirituality Among Male and Female Psychologists

Fathima Fiba E.K.<sup>1</sup>, Sana Fathima<sup>2</sup>

## Abstract

*The current study looked at the differences in religiosity and spirituality between male and female psychologists. We selected 60 participants through a convenient sampling method, which included 30 male and 30 female psychologists. The study focused on understanding how gender may influence religious beliefs and spiritual orientation within a professional psychological context. To assess these constructs, standardized tools were employed: Glock's Religiosity Measure to evaluate levels of religiosity, and Delaney's Scale for Spirituality to measure spiritual experiences and perspectives. These instruments provided a structured approach to quantify abstract constructs such as faith, beliefs, practices, and personal spiritual awareness. The data collected were analyzed using an independent samples t-test to determine whether there were statistically significant differences between male and female psychologists in terms of religiosity and spirituality. The findings showed that there are important differences between the two groups. This suggests that gender influences both religiosity and spirituality among psychologists. These results highlight the importance of considering gender-based perspectives when exploring psychological variables related to belief systems and inner experiences. The study contributes to the growing body of literature that integrates psychological practice with personal belief frameworks, emphasizing that psychologists themselves are influenced by sociocultural and personal factors such as religion and spirituality.*

**Keywords:** Religiosity, spirituality, gender differences, glock's religiosity measure, delaney's spirituality scale, t-test, belief systems

## INTRODUCTION

### Evolution of Psychology

The term psychology has changed significantly in meaning and scope over time. It comes from the Greek words psyche (soul) and logos (study), originally defined as the study of the soul or mind. In its early days, psychology was closely linked to philosophy. Scholars like Socrates, Plato, and Aristotle examined key questions about human nature, consciousness, memory, and behavior. These philosophical roots formed the basis for the development of psychology as a scientific field [1].

#### \*Author for Correspondence

Fathima Fiba E.K.

E-mail: fathimafiba801@gmail.com

<sup>1</sup>UG Student, Department of psychology, Little flower institute of social sciences and health, Kozhikode, Kerala, India

<sup>2</sup>UG Student, Department of psychology, Little flower institute of social sciences and health, Kozhikode, Kerala, India

Received Date: March 24, 2026

Accepted Date: March 31, 2026

Published Date: March 31, 2026

**Citation:** Fathima Fiba E.K., Sana Fathima. A Comparative Study on Religiosity and Spirituality Among Male and

By the late 19th century, psychology started to emerge as its own area of study. Wilhelm Wundt established the first experimental psychology laboratory in 1879, which marked a major change. This shift took psychology from philosophical ideas to scientific research. The focus during this time was on measuring, experimenting, and observing systematically. Different schools of thought, such as structuralism, functionalism, behaviorism, psychoanalysis, and cognitive psychology, contributed various views to the field over time [2].

Today, modern psychology is recognized as the scientific study of behavior and mental processes. It includes several subfields like clinical psychology, social psychology, developmental psychology, and cognitive psychology. These areas aim to understand human behavior from biological, psychological, and social viewpoints [3].

### **Religion, Spirituality, and Psychology**

Religion and spirituality have been essential parts of human life across cultures and throughout history. Religion is typically defined as a structured system of beliefs, practices, rituals, and symbols that aims to connect people to the sacred or something beyond them. It offers individuals a way to understand life, morality, and existence [4].

Spirituality, in contrast, tends to be a more personal and subjective experience. It involves an individual's quest for meaning, purpose, and a connection with something larger than themselves. Spirituality can be shown in many ways, including meditation, reflection, connection with nature, or acts of kindness. While religion is institutional and collective, spirituality is individualistic and experiential [5].

Although religion and spirituality are closely related, they are not the same. A person can be religious without being deeply spiritual, or spiritual without following a formal religion [6]. This distinction has become more important in psychological research, especially in modern societies where personal belief systems are increasingly common.

### **Historical Relationship Between Psychology and Religion**

Historically, the link between psychology and religion has been complex and at times conflicting. Early psychologists like Sigmund Freud were critical of religion, often linking it to illusion or psychological dependency. Behaviorists mostly ignored religion, concentrating instead on observable behavior. Early scientific methods emphasized objectivity and often disregarded spiritual or religious experiences due to their subjective nature [7].

However, recent trends in psychology have sparked renewed interest in religion and spirituality. Modern psychologists understand that these factors play a crucial role in shaping human behavior, coping methods, and overall well-being. Positive psychology, in particular, has highlighted how spirituality can positively impact mental health, resilience, and life satisfaction [8].

### **Concept of Religiosity**

Religiosity refers to how much an individual follows religious beliefs, practices, and values. It is a multidimensional idea that includes various components such as:

- Belief in a higher power
- Participation in religious rituals
- Moral and ethical values
- Emotional experiences related to religion

Religiosity can affect an individual's behavior, decision-making, and social interactions. It often provides a sense of identity, belonging, and moral guidance. In many cultures, religiosity is tied closely to community life and social norms [9].

### **Concept of Spirituality**

Spirituality is a broader and more flexible concept than religiosity. It focuses on personal growth, self-awareness, and the search for meaning in life. Spirituality can be shown in many ways, including meditation, reflection, connection with nature, or acts of kindness [10].

Unlike religiosity, spirituality does not require following a specific doctrine or institution. It is often linked to inner peace, purpose, and psychological well-being. Research shows that people with higher

---

levels of spirituality tend to experience greater life satisfaction, emotional stability, and resilience in stressful situations [11].

### **Relevance to Psychologists**

Psychologists often work with clients from diverse religious and spiritual backgrounds. Understanding these aspects is crucial for effective therapy. A psychologist's personal beliefs about religion and spirituality can influence their clinical judgment, empathy, and treatment approach [12].

In recent years, there has been a growing recognition of the need to incorporate spirituality into psychological practice. Many therapeutic methods now view clients' spiritual beliefs as valuable resources for coping and healing. Psychologists are expected to show cultural competence, which includes being aware of religious and spiritual diversity [13].

### **Need for the Study**

Despite the increased focus on spirituality and religiosity in psychology, limited research has specifically examined psychologists themselves. Since psychologists deal with human behavior and mental health, their personal beliefs can significantly impact their work.

This study aims to address this gap by looking at differences in religiosity and spirituality between male and female psychologists. Understanding these differences can help:

- Raise awareness of personal biases
- Improve culturally sensitive practice
- Promote holistic approaches to mental health

### **Statement of the Problem**

This study seeks to find out if there are significant differences in religiosity and spirituality between male and female psychologists. The study is titled: "A Comparative Study on Religiosity and Spirituality among Male and Female Psychologists."

## **REVIEW OF LITERATURE**

### **Introduction to Review of Literature**

A literature review is a critical and systematic summary of existing research on a specific topic. It helps to understand the current state of knowledge, identify gaps in research, and provide a foundation for the study. This review focuses on studies related to religiosity, spirituality, and their connection to psychological well-being, gender differences, and behavioral outcomes [14].

Religiosity and spirituality have been studied in various fields, including psychology, sociology, and theology. Researchers have looked at their effects on mental health, coping strategies, life satisfaction, and personality traits. The following section summarizes significant studies that enhance understanding of these concepts [15].

### **Studies on Religiosity and Psychological Well-being**

Several researchers have noted the positive link between religiosity and psychological well-being. Religiosity often gives individuals a sense of purpose, structure, and emotional support, leading to better mental health outcomes [16–19].

A study by Aflakseir [20] (2012) examined how Muslim students view meaning in life in relation to religiosity and well-being. It showed a strong positive link between religiosity and psychological well-being. Those with higher levels of religious involvement reported greater life satisfaction and emotional stability. This suggests that religion can provide meaning and resilience in people's lives.

Similarly, Abdel-Khalek and Naceur [21] (2007) looked at the connection between religiosity and emotional well-being in Algerian college students. Their results showed that religiosity linked to positive mental health outcomes, especially among female participants. Women with higher religiosity reported greater happiness, optimism, and life satisfaction, while experiencing lower levels of anxiety and pessimism. This points to a potential gender influence on how religiosity affects well-being.

### **Religiosity and Coping Mechanisms**

Religiosity also plays a vital role in coping with stress and adversity. Religious beliefs and practices often provide emotional comfort, hope, and a sense of control during tough times.

Wills, Yaeger, and Sandy [22] (2003) conducted a longitudinal study with adolescents and found that those with higher religiosity coped better with stressful events. They reported feeling less stress and were less likely to engage in harmful behaviors like substance abuse. The study highlighted the protective role of religiosity in encouraging healthy coping strategies.

In another study, researchers explored the link between religiosity and post-traumatic stress symptoms in survivors of domestic violence. Their results indicated that greater religious involvement related to lower stress levels and more social support. Religious coping helped individuals manage trauma better, showcasing the therapeutic potential of religiosity.

### **Spirituality and Mental Health**

Spirituality, while distinct from religiosity, is also linked to positive mental health outcomes. It focuses on personal growth, inner peace, and a sense of connectedness, which lead to better psychological well-being.

Clark [3] (2004) studied the relationship between spirituality, stress, anxiety, and depression in adolescents. The research found that higher levels of spirituality correlated with lower anxiety and depression. Spirituality acted as a buffer against the negative effects of stress, highlighting its role in emotional regulation.

Koenig et al. [9] (2001) reviewed over 100 studies and concluded that spirituality relates positively to happiness, life satisfaction, and overall well-being. Spiritual individuals often have better coping skills and more resilience when facing life challenges.

Pargament et al. [11] (2001) emphasized the significance of spirituality in physical and mental health. Their findings indicated that regular spiritual practices, like prayer and meditation, linked to better immune function, less depression, and a longer life.

### **Relationship Between Religiosity and Spirituality**

Although religiosity and spirituality are separate constructs, they often influence each other. Many studies have examined how these dimensions interact and affect individuals.

Conducted a study on the relationship between religiosity, spirituality, and psychological well-being. The results showed a strong positive correlation between religiosity and well-being, as well as between spiritual coping and emotional health.

Participants with higher religiosity also reported higher levels of spirituality, indicating some overlap between the two concepts.

Maltby, Lewis, and Day [23] (1999) found that personal forms of religiosity, like intrinsic religious orientation and personal prayer, significantly related to better psychological well-being. This suggests

that internalized religious beliefs and practices have a greater impact on mental health than external or institutional factors.

### **Gender Differences in Religiosity and Spirituality**

Research has often focused on gender differences in religiosity and spirituality. Studies indicate that men and women may differ in their levels of religious involvement, spiritual experiences, and coping styles.

Pinkard and Heflinger [24] (2006) found that female adolescents were more likely to engage in religious activities than males. They also reported greater emotional involvement in religious practices, suggesting that women may connect more deeply and expressively to religion.

However, some studies present contrasting evidence. Abdel-Khalek and Naceur [21] (2007) noted that the impact of religiosity on mental health varies by gender, with stronger positive effects seen in females. This suggests that gender may shape how religiosity is experienced, not just its level.

Regarding spirituality, research indicates that women frequently report higher levels of spiritual awareness and connectedness. Cultural and social factors may influence these findings, making it essential to explore gender differences within specific contexts.

### **Religiosity, Spirituality, and Adolescents**

A significant amount of research has focused on adolescents, emphasizing the role of religiosity and spirituality during developmental stages.

Wong, Rew, and Slaikeu [25] (2006) conducted a systematic review showing that higher levels of religiosity and spirituality correlated with better mental health outcomes in adolescents.

These individuals had higher self-esteem, lower substance abuse, and stronger coping skills.

Similarly, Wong [26] (2004) studied children's use of prayer as a coping method and found that those who prayed frequently reported healthier behaviors and stronger social connections. This shows that spiritual practices can positively influence development from an early age.

### **Religiosity, Spirituality, and Psychological Adjustment**

Research consistently demonstrates that both religiosity and spirituality support psychological adjustment and overall well-being.

It is discovered that spirituality had a more significant impact on psychological adjustment than religious affiliation. Individuals with higher spirituality showed better coping skills, a higher internal locus of control, and greater emotional stability.

Mosher and Handal [27] (1997) also found that individuals with higher religiosity experienced lower psychological distress. This indicates that both religiosity and spirituality act as protective factors against mental health issues.

### **Research Gap**

Despite extensive research on religiosity and spirituality, there is a notable gap in studies focused on psychologists. Most existing research centers on students, adolescents, or general populations.

Psychologists, as mental health professionals, play a key role in understanding and addressing human behavior. Their personal beliefs about religion and spirituality can affect their professional practice, therapeutic approach, and interactions with clients.

Additionally, few studies have examined gender differences in religiosity and spirituality among psychologists. Understanding these differences is crucial for fostering self-awareness and culturally sensitive practices in the field.

The current study aims to fill this gap by comparing religiosity and spirituality among male and female psychologists.

## **METHODOLOGY**

### **Introduction**

Methodology refers to the systematic analysis of methods used in a field of study. It includes the procedures, techniques, and tools used to collect and analyze data. A clear methodology ensures the trustworthiness and scientific rigor of the research. In this study, we adopted a structured framework to examine and compare religiosity and spirituality among male and female psychologists.

### **Research Design**

The present study uses a quantitative research design. Quantitative research involves collecting and analyzing numerical data to find patterns, relationships, and differences among variables. It is especially helpful for testing hypotheses and making comparisons between groups.

We specifically employed a comparative research design to examine differences between two groups: male and female psychologists, regarding their levels of religiosity and spirituality. This design allows for objective measurement and statistical analysis, ensuring that the findings are reliable and can apply to the broader population.

### **Objectives of the Study**

The study aimed to achieve the following primary objectives:

- To determine if there is a significant difference in religiosity between male and female psychologists.
- To determine if there is a significant difference in spirituality between male and female psychologists.

These objectives guided the formulation of hypotheses and the choice of research tools and statistical techniques.

### **Hypotheses**

Based on the objectives, we formulated the following hypotheses:

- *Hypothesis I:* There will be a significant difference in religiosity between male and female psychologists.
- *Hypothesis II:* There will be a significant difference in spirituality between male and female psychologists.

We tested these hypotheses using statistical methods to see if the observed differences were significant.

### **Operational Definitions**

To ensure clarity, we defined key terms used in the study as follows:

- *Religiosity:* Religiosity refers to how much an individual practices and follows religious beliefs, rituals, and values. In this study, we measured religiosity based on scores from Glock's Religiosity Measure.
  - *Spirituality:* Spirituality refers to an individual's personal search for meaning, purpose, and connection with the transcendent or sacred. In this study, we measured spirituality using Delaney's Scale for Spirituality.
-

### **Participants**

The study included 60 psychologists selected through a convenience sampling method. The sample was made up of:

- 30 male psychologists
- 30 female psychologists

All participants were professionals working in the field of psychology in Kerala.

### ***Inclusion Criteria***

- Individuals who are qualified psychologists
- Psychologists living in Kerala
- Participants under the age of 50

### ***Exclusion Criteria***

- Psychologists living outside Kerala
- Individuals over the age of 50
- Non-professionals or students in psychology

### **Sampling Technique**

We used a convenience sampling method, which involves selecting participants who are readily available and willing to participate. We chose this method due to time constraints and the ease of accessing participants.

Although convenience sampling is practical and cost-effective, it may limit how broadly the findings can apply. However, it is suitable for exploratory studies like this one.

### **Measures / Tools Used**

We used two standardized tools to collect data for the study:

- *Glock's Religiosity Measure*: Glock's Religiosity Measure assesses the level of religiosity in individuals. It evaluates different aspects of religious behavior and belief.

### **Dimensions Covered**

- Ritualistic dimension (participation in religious activities)
- Ideological dimension (belief systems)
- Experiential dimension (religious feelings)

Consequential dimension (impact on daily life) Structure:

- 8 items (7 multiple-choice + 1 fill-in-the-blank)
- Each item scored from 0 to 4
- Maximum score: 32

### **Reliability**

The scale shows high internal consistency with Cronbach's alpha values above 0.90.

### **Validity**

The scale has strong construct validity, showing consistent results across different demographic groups.

### **Scoring Procedure**

Responses are scored directly. Higher scores indicate higher religiosity.

- *Delaney's Scale for Spirituality*: Delaney's Scale for Spirituality is a tool designed to measure the spiritual dimension of individuals.

**Domains Covered**

- Self-discovery
  - Relationships
- Eco-awareness (connection with nature and broader reality) Structure:
- 23 items
  - 6-point Likert scale (1 = Strongly Disagree to 6 = Strongly Agree)

**Reliability**

The scale has high reliability with alpha coefficients ranging from 0.82 to 0.94.

- *Validity*: It shows strong construct and factorial validity and explains a significant portion of the variance in spirituality.

**Scoring Interpretation**

- *Very Low Spirituality*: 23–60
- *Low Spirituality*: 61–90
- *Moderate Spirituality*: 91–117
- *High Spirituality*: 118–138

**Procedure for Data Collection**

We carried out the data collection systematically to ensure accuracy and confidentiality. Participants were approached through hospitals, clinics, offices, and personal contacts.

We also distributed online questionnaires through digital platforms to reach a wider sample. Participants were informed about the study's purpose.

We obtained consent before participation.

We clearly explained the instructions for each questionnaire.

Participants were assured that their responses would remain confidential and used only for research purposes.

We administered the questionnaires individually to avoid bias. Afterward, we compiled the collected data for statistical analysis.

**Statistical Techniques Used**

We used inferential statistical analysis to test the hypotheses.

**t-Test**

An independent samples t-test compared the mean scores of male and female psychologists on religiosity and spirituality. The t-test helps determine if the difference between two group means is statistically significant or likely occurred by chance.

**Ethical Considerations**

We strictly followed ethical standards throughout the research process:

- Informed consent was obtained from all participants
  - Data confidentiality was maintained
  - Participants could withdraw at any time
  - No psychological or emotional harm was caused to participants
  - Data was used solely for academic purposes
-

### Summary of Methodology

The study used a quantitative comparative design with a sample of 60 psychologists. We employed standardized tools to measure religiosity and spirituality, conducting statistical analysis with t-tests. This structured approach ensured the reliability and validity of the findings.

## RESULTS AND DISCUSSION

### Introduction

This chapter examines the data collected to explore the differences in religiosity and spirituality among male and female psychologists. We analyzed the data using statistical methods, particularly the independent samples t-test, to see if the differences between the two groups were statistically significant. The results are shown in tables, followed by a detailed interpretation and discussion in relation to existing literature (Table 1).

### Interpretation of Results (Religiosity)

The table presents descriptive statistics and t-test results for religiosity among male and female psychologists. The mean score for female psychologists is 16.00, while for male psychologists it is 16.07. The difference in mean scores is minimal, indicating that both groups have similar levels of religiosity. The standard deviation values (9.377 for females and 9.976 for males) show that there is considerable variability in religiosity within both groups. The calculated t-value (-0.027) is very low, showing that the difference between the two groups is not statistically significant.

### Discussion of Religiosity Findings

Although the statistical difference is small, the slightly higher mean score among male psychologists suggests a slight tendency toward greater religiosity. However, this difference is not strong enough to be significant. The findings can be viewed in several ways:

#### Professional Influence

Psychologists, regardless of gender, are trained to use a scientific and objective approach. This may lead to similar levels of religiosity across genders.

#### Cultural Context

In Kerala, religious practices are integral to daily life for both men and women. This cultural influence may lead to similar levels of religiosity.

#### Changing Gender Roles

Traditional gender differences in religiosity may be shrinking due to modernization, education, and greater professional exposure.

#### Comparison with Previous Studies

The findings show both alignment and disagreement with prior research: Some studies (e.g., Abdel-Khalek & Naceur, [21] 2007) suggest women tend to be more religious. Other studies indicate that gender differences depend on cultural and social contexts. In contrast, this study shows no significant gender difference, suggesting that among psychologists, professional identity may outweigh traditional gender differences.

**Table 1.** Mean, standard deviation, and t-test for religiosity among male and female psychologists.

Gender	N	M	SD	SE	t
Female	30	16.00	9.38	1.712	-.027
Male	30	16.07	9.98	1.821	-.027

**Table 2.** Mean, standard deviation, and t-test for spirituality among male and female psychologists.

---

---

Gender	N	M	SD	SE	t
Female	30	103.17	16.694	3.046	-1.331
Male	30	108.33	13.181	2.407	-1.331

### Interpretation of Results (Spirituality)

The table shows the statistical comparison of spirituality scores between male and female psychologists. The mean score for male psychologists (108.33) is higher than that of female psychologists (103.17). This indicates that male psychologists have relatively higher levels of spirituality. The standard deviations show variability within both groups, with slightly more variation among females. The t-value (-1.331) suggests that the difference in spirituality is more noticeable than in religiosity, but it is still not strongly significant at stricter levels (Table-2).

### Discussion of Spirituality Findings

The results indicate that male psychologists show slightly higher levels of spirituality than females. This finding can be analyzed from multiple perspectives:

#### Coping Mechanism in Professional Life

Psychologists often face emotionally challenging situations like trauma, stress, and mental illness. Spirituality may serve as a coping method, helping them find meaning and maintain emotional balance. Male psychologists in this study may depend more on spirituality to manage professional stress and support psychological well-being.

#### Personal Meaning and Purpose

Spirituality is closely connected to the search for meaning and purpose in life. Male psychologists may engage in more reflective or existential thinking, leading to higher spirituality scores.

#### Social and Cultural Influences

Cultural expectations and socialization may shape how individuals express spirituality. In some situations, males may engage more in philosophical or abstract thinking regarding spirituality.

#### Individual Differences

Spirituality is personal and influenced by individual experiences, beliefs, and life circumstances. The observed differences may reflect personal variations rather than strict gender-based patterns.  
Comparison with Previous Studies

The findings partly agree with some studies while differing from others: Research by Clark [3] (2004) and Koenig et al. [9] (2001) supports the view that spirituality can enhance mental well-being. Some studies suggest that women generally report higher spirituality due to emotional expressiveness. However, this study finds higher spirituality among males, indicating that context and profession are significant factors.

## OVERALL DISCUSSION

### Religiosity vs Spirituality

An important observation from this study is the distinction between religiosity and spirituality: Religiosity shows minimal gender difference while spirituality shows a slightly greater difference. This suggests that organized religious practices may be similar across genders, but personal spiritual experiences may vary more significantly.

### Role of Professional Identity

As psychologists, participants are trained to maintain objectivity, understand diverse belief systems, and avoid bias in practice. This may reduce extreme variations in religiosity while allowing individual differences in spirituality.

### **Influence on Clinical Practice**

The findings have significant implications: Psychologists' belief systems may shape their therapeutic approaches. Awareness of personal spirituality can increase empathy and understanding. Cultural competence requires sensitivity to clients' religious and spiritual beliefs.

### **Integration with Existing Literature**

This study adds to existing research by providing insights into a less-studied group (psychologists), highlighting how profession shapes belief systems, and showing that gender differences are not always consistent.

### **Summary of Findings**

There is no significant difference in religiosity between male and female psychologists. There is a small difference in spirituality, with male psychologists scoring higher. Variability exists within both groups, showing individual differences. Professional and cultural factors may influence these results.

## **SUMMARY**

### **Introduction**

This chapter offers a summary of the study, its findings, and interpretations. It also discusses the implications, limitations, and future research opportunities. The study aimed to explore and compare religiosity and spirituality among male and female psychologists. This research contributes to a better understanding of how personal belief systems operate in a professional psychological setting.

### **Summary of the Study**

This study investigated the differences in religiosity and spirituality between male and female psychologists. Religion and spirituality are important parts of human life that affect behavior, thinking, emotional health, and relationships. Religiosity involves organized beliefs and practices related to religion, while spirituality focuses on personal meaning, purpose, and a connection to the transcendent.

The study used a quantitative comparative research design and included 60 psychologists— 30 males and 30 females—selected through convenience sampling. The participants were professionals from Kerala and were under 50 years old.

### **Two standardized tools were used for data collection**

- Glock's Religiosity Measure to assess levels of religiosity
- Delaney's Scale for Spirituality to assess levels of spirituality

The collected data were analyzed using the independent samples t-test to check for significant differences between male and female psychologists.

## **OBJECTIVES OF THE STUDY**

The study aimed to achieve the following objectives:

- Compare religiosity between male and female psychologists
- Compare spirituality between male and female psychologists

## **Hypotheses Tested**

The following hypotheses were formulated and tested:

- *Hypothesis I:* There will be a significant difference in religiosity between male and female psychologists.
- *Hypothesis II:* There will be a significant difference in spirituality between male and female psychologists.

## MAJOR FINDINGS OF THE STUDY

Based on the statistical analysis, the following findings were observed:

### Religiosity

- The mean scores of male and female psychologists were nearly equal.
- The difference in religiosity was not statistically significant.
- Both groups showed similar levels of religious beliefs and practices.

### Spirituality

- Male psychologists had slightly higher spirituality scores than females.
- This difference was more notable compared to religiosity.
- However, the statistical significance was moderate.

### Interpretation of Findings

The findings provide valuable insights into the nature of religiosity and spirituality among psychologists.

### Similarity in Religiosity

The lack of significant difference in religiosity suggests that:

- Professional training in psychology may encourage a balanced approach to religion.
- Psychologists, regardless of gender, may share similar levels of religious involvement.
- Cultural influences in Kerala may foster similar religious practices across genders.

### Variation in Spirituality

The slightly higher spirituality among male psychologists may imply:

- A greater reliance on personal beliefs for coping with professional stress.
- Differences in how males and females express or experience spirituality.
- Individual differences in finding meaning and reflecting on existence.

### Role of Profession

Psychologists are trained to understand human behavior objectively. This professional focus may:

- Minimize extreme differences in religiosity.
- Promote openness to different belief systems.
- Encourage reflective thinking, which can influence spirituality.

### Implications of the Study

The findings have several important implications:

#### Theoretical Implications

This study adds to the literature on religiosity and spirituality by focusing on psychologists, a group that hasn't been well-researched.

It highlights the difference between religiosity and spirituality as distinct but related concepts. It suggests that professional identity may shape personal belief systems.

#### Practical Implications

Psychologists should be mindful of their own religious and spiritual beliefs, as these may impact their clinical work.

Understanding clients' spiritual and religious backgrounds can lead to better therapeutic outcomes.

Training programs in psychology should incorporate elements of spirituality and cultural awareness.

---

### **Social Implications**

The study challenges stereotypes about gender differences in religiosity and spirituality. It encourages a broader understanding of belief systems in professional settings.

It highlights the importance of respecting diverse perspectives in society.

### **LIMITATIONS OF THE STUDY**

Despite its contributions, this study has several limitations:

- *Small Sample Size:* The study involved only 60 participants, which limits the ability to generalize the findings.
- *Convenience Sampling:* Non-random sampling may introduce bias.
- *Geographical Limitation:* The study focused only on Kerala, making it less applicable to other areas.
- *Limited Variables:* The research only considered religiosity and spirituality, leaving out factors like personality, culture, and experience.
- *Time Constraint:* The study was executed within a limited period.

### **SCOPE FOR FUTURE RESEARCH**

This study opens various avenues for future research:

- Conduct studies with larger and more diverse samples.
- Explore other variables such as personality traits, emotional intelligence, and coping strategies.
- Examine longitudinal changes in religiosity and spirituality.
- Compare psychologists with professionals in other fields.
- Investigate the link between religiosity, spirituality, and mental health outcomes.
- Use mixed method approaches for deeper insights.

### **CONCLUSION**

In conclusion, this study offers valuable insights into religiosity and spirituality among male and female psychologists. The findings show that while religiosity does not significantly differ between genders, spirituality exhibits slight variation, with males scoring higher.

The study reveals that religiosity and spirituality are complex constructs influenced by personal, cultural, and professional factors. For psychologists, training and exposure can play a vital role in shaping these belief systems, leading to more balanced and reflective viewpoints. Understanding these aspects is crucial for improving psychological practice, fostering cultural sensitivity, and supporting comprehensive approaches to mental health. The study also underscores the importance of recognizing and respecting individual differences in belief systems in both personal and professional settings.

### **REFERENCES**

1. Cardwell JD. The social context of religiosity. (No Title). 1980 Sep. pp 1–158 <https://catalog.hathitrust.org/Record/000144102>
2. Sunga III RA. On locating the rights of lost. J. Marshall L. Rev.. 2011;45(4):1051-1120.
3. Clark ET. The psychology of religious awakening. Macmillan; 1929.pp 1–170
4. Elkind D. Piaget's semi-clinical interview and the study of spontaneous religion. Journal for the Scientific Study of Religion. 1964 Oct 1;4(1):40–47.
5. Emmons RA, Crumpler CA. Religion and spirituality? The roles of sanctification and the concept of God. The International Journal for the Psychology of Religion. 1999 Jan 1;9(1):17–24.
6. Field A. Discovering statistics using SPSS for windows sage publications. London. 2000; 2:44–322.

7. Habes M, Ali S, Pasha SA. Statistical package for social sciences acceptance in quantitative research: from the technology acceptance model's perspective. *FWU Journal of Social Sciences*. 2021 Dec 1;15(4):34-46.
8. Hill PC, Pargament KI, Hood RW, McCullough JM, Swyers JP, Larson DB, Zinnbauer BJ. Conceptualizing religion and spirituality: Points of commonality, points of departure. *Journal for the theory of social behaviour*. 2000 Mar;30(1):51-77.
9. Koenig HG. Research on religion, spirituality, and mental health: A review. *The Canadian Journal of Psychiatry*. 2009 May;54(5):283-291. doi: 10.1177/070674370905400502.
10. Oser FK. The development of religious judgment. *New Directions for child and adolescent development*. 1991 Jun;1991(52):5-25. DOI:10.1002/cd.23219915203
11. Pargament KI. The psychology of religion and spirituality? Yes and no. *The international journal for the psychology of religion*. 1999 Jan 1;9(1):3-16.
12. Pearson CH, Schunke MP. Reduction, Explanation, and the New Science of Religion. *Sophia*. 2015 Apr;54(1):47-60.
13. Scobie GE. Types of religious conversion. *Journal of Behavioral Science*. 1973; 1:265-71.
14. Vieten C, Scammell S, Pilato R, Ammondson I, Pargament KI, Lukoff D. Spiritual and religious competencies for psychologists. *Psychology of Religion and Spirituality*, 5 (3), 129-144 . 2013
15. Spilka B. Spirituality: Problems and directions in operationalizing a fuzzy concept. Inannual meeting of the American Psychological Association, Toronto 1993 Aug 23.
16. Shek DT. Spirituality as a positive youth development construct: A conceptual review. *The Scientific World Journal*. 2012;2012(1):458953. doi:10.1100/2012/458953.
17. Zinnbauer BJ, Pargament KI, Cole B, Rye MS, Butfer EM, Belavich TG, Hipp K, Scott AB, Kadar JL. Religion and spirituality: Unfuzzifying the fuzzy. *Sociology of religion*. 2015 Sep 16, 36(4):29-34.
18. Wulff DM. The psychology of religion: An overview,16-29
19. Maltby J, Lewis CA, Day L. Religious orientation and psychological well-being: The role of the frequency of personal prayer. *British Journal of health psychology*. 1999 Nov;4(4):363-78.
20. Aflakseir A. Religiosity, personal meaning, and psychological well-being: A study among Muslim students in England. *Pakistan Journal of Social and Clinical Psychology*. 2012 Apr 1;10(1):27-31.
21. Abdel-Khalek AM. Associations of religiosity and life satisfaction in college students from 16 Arab countries. *Mental Health, Religion & Culture*. 2024 Apr 20;27(4):373-90.
22. Wills TA, Yaeger AM, Sandy JM. Buffering effect of religiosity for adolescent substance use. *Psychology of addictive behaviors*. 2003 Mar;17(1):24.
23. Maltby J, Lewis CA, Day L. Religious orientation and psychological well-being: The role of the frequency of personal prayer. *British Journal of health psychology*. 1999 Nov;4(4):363-78.
24. Pinkard TJ, Heflinger CA. Religious activity and pastoral counseling among protestant youth with SED. *Journal of Child and Family Studies*. 2006 Jun;15(3):347-60.
25. Wong YJ, Rew L, Slaikou KD. A systematic review of recent research on adolescent religiosity/spirituality and mental health. *Issues in mental health nursing*. 2006 Jan 1;27(2):161-83.
26. Rew L, Wong YJ, Sternglanz RW. The relationship between prayer, health behaviors, and protective resources in school-age children. *Issues in Comprehensive Pediatric Nursing*. 2004 Jan 1;27(4):245-55.
27. Mosher JP, Handal PJ. The relationship between religion and psychological distress in adolescents. *Journal of Psychology and Theology*. 1997 Dec;25(4):449-57.