

Impact of Religion on Quality of Life among Young Female Students in Pakistan: A Case Study of Sialkot

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Abstract

The study aims to investigate the impact of religion on quality of life among young female students in Sialkot, Pakistan. Religion plays a very important and sensitive role in the lives of people. This study is quantitative in nature and data were collected from 200 female students and was analyzed by using tests of significance; T-test, ANOVA and Correlation method. Positive response was found from Christian as compared to Hindus and Muslim students. Results also showed a negative direction of relationship with physical and spiritual aspect of life. This study recommends that by following the basic principles of religion can have positive impact in one's life.

Keywords: Religions, Effects, Quality of life, Young female students, Sialkot

Introduction

In present day World there is a great social, financial and scientific pressure/effect on people. Success in modern times depends upon many factors like; attitudes, personal Self-help, high education, inter networking, economic facilities, emotional intelligence and many others. But, in spite of all these facilities a person may face difficulties/hard times in getting progress.

Religion is a set of believes held by a group of people according to which they act and to live life in a better way. Having religion in life one can predict happiness in home, social circle, family, school and work place. People who are very strong in their religious faith they are more productive, less depressed and also have better relationships.

The present world demands very hard working people, having high status, high finance level and also much productive. Religion helps us to live perfectly in all areas of life, by bestowing emotional intelligence. Successful People are usually able to manage their lives through emotional intelligence which is considered as a key to success by overcoming two minds, the rational and the emotional and how they shape destiny.^{1,2}

¹ D. Goleman, R. Boyatzis & A. McKee, *Primal Leadership: Realizing the Power of Emotional Intelligence*, Boston, MA: Harvard Business School Press, 2002.

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There are some significant studies that showed the effects of religions on life. The research explores that is there any relationship between religion and Quality of life. The variables under the study are religions and quality of life i.e. 4 aspects of life among young female students.

Religion

Religion is the faith in praising Creator and the Controller of this world. It can be described as a set of specific norms of specific religion by praising and following rituals with great dedication religion is also a set of fixed beliefs of a person following any religion or any group of customs of natural phenomenal works/functions and use of beliefs, points/ideas/perspectives by other people, conveyed through written work, moral principles or any particular system/organization that concerns with the relation of human beings to mystical/miraculous power. Traditional belief has been observed as a way of trusting in a religion.

Three religions mainly Hinduism, Christianity and Islam are under observation in the research.

Quality of life is based on four aspects of life.

- 1: Physical
- 2: Psychological
- 3: Social relations
- 4: Environment

The earlier research investigated relationship between religion and the progress in accountant students of International Islamic University in Malaysia. A recent study revealed positive relationship between religion and progress in studies. Their beliefs were calculated with the help of authorities present with views about Islamic religion and the results of studies were obtained from their CGPAs. The calculations explored no useful relation in academic performance and religiosity. Other study explore that the students of IIUM were highly religious and high in academic performance.³

Another research studies the effects of religion and academic performance among adolescents and it showed the positive relation of religion and academic performances. Some other researches had also showed this positivity because of familial and societal facts like, changes in hierarchy

² K.S. Law, C.Wong, & L.J. Song, The Construct and Criterion Validity Of Emotional Intelligence and its Potential Utility for Management Studies, *Journal of applied psychology*, Vol 89, 2004 pp. 483 - 496.

³ Z.M.Umaru, S.B Olalekan, The Relationship between Religiosity and Academic Performance amongst Accounting Students, *International Journal of Evaluation and Research in Education (IJERE)*, Vol.5, No.2, June 2016, pp. 165-173.

of family capital in connection to religion can explain it. Another factor is concordance or discordance between children and parents. Using data from National Longitudinal Study of adolescent health the researchers examined the connection of teenagers, religion, guardians and progress in studies in consideration of familial and social capital. The analysis showed that the relationship of adolescence, religion and academic performance although it is because of family and community capital but, the relation influences the progress of studies.⁴

Studies revealed that high performance is supposed when guardians and children report same hierarchy of religiosity and low performance will be due to no religious similarity in parents and children. In Spirituality checking research the question include 4 dimensions; faith in The Creator, finding the purpose, awareness and feelings of safety.

Researchers revealed that these aspects can represent the concepts of religiosity more shortly than the other used factual analytical ways like, PCA Principal Component Analysis. Different religions have different beliefs and systems of worshipping. Religious system has implications on illness and mental health. Some studies revealed that, Hindu religion effects mental health, as religion helps in sustaining life.^{5,6,7}

Another study about religion, nature/type of life and performance in studies was done in New Zealand in School of medicine in that research the religious affiliation was classified into 3 categories Christians, Eastern religion and Atheists. They completed the WHOQOL BREF questionnaire WHO Personal beliefs, Spiritual religiousness questionnaire before their lecture time. The results showed that different students showed different perceptions about spirituality. So, these incongruent religious feelings did not changed into their way of looking related to timing of study and achievements in studies. QOL calculations are not concerned with progress in studies because they also make hypothesis about timing period of study.

More time for studies was related to lower social relations and poor psychological health. Information by four members revealed that students had faith that having a religion facilitates them in tackling with educational

⁴ McKune, Benjamin Allen, *Religion and Academic Achievement among Adolescents*, MS unpublished Dissertations, Brigham Young University - Provo 2007.

⁵ A.C. Bhaktivedanta Swami Prabhupada, *The Bhagavad Gita as it is*, Los Angeles, CA: The Bhaktivedanta Book Trust, 2003.

⁶ Abu-Rabia, A. *The Evil Eye and Cultural Beliefs Amongst the Bedouin Tribes of the Negev*, Middle East. Folklore, 116, 2005, pp. 241-254.

⁷ Allport, G. W., and Ross, J. M. Religious Orientation and Pre-justice, *Journal of Personality and Social Psychology*, Vol. 5, No. 4, 1967, pp. 432-443.

atmosphere but, small change can be present in outer religious directions and inner faith.

Another research explored that how communal wishes and spiritual principles may balance the connection in spiritual orientation and measure of spiritual and psychological health. In multiple regression equation internal spirituality originated as the powerful hypothesizer of psyche spiritual well being. Strictly following principles of religion includes less or no change in hypothesizing psychic or religious wellbeing. Items calculated showed opposite correlation with communal wishes and following religious principles. It was also noticed that higher inner sadness was the result of less religious wellbeing.

Social outsider was not connected with psychic wellbeing whereas inner self outsider was supposed to be related with more inner sadness when communal wishes and following of religious principles were held strongly.

By Batson and Vent is it was finalized that the item scale does surely examined the inner spirituality more just as, it was established to calculate without choice items that resist clear cut past answers. The Spiritual Experience Index was introduced to know the religious growth in people of different religions following their respective religious faith. More scores on SEI were usefully revealed less arrogance and unwillingness of being doubted. The scale was also concerned with high spiritual act performances and nicely related with innateness and items/Q.^{8 9 10}

These items were made from growth rather than multidimensional idealization of belief. The scale was emerged as high signer of adjusted spiritual actions. Ways for the Upcoming time results were recommended in research about effects of spiritual commitments on educational performance of Black and Hispanic child's; using a NELS data set (National Educational Longitudinal Survey) from 1988 to 1992 period of time.^{11 12 13}The results

⁸ Mazaheri M. Overall, and Specific Life Satisfaction Domains: Preliminary Iranian Students' Norms, *Iran J Public Health*, 39(2), 2010, pp.89-94.

⁹ Remus Ilios, Nikolaos Dimotakis & Irene E. De Pater, Psychological and Physiological Reactions to High Workloads: Implications for Well-Being, *Personnel Psychology*, 63(2), 2010, pp.407 - 436

¹⁰ World Health Forum, *What quality of life? The WHOQOL Group, World Health Organization Quality of Life Assessment*, 17(4), 1996, pp.354-356.

¹¹ Bickel, V. L. *Factors Influencing the Achievement of Culturally Different Children*, Washington DC: Educational Resources Information Center Publishing, 1981.

¹² Bahr, S. J. Hawks, R. D., & Wang, G. Family and Religious Influences on Adolescent Substance Abuse, *Youth and Society*, 24, 1993, 443-465.

¹³ Beck, S. H. Cole, B. S., & Hammond, J. A. Religious Heritage and Premarital Sex: Evidence from a National Sample of Adults, *Journal for the Scientific Study of Religion*, 30, 1991, pp. 173-180.

revealed that the spiritually dedicated children acted better than none dedicated children even when regulating for financial state, gender even by the student attending a private religious school. During the research the nature of the institute was taken carefully as well as spiritual attitude of students. In research for studying religious commitments effects on academic achievements of Urban and other children by using 1992 data set, the analysis highlighted that obligated urban children acts better than Non obligated students even when regulation of SES, race and gender were there. The study revealed that the effects of spirituality were commonly higher for urban children than nonurban children. Supplementary analysis indicated that there was no difference in Catholic and Protestant children. But, there was a difference in the spiritual faith of Christian and faith of other spiritual children. The report recommended that when researcher investigates about results of spirituality on educational performances at that time the type of the religion should be noticed. The research related spirituality to and academics and the students at the way of looking at College students. The purpose was to investigate the effect of religion on academics and way of looking towards academic work among college students of Utah State University USU. The research's attention was spiritual variables that were helpful supposing.

Postsecondary academics search either good or poor academic way of looking at students of USA. From unplanned selection correlations measuring design was used for this research. Multiple Linear Regression MLR methods were used to know which of many calculations of spirituality gives the higher degree of supposed value for determining academic findings and way of looking at studies. Stepwise multiple regression models were used to check calculation wise benefit of hypothesizers. Survey methods were also used to collect the information.

From the results of MLR seven no relied variables (gender, spiritual acts, parental academic state, marital state, connection with spirituality, good spiritual past practices and common culture) correlate usefully with four parts related to academic way of looking and pursuit (school experience, academic attainments, family pressure and impulses/effects). 7 nondependent variables explored by MLR proved to be useful predictor of academic pursuit and ways of looking at, the calculated parts related to spirituality were considered to be commonly low useful than the bio data information fact.^{14 15}

¹⁴ Baer, R. A., Smith, G. T. Assessment of Mindfulness by Self-Report: The Kentucky Inventory of Mindfulness Skills, *Assessment*, 11(3), 2004, 191-206.

¹⁵ Brown, K. W., Ryan, M. The Role of Mindfulness in Psychological Wellbeing, *Journal of Personality and Social Psychology*, 84(4) 2003, pp. 822- 848.

Methodology

In a Correlational research method the instrument that is employed called WHOQOL SRPB test field which consist of items related to different aspects of life.

Research design:

The participants were selected randomly within a specific age limit.

Materials and Procedures

Participants

The total population was 200, with their demographics like, age, gender, education, marital status, health and religion. There were 4 dropouts from participants but, the data was attained from the remaining selected participants.

Sampling

The participants were selected from the population by using only age limit. The total size of sample was 120 female students. The location was from normal society houses, Temple and college, sample from three different religions was selected and there was no limitation of social status. The whole process included taking informed consent, giving them scale based questionnaire to fill up, by providing them guidance about filling

Table 1

Descriptive statistics of t test and results of Coefficient of Co relation between Religions and their Effects on Quality of life of female students and test for Significance

	N	df	P	M	95% CI	
Variables					Lower	upper
Religions	112	111	.000	2.06	1.91	2.21
QOL	111	110	.000	182.2	177.9	186.5

Note: N is total sample, M is mean, DF is degree of freedom, sig. means level of significance and CI is confidence of interval. QOL is quality of life.

The table showing numbers in sample in three religions is 112 but, in quality of life the value of sample is 111, the mean or the average values from data for religions is 2.06 and for quality of life is 182.2. The degree of freedom is number of values that are free to vary without violating the data is 111 for religions and 110 for quality of life. The level of significance is .000, the (CI) confidence interval is 95% means this is equal to the 0.05 value of significance. It means frequency that how much times you will get true value/mean. So, you can be 95% certain. The upper limits 2.21 and 186.5 means highest values of data and lower values 1.91 and 177.9 are lowest values of data other than average/total mean of data. Now, reject null hypothesis and accept hypothesis 2.

Table 2:

Measure of descriptive statistics of religions

Variables	F	Percentage	Valid Percentage	Cumulative Percentage
Christianity	33	29.5	29.5	29.5
Hinduism	39	34.8	34.8	64.3
Islam	40	35.7	35.7	100.0
Total	112	100.0		100.0

Note: Fq is frequency, % is percentages, valid % means cases without missing values and cumulative is overall cases %.

Fq is occurrence of particular religion in data which is 33 for Christians, 39 for Hindus and 40 for Muslims. % in total data of Christianity is 29.5, for Hinduism is 34.8 and for Islam is 35.7. In cumulative cases the value for Christianity is not changed which means there are no missing values in it.

Table 3

Measure of descriptive statistics of quality of life

Variable	N	Min	Max	M	SD
Phy. A	112	11	26	17.83	3.53
Soc. A	112	42	80	64.5	7.87
Psy. A	112	4	20	12.1	2.60
Spi. A	111	41	149	87.6	15.7

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Note: N is total sample, MIN means lowest scores and Max means highest scores, M is mean or average values and SD is standard deviation.

In this table from the total data the lower score in Physical aspect is 11 and higher score is 26, the higher score in social aspect is 80 and lower is 42, the lower score in psychological aspect is 4 and higher is 20 and the lower score in spiritual aspect is 41 and higher is 149. Means are the average or overall values for each aspects and standard deviations are showing the differences of members from mean values.

Table 4

Comparing Means of religions and aspects of life

Report

Variables	Christianity		Hinduism		Islam	
	N	M	N	M	N	M
Ph. A	33	18.0	39	17.5	40	17.9
S.A	33	68.2	39	62.4	40	63.6
Ps. A	33	12.3	39	11.5	40	12.6
Sp. A	33	98.8	38	78.7	40	86.8

Note: N is total students, mean is M.

In this table the means of different religions related to different aspects are given in comparison and this is also a summarized form of data. Higher mean value 18.0 from Christianity in physical and 68.2 in social aspect then 12.6 in psychological from Muslims and in spiritual aspect again from Christians 98.8.

Table 5

Case processing summary of means of variables

Variables	Cases					
	Included		Excluded		Total	
	N	%	N	%	N	%
P and R	112	100.0%	112	100.0	112	100.0%
S and R	112	100.0%	112	100.0	112	100.0%
Ps. and R	112	100.0%	112	100.0	112	100.0%
Spi and R	111	100.0%	1	0.9	112	100.0%

Note: N is total students; % is percentage and included means valid cases of total Students involved and excluded shows the missing values in data especially in spiritual aspect.

This table is showing the total cases. This method is different from descriptive statistics as, it shows missing values in data and DS shows overall data. So, overall there are 100% results of all data report.

Table 6

Measure of high and low scores about physical aspect

Physical aspect				
Variables	N	M	MIN	MAX
Religions				
Christianity	33	18.0	12	26
Hinduism	39	17.5	11	26
Islam	40	17.9	13	23

Note: N is total numbers involved, M is mean or avg. values and MIN and MAX means the highest and lowest values.

This table shows that, the avg. values for Christianity, Hindus and Muslims are 18, 17.5 and 17.9. The maximum higher values are 12 and 26 in Christians and maximum lower scores are from Hinduism. So, highest values are from Christianity and Hinduism and lower from Hinduism.

Table 7

Measure of higher and lower scores from religions in Social aspect

Social aspect				
Variables	N	M	MIN	MAX
Religions				
Christianity	33	68.2	50	80
Hinduism	39	62.4	45	80
Islam	40	63.6	42	76

Note: N is numbers involved, mean/avg. values and maximum and minimum values.

The table shows that the avg. values for each religion are 68.2, 62.2 and 63.6. The maximum higher scores are from Christianity 80 and Hinduism 80 and maximum lower scores are 42 from Islam.

Table 8

Measure of higher and lower scores from each religions in Psychological aspect

Variables	Psychological aspect			
	N	M	MINI	MAXI
Religions				
Christianity	33	12.36	7	18
Hinduism	39	11.56	4	20
Islam	40	12.62	8	18

Note: Numbers as, N, M as avg. values and MINI as lower and MAX as higher values.

The avg. values from each religions are 12.36, 11.56 and 12.62. The maximum higher scores are from Hinduism 20 and maximum lower value 4 from Hinduism.

Table 9

Measure of higher and lower scores from each religion in Spiritual aspect

Variables	Spiritual aspect			
	N	M	MINI	MAXI
religions				
Christianity	33	98.81	77	149
Hinduism	38	78.73	41	111
Islam	40	86.82	66	107

Note: N = numbers, M= means, MAXI = maximum values and MINI are lower values.

The mean values from each religions are 98.81, 78.73 and 86.82. Maximum higher score from Christianity and maximum lower score from Islam.

Table 10

Measure of correlation of religions with aspects of life

Variables	R	sig.
Aspects and religions		
R and Physical	-.015	.872
R and Social	.225*	.017
R and Psychological	.050	.599
R and Spiritual	-.286**	.002

Note: R is Pearson correlation and sig. means value of significant relationship.

The relationship of religions with all aspects in column of sig. is showing level of significant relationship and value of Pearson correlation as, R with negative signs are showing negative direction of relation and single * means significant and double (-**) means more significantly negative direction of relation. After table 6, 7, 8, 9 and 10 accept hypothesis 3, 4 and 5, 6, and 8 and reject hypothesis 7 and 9.

Scale

Apparatus/material:

The scale used for this research was WHOQOL SRPB test. The selected 49 items were used from subscales of the test. Responses were in Likert format. The scale is present in 20 languages. The scale was formed in 1991 and used by DJ Orley.

Results and Discussion

The topic of the research was measuring Effects of different Religions on quality of life. Religion means the faith in praising the creator of the world according to each specific culture/society and quality of life means the aspects of life like, Physical, Social, Psychological and Spiritual aspects of life. The scale used for this research was WHOQOL SRPB scale. Total four subscales were about Physical, Social, Spiritual and Psychological aspects of life.

According to the researcher the scale was valid to measure aspects of life with religions. The research showed that, religions has great effect on quality of life. Some previous researches have proved the effects of religions in life. After this research we verified their research. The scale determines the point of views of people about their religions and also it gives the information that how much a person in future needs a closeness to his religion. The results of this research have showed significant correlation as, .000 between religions and quality of life by applying correlation method. High scoring students were satisfied in their religious life and far from religion students were unsatisfied in their life.

As a result it can be said that religion has negative direction of effect on Physical aspect of life. Significant with social and psychological aspect and highly negative with spiritual aspect. The higher scores in physical aspect was 26 from Christians and Hindus, 80 in social from Christians and Hindus, 20 in psychological aspect from Hindus and 149 in spiritual aspect from Christians. The lower scores in physical aspect was 11 from Hindus, in social

aspect 42 value from Islam, 4 from Hindus in psychological aspect and 41 in spiritual aspect from Hindus. The higher means/avg. values in physical aspect was 18 from Christians, in social aspect was 68.2 from Christians. 12.6 in psychological aspect from Muslims and 98.8 in spiritual aspect from Christians.

So, satisfaction was more observed in the followers of religion of Christianity which makes a person feeling good and healthy. These good feelings were proving that they were very satisfied and happy in their religion. Now, overall the relationship between 2 variables was highly significant, the direction of relationship between religions and physical and spiritual aspect was negative and 2 times positive with psychological and social aspect. Higher scores were from Christians in three aspects but, from Hindus only in psychological aspect. The Spiritual subscale was used to measure differences of religions.

So, more positive results were from Christians than from Hindus and lower scores were obtained from Muslim students. The items were close ended in Likert format. Wording of the items was very simple and easy to understand. It was concluded that, two things were very important in life one was place of religion in your lives and other was views about your religion. The results of current research were in support of previous researches means showing significant relationship between variables. Different students showed different responses about their religions which we have discussed above.

We are so glad that our scale has measured all four aspects of life. But, this needs more research in future. The current scale will help by encouraging the future researchers and will also help them to explore the satisfied and unsatisfied persons. Objectives were attained by this research that, There are some effects of religions on quality of life, there are also positive views of students about their religions due, to which they had scored higher. We can categorize them positive or negative persons by these views/scoring and also that, there are some differences about effects of religions on quality of life.

There is an association between religions and quality of life, religions have some effects on our lives but, another thing is that, there are much more effects on spiritual aspect of life, All students do not consider their religious point of views in their aspects of lives.

Ethics followed in research included that the things that were done under the Supervision were; The Selection of research topic related to community, risk and benefits of this research and searching articles related to

topic, making of Synopsis which included the introduction about research topic, research in history about it, current research objectives, research questions, hypothesis, research method, sample, nature of population and Instrument being used, then The ethics followed during data collection are no social, physical or emotional harm to any person, deception was not used, obtaining informed consent, preserve privacy and confidentiality, no enforcement of any reward just discuss the benefits of research, no plagiarism, equality in accepting and using decisions or point of views of all group members or Supervisor, authorship credit discussion, giving references for helping the future researchers.

The limitations included that the findings cannot be used to make the same idea about all students of whole city due to no availability of enough students/in larger size. The expenditures during study was also faced by the researchers. During the analysis of this study there were number of ideas came to the mind for research in future, but could not be worked out at present.

This study would give the opportunity and will make the possibility for other researchers to investigate the effects of religions on other areas of life like, career, money, married life, education, wellbeing and health. Researchers can use specific religion or different religions in study to check the variations in a broader way.

The other thing is that the future researchers can also investigate the healthy/strong faith of different people not only students from different religions which means to what extent the people have strong faith about own specific religion. The other study can be the investigation of point of views of people about different religions. All of above studies should be used with persons of any/different age, literate or illiterate persons, gender based, between senior citizens and younger age persons, more domains of life, more number of population and comparison, may use different cultures etc.

Conclusion

The results showed that there are very significant effects of religions on quality of life. (I will praise you Lord with all my heart.) This verse is really related to participants of our research who scored very high/ who were very happy in their lives. These things were very useful for the researchers and that has been proved in our research.