

Impact of parental spiritual development on adolescent's mental health

Bansh Gopal Singh
Vice Chancellor, Pt. Sundarlal Sharma
(Open) University Chhattisgarh
Bilaspur, Chhattisgarh

Manjary Sharma
Department of Psychology
Pt. Sundarlal Sharma (Open) University
Chhattisgarh, Bilaspur, Chhattisgarh

Spiritual development is the growth and improvement of human personality towards a more useful and desired identity. It is expected that spiritually developed parents would have a positive effect on children's mental health. The main objective of the present study was to investigate the impact of parental spiritual development along with socio-demographic status on adolescent's mental health. For this purpose, 150 adolescents (age range 13-22 years) and one of their parents (either mother or father; age range 35-65 years) participated in the present study. Spirituality Scale (Sharma & Singh, 2018) and Mental Health Battery (Gupta & Singh, 1983) were used to assess Spiritual Development and Mental Health, respectively. Multiple regression analysis results showed that level of adolescent's mental health significantly affected by parental spiritual development. Socioeconomic status had no significant impact on adolescent's mental health.

Keywords: parental spiritual development, adolescent's mental health, socioeconomic status

Spirituality is defined and expressed in so many ways in the past years. Now a days spirituality is restricted to traditional institution related to religion, but is being taken by the individuals according to their personality, life cycle and experience of life. Going through various developments one can easily conclude the nature of spirituality as individualistic and subjective manner. It is purely an individual approach of being and one should have give respect to the other's expression without any disapproval. Spirituality leads to deep understanding and innovative outlook to life of human being. This innovative outlook towards life enables a person to select new and unique solutions for problems in a creative manner. This has been established through neurological research also (Zohar & Marshall, 2000).

Spiritually developed beliefs play a very important role to decide how people deal with all situations of life either best or worst. Spirituality is the best part of personality which expels negativism from life and always gives a purpose and direction to live life. A recent study reveals that children and young adults who were raised with spirituality generally tend to have higher level of mental health and intellectual health with their advancing age (Hensley, 2018). Studies reveal that a person who do religious practices, yoga and also do meditation on their individualistic style and on their very own some got advantages, which include decrease threat of substance abuse and other mental disorder such as mood disorder (Walton, 2018). Barkowski and Levin (2010) reported that internalizing and externalizing symptomatology of adolescent is negatively associated with regularity of their parents' church attendance.

Mental health is one of the keystone of childhood development, but difficult to measure. The WHO (1948) defines general health as "physical health, mental health and social well-being". Parents play the most important role in helping children to understand and

manage emotions, develop resilience and encourage positive relationship. Spirituality of parents lead to thought process of children and their mental health. Children's beliefs and behaviors are highly influenced by parents thinking, behavior, and way of working and by their tendency of dealing with the matters in front of them as children don't have the capacity to understand the things on their own, they only learn by copying their parents and elders they come across (Kim & Jungmeen, 2009). Spiritual intelligence enhances parenting skills of people which successively increases children's competency, tendency to adjust with various situations, school performance and self-control (Brody, 2003).

Studies have also revealed that spirituality has a capacity to influence mental health of the person. Spiritual persons, if hospitalized, because of their positive thinking, hopes and optimism, in most of the cases recover very fast from the disorder and mental illness they suffer from. It has been often found that person having high level of hope and optimism, if become depressed and suffer from other mood disorder due to some causes, recovered very fast (Verghese, 2008).

The specific link between mother and her child has strained the interest of many people. It would be expected that maternal spirituality can predict psychological well-being of their children. Ghoshal and Mehrotra (2017) indicated that children's psychological well-being and resilience is significantly predicted by their maternal spiritual health.

Again this backdrop, it is assumed that parental spiritual development would have positive association with children mental health. The present study was conducted to test this assumption. Socioeconomic condition of the parents is also a crucial factor for the mental health of adolescent. Specific hypothesis in this regard was: 1) Parental spiritual development would determine mental health of adolescent & 2) Socioeconomic condition of parents would also influence the mental health of the adolescent.

Method

Participants

The population of this study involved adolescents and one of their

Corresponding Author:

Manjary Sharma
Research Scholar, Department of Psychology
Pt. Sundarlal Sharma (Open) University Chhattisgarh
Bilaspur, Chhattisgarh
E-mail: manjarysharmal@gmail.com

Total 150 adolescents (69 boys & 81 girls) and one of their parents (father's n=68 & mother's n=82) were selected randomly from Ambikapur. The age range of adolescents was 13-22 years, while age range of their parents was 35 to 65 years.

present study involved two predictor variables, viz., parent's spiritual development and socioeconomic condition of the parents. The one criterion variable, i.e., adolescent's mental health. A brief description of the tools used to measure these variables is as under:

Spiritual Development Scale: To assess spiritual development of adolescents, Spiritual Development Scale (Sharma & Singh, 2018) was used. This scale contains 49 items with five point rating scale.

Mental Health Battery: To assess mental health of adolescents, Mental Health Battery (Singh & Gupta, 1963) was used. The Battery contains 130 items covers six areas of mental health. It also assess socioeconomic condition of the family through the information provided in its part "A".

Statistical analysis

Multiple regression was used to analyze the results

Results

Obtained data were analyzed using hierarchical regression analysis with help of the SPSS (25 versions). Results are being presented as under:

Table 1: Hierarchical multiple regression analysis of mental health taking predictor variables i.e. SES and spiritual development

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics				
					R Square Change	F Change	df1	df2	Sig. F Change
1	.088a	.008	.001	7.97368	.008	1.145	1	148	.286
2	.752b	.565	.559	5.29830	.557	188.202	1	147	.000

Coefficients

Model	Un-standardized Coefficients		Standardized Coefficients	t	Significant	
	b	Std. Error				
1	(Constant)	81.175	2.007	40.444	.000	
	SES	01.037	0.969	.088	1.070	.286
2	(Constant)	29.496	3.996	7.381	.000	
	SES	01.202	0.644	.102	1.867	.064
	Spiritual development					

a Predictors: (Constant), SES, b. Predictors: (Constant), SES & SD (adolescent's mental health), Dependent variable : Adolescent mental health

no. 1 shows model summary of regression. In the first model, socioeconomic status was a predictor variable. R² value for socioeconomic status is .008, it means only, 0.8% variation in the adolescent's mental health is explained by socioeconomic status and it is insignificant as its b coefficient is 1.202, p>.05. Model 2 added socioeconomic status and spiritual development as predictors. R² value for this model is .565, which is significant, p<.05. It means 56.5% of variation in mental health scores was explained jointly by the two variables. R² change for second variable is .557, indicating that about 55.7% of total variation in dependent variable, i.e., adolescent's mental health was determined by spiritual development of parents alone, which is significant as its b coefficient is .102, p>.05.

Discussion and conclusion

present research, role of parental spiritual development on adolescent's mental health has been highlighted. Parents have significant and significant impact on their youngster's faith and the

way they behave and also in their religiosity (Kim & Jungmeen, 2009). Fisher (1998) also believe that parents have very initial but very crucial liability for their children's mental and spiritual health and can develop spirituality on them through some training.

Findings reveal that there is a significant impact of parental spiritual development on adolescent's mental health. People who are spiritually developed, their children have less symptoms of mental illness. Reciprocally, people who are less spiritually developed their children show higher level of mental illness. This is in support with Mohammadyari (2012) where study was aimed at to know the impact of parental spiritual development on adolescent's mental health, and findings indicated that the mental health level of children was differently based on the spiritual development of parents. When people have higher level of spirituality, mental health of their children were also higher than the children whose parents show low spirituality.

Spirituality restrains the propensity of children to do some risky activity because these types of habits expose them to danger and give a bad impact on their mental health (Chamratrithirong & Chookhare, 2010). Spirituality enhances parenting skills of people

which successively increases the children's competency, tendency to change, adjustment with society, school performance and self-control (Brody, 2003).

People's mental health is deeply influenced by their spirituality which, in turn, has enhances their adolescent's mental health. A recent study reveals that children and young adults, who were raised with spirituality or religious thoughts, generally tend to have higher level of mental, social and intellectual health as they age (Hensley, 2018). Persons who do religious and spiritual practices, yoga and meditation on their own style and on their very own time got advantages, which include decrease threat of substance abuse and depression in a while (Walton, 2018).

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