Subjective well-being and religiosity: A study on college students

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Abstract: SWB is a critical concept in positive psychology. It is an umbrella term that encompasses happiness, life satisfaction, joy, enjoyment, fulfillment, pleasure, and contentment, as well as other indicators of a full and complete life. SWB is a term that refers to a person's cognitive and affective assessments of his or her life. These evaluations encompass both emotional responses to events and cognitive assessments of satisfaction and fulfillment. SWB is characterized by a high level of positive emotions, a low level of negative moods, and a high level of life satisfaction. Throughout history, religion has been a powerful force, and there is reason to believe that religion has reclaimed its former prominence.

Earlier research, mostly conducted on Western populations, indicates that religiosity is associated with decreased anxiety. The purpose of this study was to determine the associations between religiosity and subjective well-being (SWB) in Nepalese and British samples. We recruited samples of 260 Nepalese and 215 British college students. The findings indicated that Nepalese scored highly on the mean. British had the highest mean SWB scores in terms of religiosity, whereas Nepalese had the lowest mean SWB scores. All correlations between self-rating scales were statistically significant and positive in both samples. In both countries, a single component was extracted and labeled 'SWB and religiosity.' Despite significant differences in mean scale scores and culture between the Nepalese and British samples, the correlations and component analyses revealed similar results. On the basis of the current two samples' responses, it was concluded that those who identify as religious experienced greater well-being.
References


