

Gender comparison in Religious Orientation and Hope among young adults

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Abstract— The present endeavour was undertaken to compare religious orientation and hope among young adult boys and girls. To fulfill the objective of the study, the Between-group design was framed. A sample of (N=100) respondents aged between (18-24) years from Srinagar city the Kashmir division were included in the study. Based on gender, male (n=50) and female (n=50) respondents were included in equal numbers. To data was collected by using the Purposive sampling method. The Allport and Ross (1967) religious orientation scale and Snyder et al., (1991), Adult Hope Scale was used in the study. To analyze obtained data, an independent sample t-test was used. The findings of the study showed a significantly higher Mean score among males on Intrinsic religious orientation and Hope. On the contrary, female respondents obtained higher Mean scores on Extrinsic religious dimensions. Thus, the present study positively depicted a statistically significant comparison in various dimensions of Religious Orientation and Hope among young adult males and females.

Keywords— young adults, religious orientation, hope.

I. INTRODUCTION

Religious Orientation refers to one's beliefs regarding the existence and nature of God or gods, religious concepts, and spirituality. Mathews (1996) stated religion as “an organized system of beliefs, practices, and symbols, designed to enable closeness to God”. Moreover, the fundamental assessable measures of religious orientation comprise (i) “faith” (ii) “rituals” (iii) “experience” (iv) “religious knowledge”; and (v) “community”, (Koenig et al., 1988). Widespread research has discovered a significantly positive correlation between hope and religious orientation, Mohammadi et al., (2016). Similarly, the Higher the intrinsic religious orientation, the higher is the hope, (Omega, and Djaja, 2019; Hadian et al., 2018). Furthermore, it appears to be beneficial to arrange workshops to enhance internal religious orientation for

students and other groups. Ciarrocchi et al., (2008) revealed a significant contribution of the following factors such as relationship with a god, (2) religious affiliation, (3) levels of spiritual commitment in predicting hope and optimism. Snyder (1994 a) correlated hope to set goals and a well-defined plan for achieving them. He also emphasised the need of having a realistic view of one's goals, as well as the connection between hope and mental strength. Furthermore, Snyder (1994 b) noted the relationship between hope and forgiveness in the various domains of life such as work, health, work, and education. Moreover, Alvi et al., (2021) found a significant gender and age difference in hope. The findings of the study revealed a higher level of hope when compared with female counterparts. In a similar vein, Chaudhary et al., (2017) reported a higher level of hope among male respondents when compared with their female counterparts.

Over more than two decades, religious orientation has become a breakthrough in the field of psychology. In the field of religious psychology, the religious orientation scale developed by Allport and Ross (1967 a) marked a significant mark. A correlation between religious beliefs and health, the religious orientation scale was observed (Allport and Ross, 1967 b; Hunter and Merrill, 2013). Religious orientation underlies motivation, Allport (1950) and proposed religious orientation as “immature” and “mature” (Allport, 1963). Moreover, Allport (1959) further termed as “immature” and “mature” as “extrinsic religious orientation” and “intrinsic religious orientations” respectively. In promoting social bonding and self-esteem, extrinsic religious orientation is noted to play a significant role. Furthermore, extrinsic religious orientation serves as a medium for achieving a self-serving goal. On the contrary, Hills et al., (2004), Hunter & Merrill, (2013) defined intrinsic religious orientation as the ultimate tool to develop a deeper bond with God and foster individual spiritual growth. Similarly, “a mature form of religious feeling

which serves as the main motivation and drives for the individual's way of life, whereas the extrinsic orientation refers to immature faith that enables the achievement of selfish goals", Tiliopoulos et al., (2007). Donahue and Benson (1995) showed a significant comparison in race and gender on religiosity. African Americans showed are more religious than whites. Furthermore, female respondents were seen as more religious than their male counterparts. Moreover, religious individuals scored higher scores on pro-social norms and behaviour. On the contrary, a significantly negative correlation was observed between religiousness, suicidal ideation, low self-esteem, and substance abuse. Likewise, Donelson (1999) found a significant gender difference in religious concerns like religious conversions, religious experiences, mental health, religious mobility, images of God, and coping with religious issues. Sinha et al. (2007) showed that adolescents regarded religion as an important part of their lives. Adolescents' active engagement in religious activities is linked with decreased risk behaviour, drug abuse, depression, sexual activity. It has been observed that religiosity has a strongly positive relationship with lower levels of suicidal thoughts stress, hopelessness, and depression (Rhodes, 2009; Eliassen et al., 2005). Furthermore, hope acts as a protective barrier between religious and coping strategies, Hasson-Ohayon et al., (2009).

II. OBJECTIVES

- To assess the differences in various dimensions of religious orientation among young adult males and females.
- To evaluate the differences in the level of hope among young adult males and females.

III. HYPOTHESES

- *H01 There would be no significant difference in religious orientation among young adult males and females.*
- *H02 There would be no significant difference in the level of hope among young adult males and females.*

IV. METHODS

Research design

To achieve the aims of the present study Between-group design was framed.

Sample

The Purposive sampling method was carried out to collect the data. The sample size for the present study comprised of (N= 100) aged between (18-24) years from Srinagar city of Kashmir division was included in the study. Based on gender, male (n=50) and female (n=50) respondents were included in equal numbers.

Tools Used

Religious Orientation Scale (Allport and Ross, 1967)

The religious orientation scale was developed by Allport and Ross (1967) to assess the religious belief of the respondents. The scale assesses the religious belief on two dimensions viz., "Intrinsic Religious Orientation" and "Extrinsic Religious Orientation". The scale is comprised of 14-items, provided five options ranging from strongly agree (1) to strongly disagree (5). The total scoring can be done by adding all the responses on each dimension individually. The total score ranges from 8 to 40. The higher scores depict higher religious orientation and vice-versa. The Cronbach's α of intrinsic religious orientation was reported as .83, whereas the extrinsic religious orientation was observed at 0.57. The validity of the scale is found as .07 extrinsic religious orientation was found .12 whereas .07 for intrinsic religious orientation.

Adult Hope Scale (Snyder et al., 1991)

To assess the level of hope among respondents was assessed with the help of the adult hope scale developed by Snyder et al., (1991). The scale consisted of three separate dimensions viz., 4 items (Pathway thinking), 4 items (Agency thinking), and Fillers (4 items). The scale was developed based on a 5-point Likert- scale, totally false (1) to true (5). The scale reported a Cronbach alpha value of .80.

Statistical Analysis

An independent sample t-test was used to analyze the obtained data.

V. RESULTS

Table 1

Variables	Gender		t (df=98)	p
	Male M (SD)	Female M (SD)		
Intrinsic Religion	30.65 (4.32)	28.30 (1.94)	2.21**	.03**
Extrinsic Religion	13.75 (1.16)	22.55 (2.43)	14.56***	.00***
Hope	69.45(3.30)	64.15(3.50)	4.96***	.00***

Note: * $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$

The table 1 shows that male respondents scored significantly higher Mean score on Intrinsic religious

orientation ($M=30.65$, $SD=4.32$) when compared to female counterparts ($M=28.30$, $SD=1.94$), $t(98)=2.21$, $p < 0.05$. Female respondents scored higher Mean scores on Extrinsic religious orientation ($M=22.55$, $SD=2.43$) when equated to male respondents ($M=13.75$, $SD=1.16$), $t(98)=14.56$, $p < 0.001$. As far as the level of hope is concerned, male participants obtained noticeably higher Mean score ($M=69.45$, $SD=3.30$) when compared to female participants ($M=64.15$, $SD=3.50$), $t(58)=4.96$, $p < 0.001$.

VI. DISCUSSION

The study was undertaken to evaluate the gender comparison in religious orientation and hope among young adults. To achieve the objective of the study, 100 young adult males and females' respondents aged between (18-24) years were included in the study. The comparison was done by analyzing the data with the help of the independent sample t-test. The study showed varied results in the various dimensions of religious orientation and hope among young male and female adults. The findings of the study showed a significantly higher Mean score on Intrinsic religion and level of Hope orientation when compared to female respondents.

The results of the study can be summarized as follows, to examine the below hypotheses:

H01 There would be no statistically significant difference in religious orientation among young adult males and females.

The findings of the study revealed that the male respondents obtained higher scores on Intrinsic religious orientation. There is no sufficient review of literature in support of these findings, and results are also unexpected when the analysis was done it was observed that male respondents possess strong faith in their religious teachings and strive to conduct their lives according to their religious teachings. An intrinsically motivated person sees their faith as a means to an end. Furthermore, they regard religion as the most important aspect of their life and utilise religion in other domains of their life.

On the Contrary, female respondents scored significantly higher Mean scores on Extrinsic religious orientation. There is no sufficient review of literature in support of these findings, and results are also unexpected when the analysis was done it was observed that female respondents attend religious meetings and claim particular religion as a medium to develop social relationships. Furthermore, female respondents are more inclined to follow social norms than religious demands.

Thus, based on the findings of the study, the first hypothesis is unaccepted.

H02 There would be no statistically significant difference in the level of hope among young adult males and females.

The findings of the study reported a higher level of hope among male respondents when compared with females. This indicates that the male respondents keep a positive attitude about the future even in stressful circumstances. They prepare the plans in advance to accomplish the goals. Their failures do not block their way to achieve their objectives. They hold a positive opinion about themselves. They can handle multiple things at a time. They easily overcome when something wrong happens to them. They feel loved by family and close friends. In a study, Alvi et al., (2021) found a significant gender and age difference in hope. The findings of the study revealed a higher level of hope when compared with female counterparts. In a similar vein, Chaudhary et al., (2017) reported a higher level of hope among male respondents when compared with their female counterparts.

VII. CONCLUSION

It may be deduced from the findings of the study that there exists a statistically significant difference in the level of religious orientation and level of hope among young adult male and female respondents. This clearly illustrates that both the gender hold different opinion towards religious teachings and ideologies which in turn influences the level of hope. However, to discover the causal relationship between the variables., further research is needed.

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