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LIFE SATISFACTION AND RELIGIOSITY AMONG ADOLESCENTS IN MUZAFFARPUR DISTRICT, BIHAR: A PSYCHOLOGICAL INVESTIGATION

Vikash Kumar¹, Veena², Rajnish Kumar Gupta³, Abha Rani Sinha⁴, Rupashree Jamuar⁵,
Tulika Singh⁶, Sunita Kumari⁷

¹Assistant Professor, Babasaheb Bhimrao Ambedkar Bihar University, Muzaffarpur, Bihar, India.

vikash346@gmail.com

²Assistant Professor, Babasaheb Bhimrao Ambedkar Bihar University, Muzaffarpur, Bihar, India.

³Professor, Babasaheb Bhimrao Ambedkar Bihar University, Muzaffarpur, Bihar, India.

⁴Professor, Babasaheb Bhimrao Ambedkar Bihar University, Muzaffarpur, Bihar, India.

⁵Professor, Babasaheb Bhimrao Ambedkar Bihar University, Muzaffarpur, Bihar, India.

⁶Assistant Professor, Babasaheb Bhimrao Ambedkar Bihar University, Muzaffarpur, Bihar, India.

⁷Assistant Professor, Babasaheb Bhimrao Ambedkar Bihar University, Muzaffarpur, Bihar, India.

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Corresponding author: Vikash Kumar
(vikash346@gmail.com)

ABSTRACT

Life satisfaction is how positively someone feels when they think about their life as a whole and the overall quality of it, while Religiosity refers to an individual's degree of religious commitment encompassing attitudes behaviour and value related to their faith. This study aims to focus on life satisfaction and religiosity among 200 adolescents of Muzaffarpur district. The Life satisfaction scale created by Q. G. Alam and Dr. Ramji Srivastava and the Religiosity scale developed by Dr. L. I. Bhushan were used for assessing the life satisfaction and religiosity of the adolescents of Muzaffarpur district. Descriptive statistics were used to summarize and analyze the collected data through statistical measures such as the mean, standard deviation, t-ratio. The data analysis showed that a positive and significant correlation has been obtained between the scores of life satisfaction and religiosity, which indicates that both variables have significant positive relation. Again, the comparison between urban and rural adolescents groups by using t-test has shown there is a significant difference between urban and rural adolescents group in term of life satisfaction and religiosity. It indicates that residence plays a significant role to determining the life satisfaction and religiosity.

KEYWORDS: Life Satisfaction, Religiosity and Adolescents.

INTRODUCTION

How a person personally feels and judges their own life in terms of achievements, relationships and circumstances with the alignment of personal expectations is known as life satisfaction. In other words, the cognitive or emotional state produced by goal achievement can be termed as satisfaction. Freudians stated satisfaction as the basic urge of life. Moreover, self-actualization and fulfillment of basic needs at the basic level can result into one's satisfaction.

According to Reet Veenhoven (1996), life satisfaction is the evaluation of a person's life quality as a whole. It has a great influence of personal goals and accomplishments on the subjective evaluation of personal happiness and contentment towards life. He also stated that life satisfaction is the degree of evaluation of a person's life with regards to his/her quality of life as a whole.

The same can be assessed through mood, relationship satisfaction, goal achievement in relation to the subjective conceptualization of coping up in life. Assessment of present feeling is not much valued compared to the healthy attitude towards life.

Religiosity is the quality or state of being religious as well as religious faith. According to Galloway (1956), religiosity means faith in a power beyond himself whereby they seek to satisfy emotional needs. It is also to satisfaction in life which is expressed in acts of worships & service.

Chaplin (1975) defined religiosity as a complex system of beliefs, attitude, etc., which is related to personal being. Moreover, it is a quality of accepting a serious form of religion. It is a multidimensional approach which does not focus just on religious affiliation. It is also the evaluation of internal convictions and external practices such as prayers or attendance.

Reker and Riker (2001) define religiosity as the level of interest and participation through involvement. Thus, the religious commitment has more weightage with respect to the whole idea of attitude, behaviour and values of faith. It is also termed as religiousness to such extent where it influences and shapes an individual's life (Ellor & McGregor, 2011).

Thus, its meaning has a very multidisciplinary approach across academic disciplines. For example, Theologians generally know religiosity as one's faith and relationship with the divine. (Groome and Corso, 1999). On the other hand, Sociologists monitor religiosity as the affiliation, participation, acceptance of religious beliefs, following practices, and knowledge of their respective religious doctrines. Psychologists focus

more on the personal aspect of spirituality in terms of devotion, pity, personal experience and emotional dimensions of faith.

It is rather a continuum when compared with a fixed or all-or-none characteristic (Beit-Hallahmi & Argyle, 1997). It is to consider that every individual follows religion in some degree with differences of intensity and religious beliefs and practices.

McDaniel & Burnett (1990) defined it as a belief in the Almighty and having a belief in living one's life according to God's ordinance and commitment. Similarly, O'Brien and Palmer (1993) described it as the condition or state of being religious. Recently growing research body demonstrated that the association of positive health and psychological outcomes has a real impact on religiosity.

According to Koenig (2004), there are numerous factors affecting one's religiosity. The physical status and immunity have a great role to play in religious beliefs and practices. The lower mortality conditions like cancer, heart conditions and other pathological situations are factors determining the actual practice of religion. Further, lower cholesterol levels, a healthy cardiovascular system, lower rates of substance abuse, suicide, anxiety and depression result in magnification of the different levels of religiosity. Positive hope, optimism, healthy lifestyle practices such as reduced smoking and better sleep quality, as well as recovered depression also signify the focus on religiosity.

Religion often denotes the influence of health illnesses and recovery on people's lives and their belief system. Thus, the understanding of aspects of religiosity and its positive association with life satisfaction is impacting the health professional, because it provides more holistic and culturally sensitive care (Puchalski, 2001; Whitley, 2012).

People of Trinidad (diversity in religious and cultural setup) followed different classes of faith traditions. It signifies the importance of cognition of religious beliefs and practices and its focus on mental health and overall life satisfaction. Thus, it helps in the understanding of patient care in terms of improvement in the quality of life, health and psychological interventions.

Review of Literature

Many researchers have investigated on life satisfaction and religiosity. Some of them are mentioned below:

A substantial part of research has proved that in the adolescent stage of a person, there is a good impact of religion in his development and academic profile (Hardy et al., 2019). For a

substantial number of adolescents, religion plays a vital role as it helps them in coping with everyday stress and uncertainties. Eventually, religion becomes a positive reinforcement of strength and guidance emotionally. For example, the religious practices, beliefs and spiritual resources support them in odd situations, which can be turned as spiritual coping.

The religious coping concept is not only practice but it is the behavioural response and psychological defense mechanisms to a greater extent in denial or rationalization. Both problem and emotion-focused approaches and works in combination with the active and passive strategies. These strategies operate at the personal (intra-psychic) and interpersonal levels by shaping thoughts and emotions with accordance to the encouragement of religious communities and relationships (Klaassen et al., 2006) with context to Hill et al. (2000).

Religious coping serves a very significant role. It gives an individual's broader spiritual framework in managing stressful events. It also helps in finding meaning and purpose of life in difficult situations. It increases the strength of trust by fostering a greater sense of control; it also gives higher power in facing challenges.

Religious coping also gives emotional comfort as an individual feels the presence of God and him supporting in feelings of peace, hope and security.

Two key things really make a difference in strengthening the relationships of an individual with God and others which satisfies a sense of belonging and connection. Thus, there is a remarkable transformation of an individual in building resilience and personal growth. The life's negative adversities don't matter anymore after this transformation.

Matloob A. Khan et al. (2011) studied the connection between life satisfaction and spiritual beliefs. They put up a question mark whether the adolescents are affected by spiritual factors with respect to life satisfaction. They surveyed 40 males and 40 females from Aligarh Muslim University. With the help of the application of regression analysis, they correlated the effect of faith on the happiness of the students. It resulted in the proving of a positive aspect of religion on individuals. Thus, the students who were focused to be calmer and more assured of themselves were having greater belief in God. They tackled the tense and stressful situations in the most optimistic approach.

Alminhana, Leticia O. & Moreira-Almeida, Alexander (2009) stated that there is an important role of religious beliefs on an individual's

personality. Database like Pubmed and Psycinfo which were present online, the authors found that the students who believed in God were challenging themselves with risky situations as they claimed that God gave them the strength to tackle life situations positively. They used the data of the students which was available till January 2008. Such students were also conservative and neglected the urge to follow illegal or immoral practices.

In a study of undergraduate students, Fabricatore et al. (2004) found that collaborative religious coping played an indirect positive effect on psychological well-being through religiosity. Students were more satisfied and optimistic who were engaged in such coping. They experienced lower degree of emotional distress someone feels and negative effect in life situations. Thus, it proved that the relationship with God resulted in greater emotional well-being and lower psychological difficulties in facing challenges.

Civettini, Nicole & J. Glass (2008) have talked about male adolescents. They stated that the conservative and religious male adolescents had a strong restraint towards premarital sex due to their religious beliefs. They also participated in household chores.

The people who were from the conservative and more religious background valued their family more than money. For them, earning less and working minimum hours was more important in order to dedicate more time to looking after their children. The National Survey of Families and Households captured this change during the years 1988 to 1993.

Gohm and Clore (2002) differentiated 4 different modes of emotions to reshape emotional intelligence which was related to life satisfaction. The study was conducted in 2 traits by the authors where 116 adolescents and 141 adolescents were involved, who were college students. They analyzed the intensity of emotional stress and anxiety in relation to life satisfaction. They compared those who were emotionally open with the ones who depended on peers, family or their community to express emotions. They proposed the most practical tips to boost emotional intelligence and greater happiness. For example, sharing the stress with a friend was more balanced and stable as compared to the student who was very packed.

Objective of the Study

The study aimed to accomplish the following goals

A). To examine the relationship between life satisfaction and religiosity among adolescents.

B). To study how living in a particular place affects someone i.e, rural and urban on life satisfaction among adolescents.

C). To study how living in a particular place affects someone i.e, rural and urban on religiosity among adolescents.

Hypotheses of the Study

Keeping in view the above aims there are two major hypotheses has been formulated for empirical verification. These are:

H1. There will be significant positive correlation in between life satisfaction and religiosity among adolescents of Muzaffarpur districts of Bihar.

H2. There is significant notable difference in life satisfaction between urban and rural adolescents in Muzaffarpur district of Bihar.

H3. There is significant notable difference in religiosity between urban and rural adolescents in Muzaffarpur district of Bihar.

Methodology

Sample

The study involved a total sample size of 200 adolescents from colleges of Muzaffarpur district, divided into two group i.e. urban adolescents group and 100 rural adolescents group.

A complete sample distribution is given below:

Total Sample (200)	
Urban adolescents group (100)	Rural adolescents group (100)

Inclusion Criteria: -

- 1). The age group from 18 to 22 years was included.
- 2). The participants had educational qualifications of graduate level or higher.

Exclusion Criteria:

Under graduate students excluded in this study.

Tools used

The following psychological tools were employed for data collection in the present study.

Personal Data sheet (PDS): The researcher designed and prepared the personal data sheet to collect the participants' demographic information and participant's identification. It has detailed information of participants like name, age, sex,

religion, residence, qualification, name of institutions, father name, address etc.

Life satisfaction scale (LSS) The life satisfaction scale was administered to measure the life satisfaction of the adolescents. The scale was created by Q. G. Alam and Dr. Ramji Srivastava, Professor, Department of Psychology, S.N. College, Azamgarh and published by National Psychological Corporation Agra. The scale consists 60 items with three alternatives- yes, undecided and No, Yes responses denote the satisfaction. No time limit for responses, get it takes about 20 minutes to complete the questioner. The reliability of this scale is 0.84 and validity is 0.74 and 0.82.

Religiosity scale (RS): Religiosity scale is used to measure the religiosity of the participants. It developed by Dr. L. I. Bhushan and published by National Psychological Corporation Agra. This scale consists 36 items with multiple choice items like five point likert type scale. Its reliability and validity is 0.69 and 0.57 respectively.

Procedure

After meeting with participants and obtaining their verbal informed consent, the data collection process was initiated. The Life satisfaction scale and Religiosity scale along with Personal data sheet were given to them. The aim of the study was clearly explained to all participants, and they were provided with complete information about the research and the procedures involved. Each participant completed the questionnaires independently to ensure that their responses reflected their own views and experiences. After the responses were screened for completeness and accuracy, the data collection process was concluded.

Result and discussion

As we know the central objective of the study was to investigate how life satisfaction is related to religiosity among adolescents in Muzaffarpur District, Bihar. So, first of all, the life satisfaction scale and religiosity scale was administered on all 200 participants and data obtained and the correction was computed with the help of SPSS software between life satisfaction and religiosity. This correlation is shown in table no.-1.

Table no. - 1
(Co-efficient of correlation between life satisfaction and religiosity)

Variable	N	r	<P
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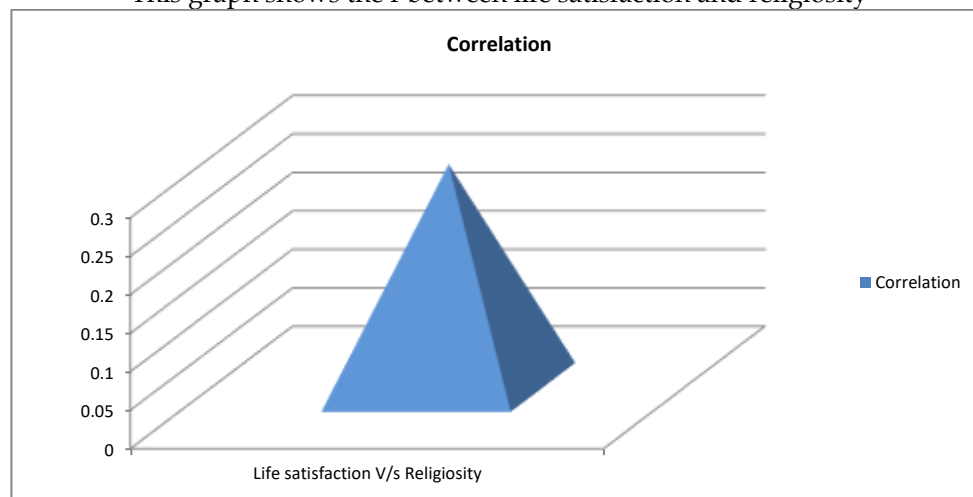
Life satisfaction V/s Religiosity	200	.29	0.01
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Pondering over this table no.-1, it is observed that there is a positive correlation found between life satisfaction and religiosity of all 200 respondent i.e. .29 and significant at 0.01 level.

On the basis of this finding, it can be remarked that the hypothesis formulated above, 'There will be significant positive correlation between life satisfaction and religiosity among adolescents of Muzaffarpur districts of Bihar' is accepted. The graphical representation of the finding can be seen as below by figure no. - 1.

Figure no. - 1

This graph shows the r between life satisfaction and religiosity



As mentioned earlier, the major aim of this research was to study the impact of residence i.e., rural and urban on life satisfaction among adolescents.'

Firstly, the samples were divided on the basis of residence .It means 100 urban samples and 100

rural samples were taken Life satisfaction scale was administrated on then and obtained the scores and comparison on the basis of residence . M, SD and t were calculated and tabulated in table no.-2.

Table no.-2

(N, M, SD and t of urban and rural adolescents on Life satisfaction scale)

Group	N	M	SD	t	<P
Urban adolescents group	100	73.82	6.85	5.58	0.01
Rural adolescents group	100	65.41	7.13		

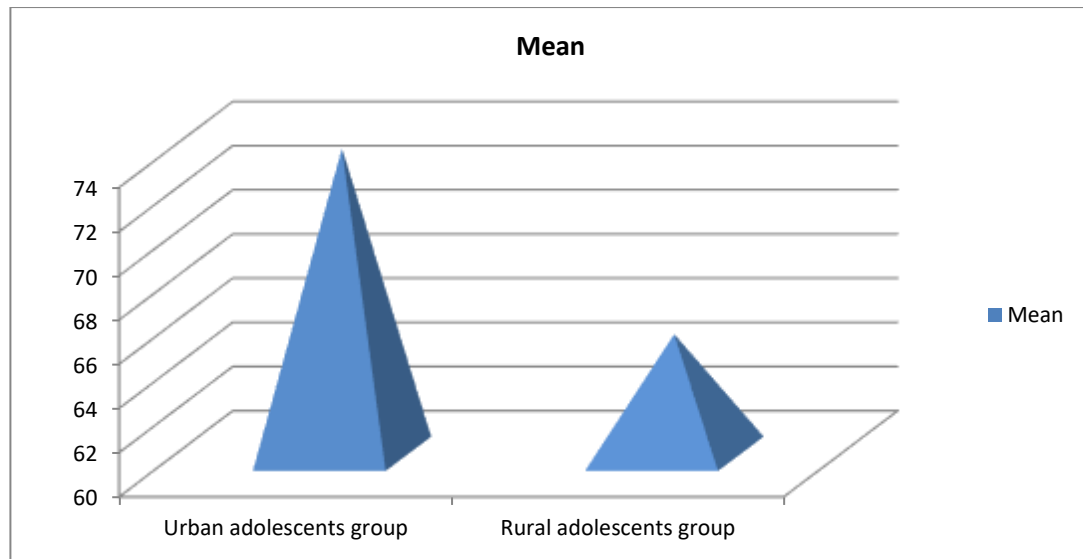
Pondering over this table no. 2, it is observed that it has the comparison is between total urban adolescents and total rural adolescents on life satisfaction.

Considering table no 2, it is clear that the N, M and SD of total male sample are 100, 73.82, 6.85 and the N, M SD of total female sample are 100, 65.41, 7.13 respectively .The t-ratio between these two groups is 5.58 which is significant at 0.01 level, so it is clear that the research hypothesis i.e.

there is significant difference in life satisfaction between urban and rural adolescents in Muzaffarpur district of Bihar. It also found that urban adolescent has higher life satisfaction than rural one. The graphical presentation of the findings can be seen below by figure no.-2.

Figure no.-2

This graph shows the mean difference on life satisfaction score between total urban and rural adolescents.



Again, as mentioned earlier, on the main aims of this research was 'To study the impact of residence i.e., rural and urban on religiosity among adolescents.'

Firstly the samples were divided on the basis of residence .It means 100 urban samples and 100

rural samples were taken Religiosity scale was administrated on then and obtained the scores and comparison on the basis of residence .M, SD and t were calculated and tabulated in table no.-3.

Table no.-3
(N, M, SD and t of urban and rural adolescents on Religiosity scale)

Group	N	M	SD	t	<P
Urban adolescents group	100	122.64	7.42	8.42	0.01
Rural adolescents group	100	113.12	8.52		

Pondering over this table no. 3, it is observed that it has the comparison is between total urban adolescents and total rural adolescents on religiosity.

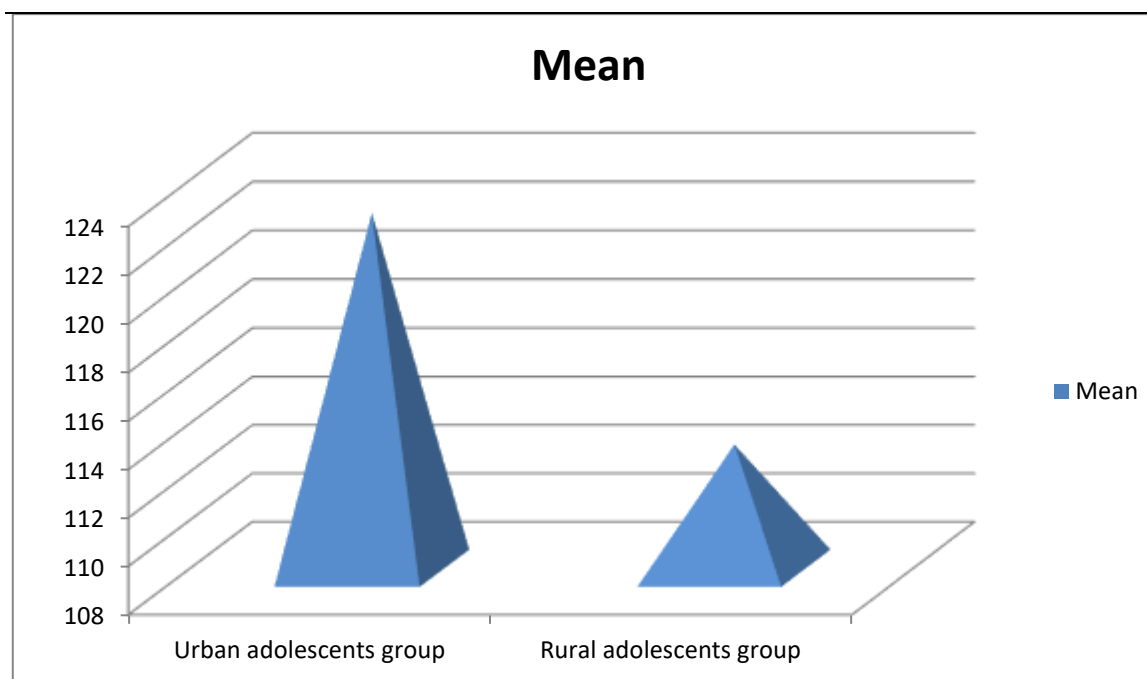
Considering table no 3, it is clear that the N, M and SD of total male sample are 100, 122.64, 7.42 and the N, M SD of total female sample are 100, 113.12, 8.52 respectively .The t-ratio between this two group is 8.42, which is significant at 0.01 level, so it clear that the research hypothesis i.e., 'There is significant notable difference in

religiosity among urban and rural adolescents in Muzaffarpur district of Bihar.' It is also found that urban adolescents have higher religiosity than rural one.

The graphical presentation of the findings can be seen below by figure no. - 3.

Figure no. - 3

This graph shows the mean difference on religiosity score between total urban and rural adolescents.



Findings of the study

These are the findings of the present study as follows: -

- (i). Life satisfaction and Religiosity both variables are positively correlated.
- (ii). Urban adolescents group shows more life satisfaction than rural one.
- (iii). Urban adolescents group shows more religiosity than rural one.

Conclusion

It can be concluded that, a positive and significant correlation has been obtained between the scores of life satisfaction and religiosity of the

adolescents, which indicates that both variables have significant positive relation. Again, the comparison between urban and rural adolescents groups by using t-test has shown there is a significant difference between urban and rural group in term of life satisfaction. It indicates that residence plays a significant role to determining the life satisfaction. Again, the comparison between urban and rural adolescents groups by using t-test has shown there is a significant difference between urban and rural group in term of religiosity. It indicates that residence plays a significant role to determining the religiosity.

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