



# A SOCIOLOGICAL STUDY ON THE LEVEL OF SPIRITUALITY AMONG YOUTH ADULTS IN CHENNAI

**Ezhisaivani. D**

B.A. Sociology, M.O.P Vaishnav College for Women, Chennai, Tamilnadu, India.

**Kavya. J**

B.A. Sociology, M.O.P Vaishnav College for Women, Chennai, Tamilnadu, India.

**Jaishivani. S**

B.A. Sociology, M.O.P Vaishnav College for Women, Chennai, Tamilnadu, India.

**Riya Balini. A**

B.A. Sociology, M.O.P Vaishnav College for Women, Chennai, Tamilnadu, India.

## ABSTRACT

*Spirituality encompasses a wide range of beliefs, rituals, encounters, and attitudes connected to transcendent or sacred facets of life. This personal and subjective journey often involves seeking meaning, purpose, and a link to something greater than oneself. Although spirituality is commonly associated with religious customs, it can also exist independently of organized religion, manifesting in diverse ways influenced by cultural, philosophical, and personal viewpoints. This study delves into the intricate connection between spirituality and the youth in today's world. Spirituality, recognized as an inherent part of human existence, is increasingly acknowledged for its impact on shaping the lives of young individuals. By synthesizing empirical studies, theoretical frameworks, and qualitative analyses, the research aims to offer a comprehensive*

*insight into spirituality's role in youth. The study stresses the importance of further exploration and discussions regarding spirituality and the youth, advocating for nuanced comprehension and inclusive strategies that respect various spiritual beliefs and experiences. By shedding light on the intricate relationship between spirituality and the youth, this research endeavours to enhance knowledge and promote holistic well-being among young people in contemporary society. Examining how young individuals in Chennai navigate spirituality for comfort and resilience amid displacement and difficulties. Analysing the array of spiritual expressions beyond conventional religious frameworks, recognizing the impact of culture, philosophy, and individual perspectives. Advocating for further research to enhance our understanding of how spirituality influences the holistic well-being of young people in today's society.*

**Keywords:** Spirituality, Transcendence, Optimism.

**Cite this Article:** Ezhisaivani. D, Kavya. J, Jaishivani. S, Riya Balini. A. A Sociological Study on the Level of Spirituality Among Youth Adults in Chennai. *International Journal of Social Sciences Research and Development (IJSSRD)*, 7(1), 2025, 60-68.

[https://iaeme.com/MasterAdmin/Journal\\_uploads/IJSSRD/VOLUME\\_7\\_ISSUE\\_1/IJSSRD\\_07\\_01\\_005.pdf](https://iaeme.com/MasterAdmin/Journal_uploads/IJSSRD/VOLUME_7_ISSUE_1/IJSSRD_07_01_005.pdf)

## 1. INTRODUCTION

Spirituality is an immensely individualistic and important dimension of a human's life that goes beyond cultural restrictions. Accepting and acknowledging spirituality is an essential part of an individual's life. It escorts us through the various stages of life and fosters a sense of meaning to our existence. The concept of spirituality cannot be bounded to any particular religion or belief system but its relevance can be found universally and crosses nations and different cultures. Young adults often explore the scientific backing related to traditional concepts including their need, its relationships and the challenges it poses to the contemporary society.

Spirituality can be utilised as a path to attain inner peace, direction and clarity in one's life. It can vary from different practices including journaling, meditating or engaging in nature and improving one's emotional stability. Several individuals view spirituality as an enforcing mechanism for compassion and motivation to promote equity in the society. In modern societies, youngsters often face pressure and mental health issues and the pressure to meet with global trends. Spirituality in this context can be utilised to foster strength and resilience to the young adults. It also allows them to rationally explore and question these beliefs and can

overcome the pressure with following traditional practices. Across various nations, spirituality is followed by people belonging to different cultures and beliefs developing a unique perspective. Its existence can be witnessed from ancient belief systems to the organised religions that has transformed civilisations.

## **2. THEORITICAL FRAMEWORK - JAMES W. FOWLER'S THEORY OF FAITH DEVELOPMENT**

This theory provides an understanding on how spirituality is acquired in different stages during an individual's life. The stages of faith development include Synthetic-Conventional: where individual practices traditional beliefs of their community, Individual-Reflective: stage where individuals begin questioning faith for their analysis, and Conjunctive: inclusion of varied understanding to improve compassion in the world. The theorist states that spirituality is a dynamic developmental phenomenon that occurs due to internal and external influences and is not merely a static process. While correlating with young adults, the theory is utilised to analyse how spirituality is transforming and experiencing changes as there are influences from societal norms and families which form the personal choices and beliefs of young adults. This phenomenon is essential to analyse the diversity in experiences of spirituality among the youth.

## **3. REVIEW OF LITERATURE**

McQuillan (2004) conducted a study using the terms “Youth Spirituality: A Reality in Search of Expression” which examined young people's disengagement from institutional churches in both Australia and Ireland. Despite this disconnect the study found a notable presence of spirituality among youth. However, there appears to be a paradox in which genuine spirituality exists but lacks a clear and structured way to be articulated.

Daniel Shek (2012) explored adolescent spirituality in his research “Spirituality as a positive youth development construct: A Conceptual Review”. This paper examined the role of adolescence spirituality in youth development by discussing various definitions, theoretical perspectives and the factors impacting teen spirituality along with its impact on personal growth.

Andrew Singleton Michael Mason and Ruth Webber (2004) conducted a study titled “Spirituality in Adolescence and Young Adulthood”. Their research focused on contemporary

expressions of spirituality among youth and young adults. The paper addressed historical and definitional challenges associated with spirituality and explored qualitative research methods suited for studying this subject.

#### 4. OBJECTIVES

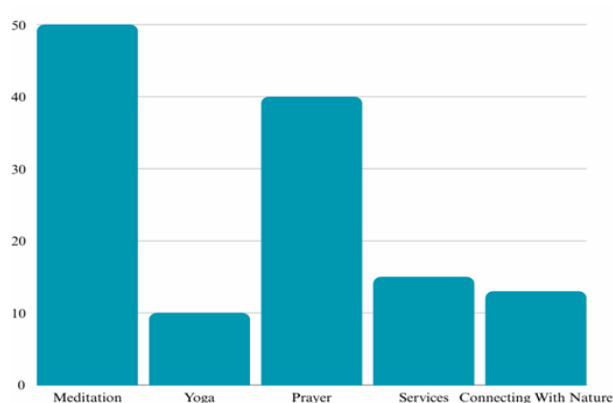
- To analyse the level of spirituality among adolescents and the factors that contribute to the spiritual life of adolescents.
- To investigate the influence of spirituality in the daily life of adolescents.
- To understand the current influence of spiritual leaders among the youth.

#### 5. RESEARCH METHODOLOGY

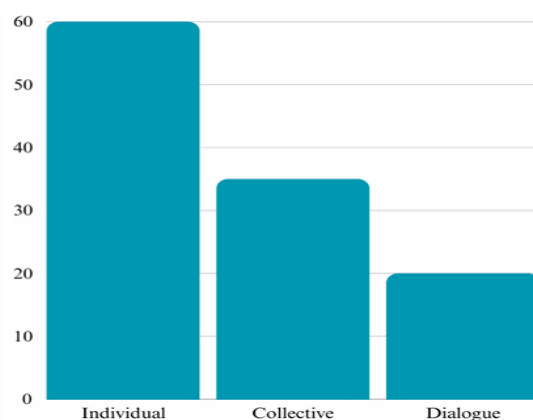
A qualitative descriptive research methodology has been used in the study to understand the influence of spirituality among the young adults in Chennai city. The sample size is 105 and All adolescents who belong to the age group of (13-19) in Chennai are the universe. The data collection tool was personal interview. The interview was conducted for 15 minutes for each respondent. G-forms and telephonic methods were also used for data collection. Random sampling has been employed to find the required samples.

#### 6. DATA INTERPRETATION AND FINDINGS

Understanding of the concept of spirituality among adolescents



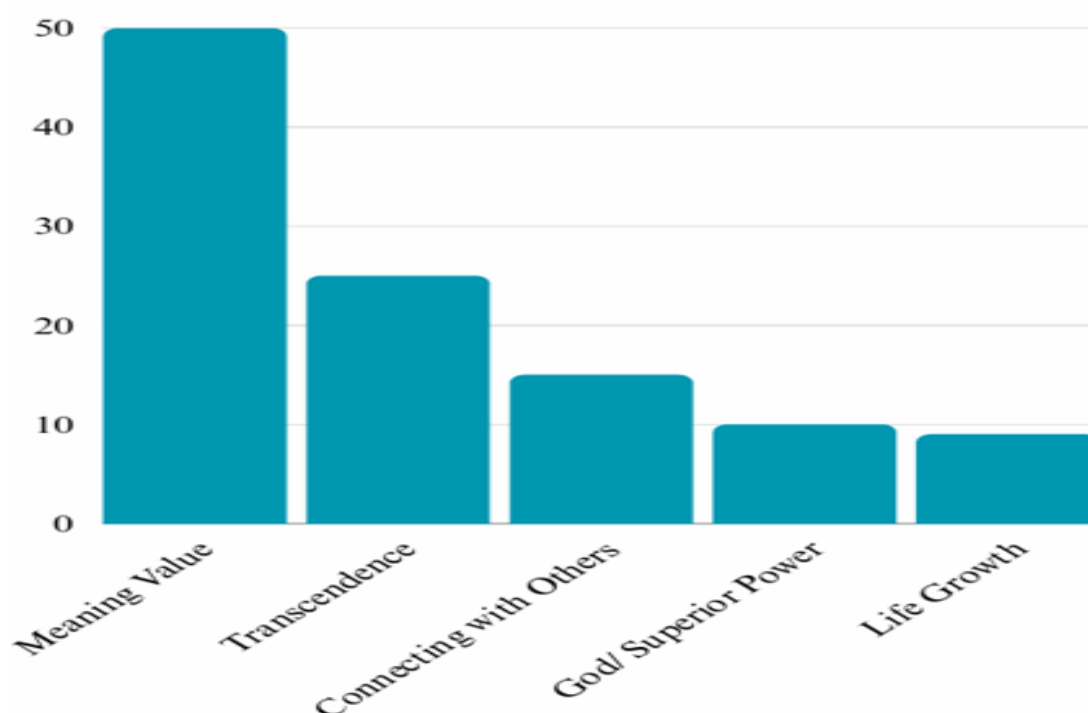
**Bar graph on forms of spirituality**



**Bar graph on types of spirituality**

The major forms of spirituality practiced by the respondents are meditation and prayer. 80% of the respondents fall in the category of Meditation and 40% fall in the category of Prayer because individuals are leading a stressful life when compared to previous generations. Thus, people are more into self-relaxation practices like meditation and prayers. The types of spirituality are Individual, Collective and Dialogue. Individual spirituality delas with self-directed aspects. The majority of the respondents fall in the category of Individual. Almost 60% of the students fall in the category of individual spirituality allows for personal exploration of beliefs, values, and divine connection without external influences, leading to self-awareness and growth. The collective spirituality explains about the shared spiritual experience in a group or organisation. Nearly 45% falls of the respondents fall in category of collective spirituality as it provides community, shared beliefs, and support, fostering belonging and unity. Only 20 respondents fall in the category of dialogue as it is a very passive was of exchanging ideas with others through interaction, discussion, and exchange of ideas with others.

#### **Factors that contribute to the spiritual life of adolescents**

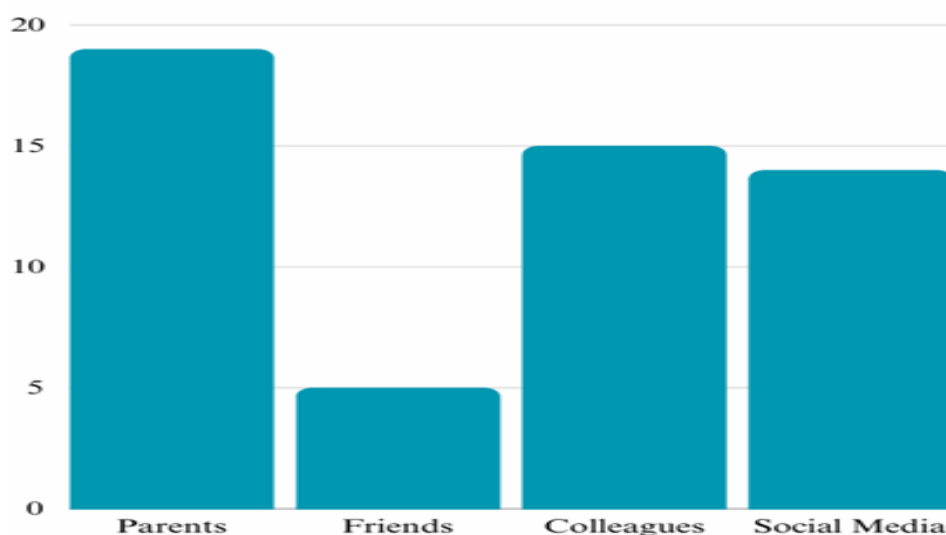


**Bar graph on factor that contribute to spirituality**

The prominent forms of spirituality reported by respondents are meditation and prayer. 80 percent of respondents meditate, while 40 percent pray, as individuals lead a comparatively stressful life with reference to earlier generations. Hence, people are more interested in practices

of self-relaxation like meditation and prayer. Types of spirituality are Individual, Collective, and Dialogue. Individual spirituality pertains to dimensions directed towards the self. A greater number of the student population falls within the ambit of Individual. Almost 60 percent of the students fall in the category of individual spirituality allows personal exploration of beliefs, values, and divine connection free from external influences, thereby promoting self- awareness and growth. Collective spirituality refers to a spiritual experience shared by a group or organization. Nearly 45 percent of respondents fall under the category of collective spirituality, because it provides community, shared beliefs, and support which engenders belongingness and unity. Fewer respondents-a mere 20-come under the category of dialogue-a mode of exchanging thoughts with others through interaction, discussion, and exchange of ideas with others.

### **Influence of spirituality in the daily life of adolescents**

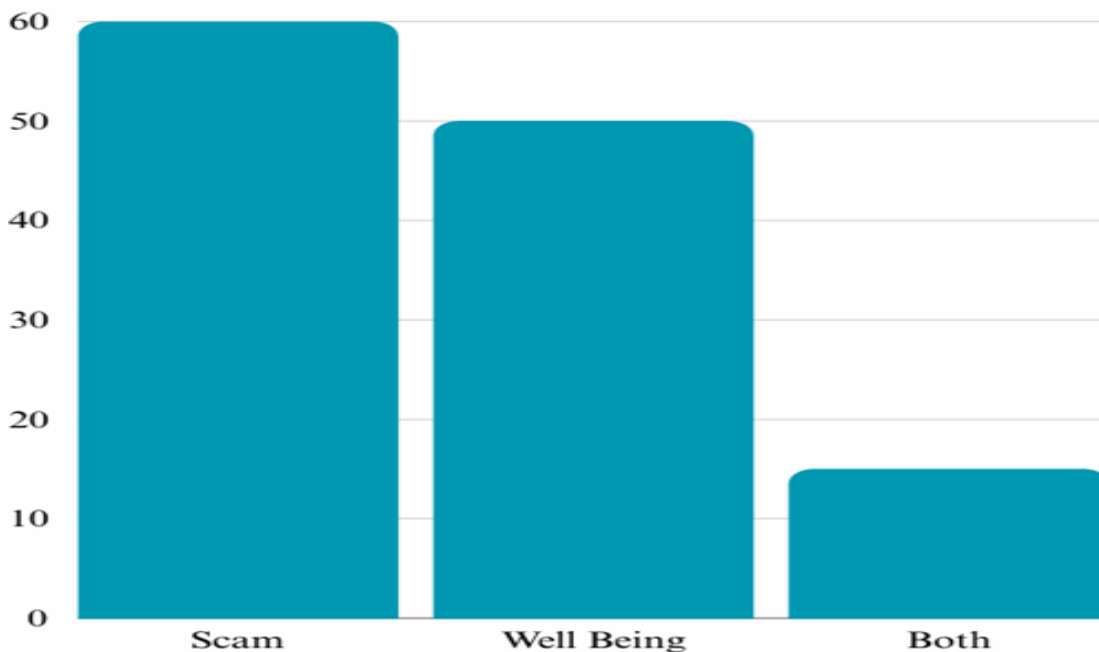


**Bar graph on aspects that influence spirituality**

The bar graph displays different aspects that affect spirituality on four parameters: Parents, Friends, College, and Social Media. The height of each bar indicates how much influence a factor has on an individual's spiritual beliefs. The fact that the parents have the maximum influence suggests that family upbringing and traditions exert a very significant sway toward one's spiritual orientation. A considerable influence also rests with colleagues, possibly suggesting that workplace interaction and discussion stimulate spiritual growth. This sits right behind social-media as this, in recent, is gaining its way through, probably due to the exposure to diverse beliefs, discussions, and content in the digital form. The othermost, Friends have the least influence, which means that in a peer-to-peer interactive mode, instilling a spiritual

perspective might not have much emphasis as dated back to the family or professional environments. The traveling path taken by all these common influences combines together to constitute the ultimate spiritual journey. Much of this influence is exerted from the family and colleagues.

#### **Influence of spiritual leaders among the youth**



**Bar graph based on perception about spiritual leaders among youth**

The vertical column graph is a fact-finding exercise to let one choose between Scam, Well- Being, or Both. Probably about 60 say it a scam, such as seemingly false claims, not based on science, using ways to make money out of it, or past cases of scams. Such an overwhelming majority brings some skepticism and denial in the process. Each group stands for a person with two viewpoints: 50 with a well-being perspective, perhaps because they had attested it to bring in some good, such as mental or physical health, stress relief, or being a supportive community. The skeptics seem to have a large enough audience though it is scarce from among 15 or so persons who contended that there exists aspects of the thing both scam and standard-behavior. This implies therefore that while some of the benefits are real, dodgy ones are also implied; unrealistic promises, over commercialization, or placebo effects. On a final analysis, the data suggest a divided view, with many skeptical of it, and still many coming to accept it as providing some concrete benefit.

## 7. RECOMMENDATION

- Integrating spiritual wellness into daily life can greatly impact overall well-being.
- Mindful practices during daily activities cultivate awareness and promotes relaxation and introspection.
- Encouraging the youth to prioritize spiritual well-being that empowers them to navigate life's challenges with resilience and inner peace.
- Community and social support on spiritual practices offer valuable insights, encouragement, and a sense of belonging essential for navigating one's spiritual journey.
- Reconnecting with ancient Indian spiritual traditions for nurturing the soul and enhancing spiritual wellness. Thus, promote physical well-being, mental clarity, emotional balance, and spiritual growth and helps the youth find solace, meaning, and purpose in their journey toward self-discovery and inner peace.

## 8. CONCLUSION

The exploration of spirituality among young adults has offered indispensable insights about the degree of influence of spiritual practices and trust in one's life. From this study, we can infer the important role of spirituality in building identities, actions and values of young adults. The findings portrays that the individuals with a strong inclination towards spirituality often have an increased level of empathy, compassion and resilience. Spirituality can be found as a pathway to attain fortitude and guidance for young adults to overcome the challenges they face during adolescence and the beginning stages of adulthood. It is essential to promote and environment for spiritual learning and growth to gain positive and profound effects on young adults, overall development and satisfaction in life.

## REFERENCES

- [1] <https://brainly.in/question/20493213#readmore>
- [2] <https://www.orderoftheascension.org/assumptions-on-the-spiritual>



- [3] <https://timesofindia.indiatimes.com/readersblog/rhetoricblogs/importance-ofspirituality-50446/>
- [4] <https://psychcentral.com/blog/best-self/2014/11/five-reasons-to-develop-and-growyour-spirituality#1>
- [5] [https://www.researchgate.net/publication/313033002\\_A\\_Review\\_of\\_Scientific\\_Research\\_on\\_Spirituality](https://www.researchgate.net/publication/313033002_A_Review_of_Scientific_Research_on_Spirituality)
- [6] <https://www.jstor.org/stable/4038230>
- [7] <https://www.prnewswire.com/news-releases/is-the-world-becoming-more-spiritual301458427.html>
- [8] <https://nccc.georgetown.edu/body-mind-spirit/definitions-spirituality-religion.php>
- [9] <https://ijrcs.org/wp-content/uploads/IJRCS202008027.pdf>
- [10] <https://isha.sadhguru.org/yoga/yoga-articles-spirituality/what-is-spirituality/>

**Citation:** Ezhisaivani. D, Kavya. J, Jaishivani. S, Riya Balini. A. A Sociological Study on the Level of Spirituality Among Youth Adults in Chennai. International Journal of Social Sciences Research and Development (IJSSRD), 7(1), 2025, 60-68.

**Abstract Link:** [https://iaeme.com/Home/article\\_id/IJSSRD\\_07\\_01\\_005](https://iaeme.com/Home/article_id/IJSSRD_07_01_005)

**Article Link:**

[https://iaeme.com/MasterAdmin/Journal\\_uploads/IJSSRD/VOLUME\\_7\\_ISSUE\\_1/IJSSRD\\_07\\_01\\_005.pdf](https://iaeme.com/MasterAdmin/Journal_uploads/IJSSRD/VOLUME_7_ISSUE_1/IJSSRD_07_01_005.pdf)

**Copyright:** © 2025 Authors. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

This work is licensed under a **Creative Commons Attribution 4.0 International License (CC BY 4.0)**.



✉ [editor@iaeme.com](mailto:editor@iaeme.com)