

Role of spirituality in stress management and human happiness

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Abstract

All over the ages mystics, yogis, saints and philosophers have been seeking the peace of life and enlightenment, they got this knowledge through spirituality. Spirituality is the immaterial reality, an inner path enabling a person to discover the essence of his/her being or the deepest values and meanings by which people live. Spirituality is the way to reach peach of life. Spiritual practices, including meditation, prayer and deliberation, are intended to develop an individual's inner life and their regular presence in one's life provides inner happiness, satisfaction and stress release. Inner happiness is very important for any person for accomplishment of peace of life which comes from spirituality. Inner happiness is the easiest way to find human happiness the purpose of this research paper is to define the role of spirituality in stress management and human happiness. This paper aims to show that Spirituality exists wherever a person struggles for his survival and provide an overview how people used spirituality as a way to seek inner happiness and a life of purpose, incorporating spirituality into the hectic schedules prepares a person for all that life has to offer.

Keywords: spirituality, stress management, human happiness, inner happiness, self-actualization).

Introduction

Spirituality play important role at the time of struggle. Spirituality teaches that the art of living is to find real happiness and satisfaction. This intangible inner happiness will come when one can discover our inner self. Spirituality helps to find inner reality, which is inner self. Many people seek happiness in life because everyone wants to be happy. The soul of spirituality is discovering the joy in life. The happiness synonymous with spirituality is an inner happiness that does not depend on success in the material world. Spirituality tells us that real inner joy comes not through the fulfilment of the desires but in reducing the desires.

Happiness or well-being has been one of the primary goals of human beings in all the cultures ever since dawn of civilization. Spiritual transcendence is associated with a sense of joy and happiness which has contently a positive affective tendency (Gotsis and Kortezi, 2008)^[6].

According to Indian school of thought also, the state of joyousness is a natural state of happiness. It considers seven dimensions of wellness that includes social, physical, emotional, intellectual, environmental, spiritual and occupational (Sharma 2005). In this paper we identify the role of spirituality in stress management and human happiness and how human happiness related to stress management.

Literature review

Spirituality

Spirituality has many definitions, but core spirituality helps to give our lives context. Spirituality is not connected to a specific belief system or even religious worship. Instead, it arises from your connection with yourself and with others, the development of your personal value system.

Spirituality has the form of religious observance, prayer, meditation or a belief in a higher power. For others, it can be found in nature, music, art or a secular community. Spirituality is different for everyone. Workplace spirituality

involves the effort to find one's ultimate purpose in life, to develop a strong connection to co-workers and other people associated with work, and to have consistency or alignment between one's core beliefs and values of their organization (Mitroff and Denton, 1999).

Some Other Definitions of Spirituality

1 "The experience or expression of the sacred"

(Adapted from Random House Dictionary of the English Language, 1967)

2. "the search for transcendent meaning" can be expressed in religious practice or expressed" exclusively in their relationship to nature, music, the arts, a set of philosophical beliefs, or relationships with friends and family"

(Astrow *et al.* 2001)

3. "Individual search for meaning"

(Bown and Williams 1993)

4. "The search for meaning in life events and a yearning for connectedness to the universe"

(Coles 1990)

5. "A person's experience of, or a belief in, a power apart from his or her own existence"

(Mohr 2006)

Stress

Stress is defined as an event or situation that is perceived as threatening, demanding or challenging (Hardie, Kashima & Pridmore 2005). Lazarus and Folkman (1984) define stress as any relationship between a person and their environment which is appraised as taxing and endangers his or her wellbeing'.

Stress is the way human beings react both physically and mentally to changes, events, and situations in their lives.

Stress management

Stress management is the method of controlling factors that require a response or change within a person by identifying the stressors, eliminating negative stressors, and developing effective coping mechanism to counteract the response

Stress management deals with manage stress. The first step in managing stress is understanding yourself better how you react in different situations, what causes you stress, and how you behave when you feel stressed. Once you've done that, take the following steps:

- Set priorities
- Practice facing stressful moments
- Examine your expectations.
- Live a healthy lifestyle.
- Learn to accept change as a part of life.

Human Happiness: Human happiness is like human finding yourself. Inner happiness comes under human happiness. The term Inner Happiness can be broken into these terms i.e.

1. Inner
2. Inner Self
3. Happiness

These can be defined as:

1. Inner: It means something related to mind and spirit which is situated or happening in the human

2. Inner Self: "Inner self" is an expression for the private inner feelings and self-awareness. The inner self is often referred to in spirituality. Sometimes, meditation is used to get up the true realization and see the true inner self.

3. Happiness: Finding happiness is like finding yourself. You don't find happiness, you make happiness. You choose happiness. Self-actualization is a process of discovering who you are, who you want to be and paving the way to happiness by doing what brings YOU the most meaning and contentment to your life over the long run

By David Leonhard

Realize that true happiness lies within you. Waste no time and effort searching for peace and contentment and joy in the world outside. Remember that there is no happiness in having or in getting, but only in giving. Reach out. Share. Smile. Hug. Happiness is a perfume you cannot pour on others without getting a few drops on yourself.

By Og Mandino

Happiness is contagious...when you reflect happiness, then all others around you catch the happy bug and are happy, too.

By Jennifer Leese

Happiness is when what you think, what you say, and what you do are in harmony.

By Mahatma Gandhi

Happiness is an inner state of wellbeing. A state of wellbeing enables you to profit from your highest: thoughts, wisdom,

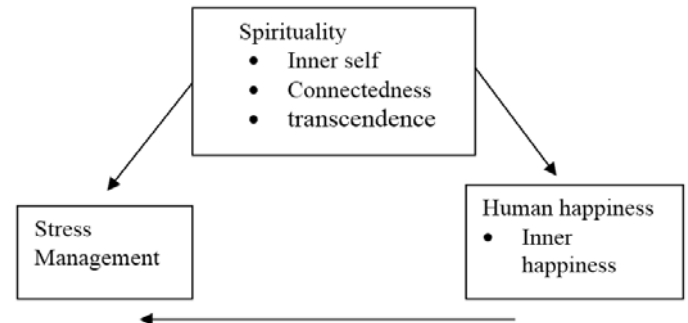
intelligence, common sense, emotions, health, and spiritual values in your life.

By Lionel Ketchia

Happiness is when your mind is thinking through your heart.

By Judi Singleton

Conceptual Framework



Role of spirituality in stress management

Spirituality has many benefits for stress relief and overall mental health. When life is difficult, complicated and jumbled and the feeling of stress arises and no time is left to understand the better things in life then spirituality can help to relieve the stress. Spirituality can help you:

- **Connect to the world.** Spirituality gives feeling of connectedness in the world at the time when people feel loneliness. This can lead to a valuable inner peace during difficult times.
- **Release control.** Sometimes you feel you aren't responsible for everything that happens in life. You can share the burden of tough times as well as the joys of life's blessings with those around you.
- **Expand your support network.** Whether you find spirituality in a church, mosque or synagogue, in your family, or in nature walks with a friend, this sharing of spiritual expression can help build relationships.
- **Lead a healthier life.** People who consider themselves spiritual appear to be better able to cope with stress and make well from illness or addiction faster.
- **Feel a sense of purpose.** Spirituality provides sense of purpose and may help to expose what's most meaningful in your life. By clarifying what's most important, you can focus less on the unimportant things and eliminate stress.

Spirituality has repeatedly been found to be a predictor of better health and lower levels of stress, particularly when spirituality is defined in non-religious terms (see Calicchia & Graham 2006; Lustyk, Beam, Miller & Olson 2006). Furthermore, studies have found that individual spirituality may be a moderating influence on the relationship between stress; and wellbeing and ill-being (e.g., Elam 2000; Hong 2008; Youngmee & Seidlitz 2002) ^[15]. However, to date, little research has been conducted on SAW and job stress, employee health (e.g., Becker 2002) or employee outcomes (e.g., Ashmos & Duchon 2000; Becker 2002; Clark, Leedy, McDonald, Muller, Lamb, Mendez, Kim & Schonwetter 2007; Duchon & Plowman 2005; Kinjerski & Skrypnik 2006; Milliman *et al.* 2003) ^[1, 4, 5, 9, 13].

Role of spirituality in human happiness

Inner happiness play important role in human happiness. This intangible inner happiness will come when one can discover our inner self. It is spirituality that helps to find this inner reality, which is inner self. Many people seek happiness in life because everyone wants to be happy. The real meaning of spirituality is discovering the joy in life. The happiness synonymous with spirituality is an inner happiness that does not depend on success in the material world. Spirituality tells us that real inner joy comes not through the fulfilment of the desires but in reducing the desires.

Acc to spirituality happiness comes from within. Here are some simple suggestions to improve present level of happiness:

1. Develop discipline in our life
2. Express daily thoughts that comes in the mind
3. Start living in a graceful manner
4. You should have optimist nature
5. Simplify your life
6. Regular Exercise should be done
7. Give love freely to self and others
8. Make happiness as a habit in our life
9. Develop mindfulness

Spiritual transcendence is associated with a sense of joy and happiness which has contently a positive affective tendency (Gotsis and Kortezi, 2008) ^[6].

Role of inner happiness in stress management

Inner Happiness is a by-product of inner peace, to achieve human happiness. Inner happiness takes care of his inner self and soul. Inner happiness is important for learn how to treat himself and others. Finding inner happiness starts with inner peace, inner peace starts with self-love and one would start loving himself only when, when he would start considering himself as his best friend so one should start building a healthy relationship with himself, do something nice for himself that is something he could do for a good friend. When people starts loving self and others then stress cannot come in the way of life. inner happiness may be helpful for stress management. Benefits of stress management are as follows:

- Improved physical health
- Better life decisions
- You will be happier
- Spiritual Growth
- Inner peace brings outer peace
- Enhanced Creativity
- Deeper Sleep

Conclusion

Spirituality is the emerging topic at the time of globalization. Spirituality helps in the life of a human being in bringing inner peace, inner happiness and inner satisfaction. The intention of this study is not only to ascertain the necessity for spirituality for an individual, the overall effect of spirituality over an individual, over his family and over his professional life but also to determine the secret of spiritual happiness i.e. to learn how to teach, guide, and lecture one self. Spirituality helps the people to find human happiness, which comes from inner happiness Inner happiness may be helpful for stress

management. Spirituality defines the path of inner peace and enlightenment of the life.

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