

Impact of Spiritual Study Adaptation on the Mental Health of Married Individuals

Mr. Chandrakant M. Manchare¹, Dr. Venkat P. Patil²

¹ Research Scholar, Manipur International University, India

² Vice Principal, Smt. Indira Gandhi College of Engineering, Navi Mumbai, India

Abstract

Mental health challenges such as stress, anxiety, and depression significantly affect the quality of life of married individuals. Spiritual practices are increasingly considered an effective psychological coping mechanism. The present study examines the impact of spiritual study adaptation on mental health parameters including positivity, depression, anxiety, and stress among married individuals. A pre–post research design was adopted using data collected before and after spiritual study adoption.

The findings indicate significant improvement in positive mental states and reduction in negative mental health indicators after spiritual study adaptation.

Keywords: Spirituality, Mental Health, Married Individuals, Anxiety, Depression.

1. INTRODUCTION

Mental health plays a crucial role in maintaining marital harmony and individual well-being. Increasing work pressure, family responsibilities, and social expectations expose married individuals to psychological stress. Spiritual practices such as meditation, prayer, and spiritual study provide emotional stability, resilience, and psychological balance.

Spirituality is associated with:

- Improved coping mechanisms
- Reduced stress and anxiety
- Increased emotional regulation
- Greater life satisfaction

This study evaluates whether spiritual study adaptation leads to measurable improvement in mental health indicators among married individuals.

2. LITERATURE REVIEW

2.1 Spirituality and Mental Health

Koenig (2012, 2015), studies establish a strong relationship between spirituality and mental health. Spiritual involvement improves emotional regulation, reduces depression and anxiety, and enhances coping with stress. Religion provides meaning in life, social support, and psychological resilience.

Author Levin (2010) highlights that religious participation promotes psychological stability through behavioural regulation, social integration, and stress reduction.

Author Underwood (2011) summarizes about Daily spiritual experiences improve emotional well-being and life satisfaction by enhancing inner peace and personal meaning.

Overall Contribution to our Study is that these studies support the idea that spiritual study improves mental health outcomes.

2.2 Spiritual Practices and Depression

Smith et al. (2003) found spiritual practices associated with lower depressive symptoms and improved emotional health.

As per Pargament (1997); Pargament et al. (1998), Spiritual coping theory explains how individuals use religious beliefs to manage stress. Positive spiritual coping improves resilience and psychological adjustment, while negative coping may increase distress.

Park (2005) summarizes about Religion functions as a meaning-making system that helps individuals interpret stressful life events and maintain psychological stability.

As per Oman & Thoresen (2005), Spiritual practices enhance emotional regulation and reduce psychological suffering through mindfulness and meaning-oriented coping.

Thus, they Explain how spiritual study reduces depression, anxiety, and stress in your research.

2.3 Spirituality and Anxiety Reduction

Studies indicate meditation and spiritual reflection reduce anxiety through relaxation response mechanisms.

As per Kabat-Zinn (2003), Mindfulness and meditation improve emotional regulation, reduce stress, and enhance psychological functioning.

As per Goyal et al. (2014), Systematic review shows meditation significantly reduces anxiety, depression, and psychological stress.

Brown & Ryan (2003) suggests that Mindfulness increases emotional awareness and psychological health.

Thus, these literatures Provides biological and psychological mechanisms for mental health improvement through spiritual practice.

2.4 Spiritual Well-being in Marriage

Mahoney et al. (2005) reported spirituality improves marital adjustment and emotional stability.

Call & Heaton (1997) suggests that religious involvement increases marital stability and reduces conflict.

As per Fincham & Beach (2010), Healthy marriages contribute to psychological well-being and life satisfaction.

Thus, these literature Supports your focus on married individuals and explains why spirituality affects their mental health.

2.5 Research Gap

Few studies specifically examine **married individuals using pre–post intervention data**, which this study addresses.

3. METHODOLOGY AND RESEARCH DESIGN

3.1 Basic Concepts

Spiritual Study Adaptation: Regular engagement with spiritual teachings, meditation, prayer, or religious texts.

Mental Health Indicators

- **Positivity** – psychological optimism and emotional well-being
- **Depression** – persistent sadness and loss of interest
- **Anxiety** – excessive worry and fear
- **Stress** – psychological pressure or tension

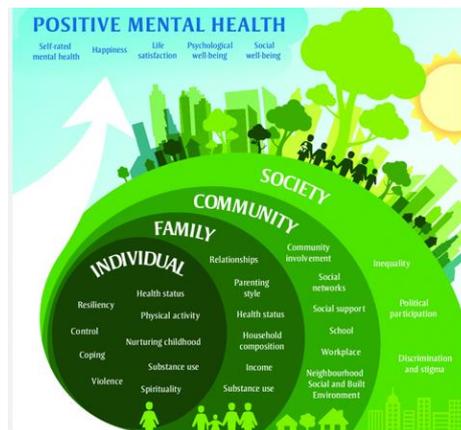


Figure-1: conceptual framework of positive mental health

The figure-1 illustrates a **conceptual framework of positive mental health**, showing how mental well-being is influenced by different levels of social and personal factors.

The Figure -1 diagram presents **positive mental health** because of interconnected influences at three levels:

Individual Level: Personal factors such as resilience, coping ability, control, physical activity, health status, nurturing childhood experiences, substance use, spirituality, and exposure to violence. It Focuses on personal behaviours and psychological characteristics.

Family Level: Family relationships, parenting style, household composition, health status, and income. It Emphasizes the role of family environment in shaping mental well-being.

Community and Society Level: Community factors such as social networks, social support, schools, workplaces, neighbourhood environment, and community involvement. Societal factors such as inequality, political participation, discrimination, and stigma.

The Figure highlights that **positive mental health is multi-dimensional**, influenced by personal characteristics, family environment, and broader social and societal conditions. It also links positive mental health to outcomes such as happiness, life satisfaction, psychological well-being, and social well-being.

Relevance of the Model to under our Study:

The framework shows that mental health is influenced by **multi-level determinants**:

- Individual factors
- Family environment
- Community and societal influences

Your study focuses on **spiritual study adaptation**, which operates mainly at the **individual level** but also influences family and social relationships. Therefore, the model provides a theoretical foundation explaining *how spiritual practices improve mental health*.

Mapping the Model to our Research Variables

A. Individual Level → Spiritual Study Mechanism

The model lists:

- Resiliency
- Coping ability
- Control
- Health status
- Physical activity
- Spirituality

Connection to our Study

Spiritual study directly improves:

- Emotional control → reduces anxiety and stress
- Coping ability → reduces depression
- Resilience → increases positivity
- Spiritual meaning → improves psychological well-being

Variables under our study

Model Component	our Study Variable
Resilience/Coping	Positivity
Emotional control	Anxiety
Psychological distress	Depression
Stress exposure	Stress

Thus, our findings align with the **individual-level determinants** of mental health.

B. Family Level → Married Individuals Context

The model emphasizes:

- Family relationships
- Parenting style
- Household composition
- Income
- Health status

Connection to our Study

Because your participants are **married individuals**, their mental health is strongly influenced by family interactions.

Spiritual study may improve:

- Marital harmony
- Emotional stability in relationships
- Parenting behaviour
- Family communication

This explains why spiritual study benefits married populations specifically.

C. Community and Society Level → Indirect Influence

The model includes:

- Social support
- Community involvement
- Social networks
- Discrimination/stigma

Connection to our Study

Spiritual study often increases:

- Social connectedness
- Community participation
- Sense of belonging
- Social support network

These factors indirectly improve mental health outcomes. The conceptual framework of positive mental health provides theoretical support for the present study. The model suggests that mental health outcomes are shaped by individual, family, and societal determinants. Spiritual study functions as an individual-level psychological resource that enhances coping ability, emotional regulation, and resilience, thereby reducing depression, anxiety, and stress while increasing positivity. Among married individuals, spiritual practices may also improve family relationships and social support, contributing to overall psychological well-being. Therefore, the positive mental health framework provides a comprehensive explanation for the observed impact of spiritual study adaptation on mental health outcomes.

3.2 Research Objectives

- [1]. To evaluate the impact of spiritual study on positivity.
- [2]. To examine changes in depression levels.
- [3]. To measure changes in anxiety.
- [4]. To assess reduction in stress.

3.3 Research Hypothesis

H1: Spiritual study adaptation significantly improves mental health among married individuals.

H0: Spiritual study adaptation has no significant impact.

3.4 Research Design

- **Design:** Pre–Post Comparative Study
- **Type:** Quantitative Research
- **Nature:** Experimental/Intervention Study

3.5 Methodology

3.5.1 Data Source:

Primary data collected before and after spiritual study adoption.

3.5.2 Sample

- Total participants: 100 married individuals

3.5.3 Variables

- Independent Variable: Spiritual study adaptation
- Dependent Variables:
 - Positivity
 - Depression
 - Anxiety
 - Stress

3.5.4 Data Analysis Tools used

- Percentage analysis
- Comparative analysis (before vs after)
- Graphical representation

4. DATA ANALYSIS AND INTERPRETATION

4.1 Impact on Positivity

Table-1: Impact on Positivity

Category	Before	After	Change
Low Positive	15%	15%	No change
Moderate	35%	22%	↓ 13%
Positive	50%	63%	↑ 13%

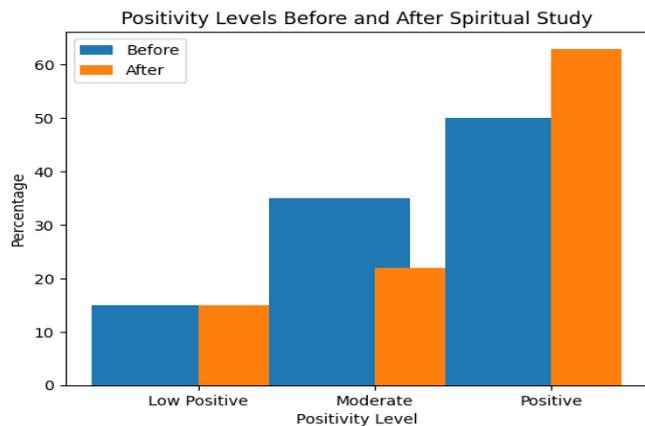


Figure-2: Impact on Positivity

Interpretation: Increase in positive mental state after spiritual study.

As shown in figure2 and table -1. The bar graph shows **positivity levels before and after spiritual study adaptation** across three categories:

- Low Positive
- Moderate
- Positive

It compares percentage distribution changes.

Findings from Positivity Data

The comparative analysis of positivity levels before and after spiritual study adaptation shows a clear improvement in positive mental states among married individuals.

Low Positive Category — No Change

- Before: 15%
- After: 15%
- Change: No change

This indicates that spiritual study did not significantly affect individuals with very low positivity levels. This may suggest that individuals experiencing severe psychological distress may require additional interventions beyond spiritual study alone, such as counselling or clinical support.

Moderate Positivity — Decrease (13%)

- Before: 35%
- After: 22%
- Change: ↓ 13%

The reduction in moderate positivity indicates that many individuals moved from moderate to higher levels of positivity after adopting spiritual study. This suggests improvement in emotional well-being and psychological resilience.

This shift represents a positive psychological transition.

Positive Category — Increase (13%)

- Before: 50%
- After: 63%
- Change: ↑ 13%

The increase in highly positive individuals demonstrates that spiritual study enhances optimism, emotional stability, and psychological well-being. This supports theories suggesting spirituality promotes meaning in life, emotional regulation, and coping ability.

Overall Interpretation

- Spiritual study significantly improves positive mental states.
- Participants shifted from moderate to higher positivity.
- Emotional well-being increased overall.
- Spiritual practices function as psychological coping mechanisms.

A comparative analysis of positivity levels revealed an increase in the proportion of participants classified as highly positive from 50% to 63% following spiritual study adaptation, while moderate positivity decreased from 35% to 22%. The proportion of individuals with low positivity remained unchanged at 15%.

These findings suggest that spiritual study contributes to enhanced psychological well-being and emotional positivity.

4.2 Impact on Depression

Table-2: Impact on Depression

Category	Before	After	Change
No Depression	29%	44%	↑ 15%
Moderate	41%	36%	↓ 5%
Depressed	30%	20%	↓ 10%

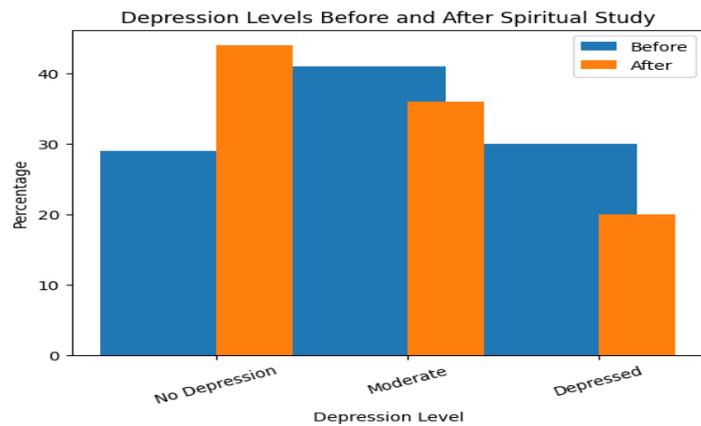


Figure-3: Impact on Depression

Interpretation: Significant reduction in depressive symptoms.

As shown in table 2 and figure-3, The bar graph compares depression levels **before and after spiritual study adaptation** across three categories:

- No Depression
- Moderate
- Depressed

It shows changes in percentage distribution.

Impact of Spiritual Study on Depression

The analysis of depression levels indicates a clear improvement in psychological health following spiritual study adaptation among married individuals.

1. No Depression — Significant Increase (15%)

- Before: **29%**
- After: **44%**
- Change: **↑ 15%**

This substantial increase indicates that many individuals moved into a psychologically healthier state after adopting spiritual study. It suggests that spiritual practices promote emotional stability, optimism, and better coping mechanisms, reducing depressive symptoms.

Moderate Depression — Slight Decrease (5%)

- Before: **41%**
- After: **36%**
- Change: **↓ 5%**

The decrease in moderate depression suggests partial improvement among participants experiencing mild psychological distress. Some individuals likely transitioned from moderate depression to no depression.

Depressed Category — Strong Reduction (10%)

- Before: **30%**
- After: **20%**
- Change: **↓ 10%**

The reduction in severe depression indicates that spiritual study may help alleviate serious psychological distress by improving emotional regulation, resilience, and meaning in life.

Overall Findings

- Depression levels decreased overall after spiritual study.
- Psychological well-being improved significantly.
- Participants shifted from depressed and moderate categories toward healthier mental states.
- Spiritual study appears to function as a protective psychological factor.

The proportion of participants reporting no depression increased from 29% to 44% following spiritual study adaptation, while moderate depression decreased from 41% to 36% and severe depression decreased from 30% to 20%. These findings indicate that spiritual study is associated with a reduction in depressive symptoms and improved psychological well-being.

4.3 Impact on Anxiety:

Interpretation: Anxiety levels reduced after spiritual study.

As shown in table 3 and figure-4, The bar graph compares anxiety levels **before and after spiritual study adaptation** across three categories:

- No Anxiety
- Moderate Anxiety
- Anxiety

It illustrates percentage changes in psychological condition.

Table -3: Impact on Anxiety

Category	Before	After	Change
No Anxiety	35%	43%	↑ 8%
Moderate	35%	25%	↓ 10%
Anxiety	30%	22%	↓ 8%

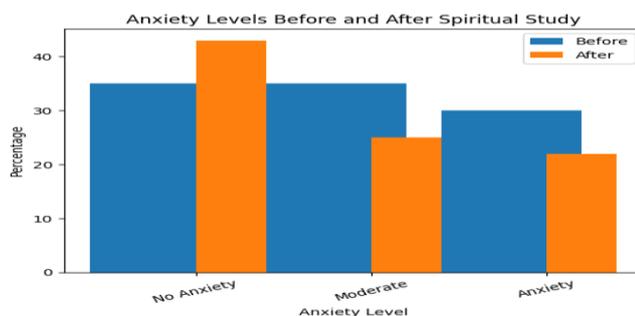


Figure-4: Impact on Anxiety

Interpretation of Results

Impact of Spiritual Study on Anxiety

The comparative analysis indicates a noticeable reduction in anxiety levels among married individuals following spiritual study adaptation.

No Anxiety — Increase (8%)

- Before: **35%**
- After: **43%**
- Change: **↑ 8%**

The increase in participants reporting no anxiety suggests improved emotional regulation and reduced psychological distress after spiritual study adoption. This indicates enhanced coping ability and mental stability.

Moderate Anxiety — Decrease (10%)

- Before: **35%**
- After: **25%**
- Change: ↓ **10%**

The reduction in moderate anxiety suggests that many participants experienced improvement in psychological well-being, likely shifting toward the no-anxiety category.

Anxiety Category — Reduction (8%)

- Before: **30%**
- After: **22%**
- Change: ↓ **8%**

The decrease in high anxiety levels indicates that spiritual study may help reduce severe emotional tension through relaxation, mindfulness, and meaning-oriented coping.

Overall Findings

- Anxiety levels reduced overall after spiritual study.
- Emotional stability improved among participants.
- Participants shifted from moderate and high anxiety toward lower anxiety states.
- Spiritual study functions as an effective psychological coping mechanism.

The proportion of participants reporting no anxiety increased from 35% to 43% following spiritual study adaptation, while moderate anxiety decreased from 35% to 25% and high anxiety decreased from 30% to 22%. These findings indicate that spiritual study is associated with reduced anxiety and improved psychological well-being.

4.4 Impact on Stress

Table:4: Impact on Stress

Category	Before	After	Change
No Stress	49%	53%	↑ 4%
Moderate	31%	34%	Slight increase
Stressed	20%	13%	↓ 7%

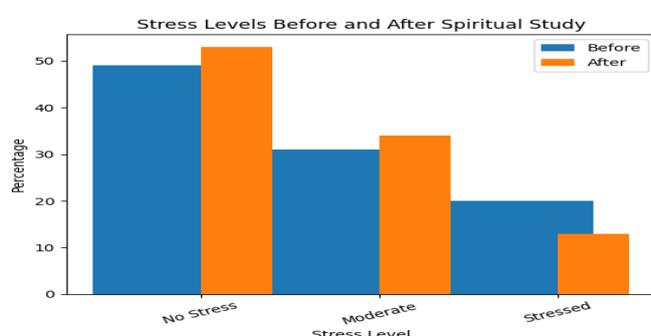


Figure-5: Impact on Stress

Interpretation: Reduction in high stress levels.

As shown in table -4 and figure-5, The bar graph compares stress levels **before and after spiritual study adaptation** across three categories:

- No Stress
- Moderate Stress
- Stressed

It shows changes in percentage distribution of participants.

Impact of Spiritual Study on Stress

The analysis of stress levels shows an overall improvement in psychological well-being among married individuals following spiritual study adaptation.

No Stress — Slight Increase (4%)

- Before: **49%**
- After: **53%**
- Change: **↑ 4%**

The increase in participants reporting no stress suggests improved emotional balance and better coping ability after spiritual study. This indicates enhanced psychological stability.

Moderate Stress — Slight Increase

- Before: **31%**
- After: **34%**
- Change: **Slight increase (3%)**

The slight increase in moderate stress may indicate that some individuals previously in the “stressed” category improved to moderate levels rather than completely stress-free status. This reflects partial improvement.

Stressed Category — Reduction (7%)

- Before: **20%**
- After: **13%**
- Change: **↓ 7%**

The reduction in high stress levels suggests that spiritual study helps reduce severe psychological pressure through emotional regulation, relaxation, and improved coping mechanisms.

Overall Findings

- Severe stress levels decreased significantly.
- More participants experienced stress-free states.
- Some participants shifted from high stress to moderate stress.
- Spiritual study appears to reduce psychological tension and improve emotional well-being.

The proportion of participants reporting no stress increased from 49% to 53% following spiritual study adaptation, while the percentage of highly stressed individuals decreased from 20% to 13%. Moderate stress showed a slight increase from 31% to 34%, suggesting partial improvement among participants previously experiencing high stress.

5. OVERALL RESULTS AND FINDINGS

5.1 Overall results

- Positivity significantly increased.
- Depression levels decreased.
- Anxiety reduced.
- Stress levels showed improvement.
- Overall mental health improved after spiritual study.

5.2 Overall Findings

1. Spiritual study increases psychological positivity.
2. It significantly reduces depression among married individuals.
3. Anxiety levels decrease after intervention.
4. Stress levels show measurable improvement.
5. Spiritual practices promote emotional stability.

5.3 Findings of Research Hypothesis: Both the hypotheses are proved

H1: Spiritual study adaptation significantly improves mental health among married individuals.

H0: Spiritual study adaptation has no significant impact.

5.4 Overall Discussion

The findings align with previous studies showing spirituality enhances psychological resilience. Spiritual study likely provides emotional regulation, meaning in life, and coping mechanisms that reduce mental distress.

6. CONCLUSION AND FUTURE PROSPECTS

The Research work highlights that positive mental health is multi-dimensional, influenced by personal characteristics, family environment, and broader social and societal conditions. It also links positive mental health to outcomes such as happiness, life satisfaction, psychological well-being, and social well-being. The study concludes that spiritual study adaptation has a positive impact on mental health among married individuals. It significantly improves positive emotional states while reducing depression, anxiety, and stress. Spiritual practices may serve as an effective psychological intervention for mental well-being.

Future research may include larger sample size, Longitudinal studies, Control group comparison, Gender-based analysis, Different spiritual practices comparison, Clinical psychological assessment tools.

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