

ROLE OF SPIRITUALITY IN THE COMPONENTS OF ADVENTUROUSNESS

A FUZZY APPROACH

Anjum Fatima Shah*
Kamaljeet Sandhu**

PURPOSE

THE present study aims to analyze that is there any association between spirituality and the components of adventurousness and does gender determine any association between spirituality and the components of adventurousness.

Method: *A total of 200 students from professional courses were selected from universities and colleges in and around the city for completed the questionnaires. Spirituality was measured with Spiritual belief Scale. Eysenck Personality Profiler were used to assess the components of adventurousness.*

Findings: *The majority of the sample were lie at the age range between 20 to 25 years. Results revealed that there was significant effect of spirituality on impulsivity and irresponsibility, males who have high spiritual belief were lower in impulsivity and irresponsible behaviour similar results were found for the female students also. Whereas there was a lower impact of spirituality on sensation seeking behaviour. Male students who have high spiritual belief were engaging in high risk taking behaviour they were tough minded too and were more practical. However students who have high spiritual belief were not manipulative in their tasks or activities*

Research Limitations: *Several limitations of the study due to lack of information and resources are as follows for instance, it includes the young adult students of professional courses only whereas students of traditional courses can also be a part of the study. Some other components of adventurousness can also included in the future.*

Research Implications: *The present study focuses on the challenges and adventures of students in professional courses that they faced at workplace and the role of spirituality while they facing the hassles, because life is full of adventures. Especially in the era of uncertainty and complexes where young adult individuals have to take several steps related to their course choice, work on start up plans on which the success of a venture and an individual depends. These challenges and hazards are sometimes create trouble and stress consequently person loose hope for success which destroy the mental peace and harmony at early age under such conditions spirituality helps to provides meaning in life and maintain self-esteem because a variety of positive emotions such as optimism, feel good about little things in life are associated with spirituality. Therefore it is necessary to identify the role of spirituality in adventurousness of students in professional courses. The study has both individual and societal implications as these young professionals will play a significant role to bring our country*

* Research Scholar, Department of Psychology, Faculty of Social Sciences, Dayalbagh Educational Institute, Agra, Uttar Pradesh, India.

** Head & Dean, Department of Psychology, Faculty of Social Sciences, Dayalbagh Educational Institute, Agra, Uttar Pradesh, India.

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to the heights so it is required for the healthy development that these young adults must be adventurous along with spirituality to maintain harmony in their life.

Originality/Value: *The study highlights the importance of spirituality in different dimensions of adventurousness which is required for the enhancement of skills and development of young adults.*

Key Words: *Spirituality, Adventurousness, Courageous, Spiritual creature, Fuzzy logic.*

Introduction

Regardless of what an individual is and from where he comes –person’s desires to feel happiness in their lives channelize all their worldly fantasy. Happiness is significant to us, irrespective of our cultural background, faith, gender, belief, etc. does not matter for it. One of the prominent factor of unhappiness is due to lack of gratification in life. However, many of us do not realise that physical or psychological issues may have a spiritual root cause. That indicates that although a problem is predominantly spiritual, it may present itself as a physical or psychological problem. Happiness and unhappiness which person experience in their life does not affect soul because perpetually it resists in a blissful condition.

The obvious condition of human beings is to be happy and individuals fundamentally aspire to be in this state. To create the harmony in the blissful state individuals’ explore for satisfaction in life and run after one another things, which we think will make us happy and try to explore the world and wants to experience new situations to fulfill the state in which at some times person have to take risks, being tough-minded and more practical.

Because God is expansive, and to experience him, we have to take risks and being expansive in our spiritual outlook. Adventurousness have propelled us to embark on our own spiritual journey to hold on to such situations, it becomes essential for individuals with adventurousness to become aware of their in competencies and being bliss. According to Banson (1999) “If happiness is the goal and it should be, then adventures should be priority.”

It can be said that spirituality can be viewed as having a sense of existence, a spiritual aim in life, a feeling of holiness and devotion in life, adequate understanding and recognition of the value of material and having faith in the world’s better future. Thus, spirituality helps to modulate the environmental situations and, indeed, to deal with various challenging circumstances.

The word spirituality used in a number of conditions which shows that distinct things for different people at several times in various cultures. However it exhibit through several religious customs , art, nature and the built surroundings for centuries, now spirituality is expressed in more varied and diffuse form.

According to Koenig et al. (2001), spirituality is a self- exploration of fundamental inquiry about life, its meaning, and divine forces, which may (or may not) lead to devotion to particular religious faith and practices.

Spirituality can be characterized as the state to which person assert, confirm and honor a sacred force in their life which gives an intense sense of meaning and determination (Benson et al., 2005). Spirituality is the way we look our life , giving meaning to life, associates with others, and seeking unity with the transcendent. Human individuals are inherently spiritual, we explored spirituality in our own ways. However the matter of spirituality differs from individual to individual (i.e., all of us have our own personal definition of Spirituality), it is embodied in spirit.

Spirituality is highly important for the development of youth, the ways they relate to other character strengths and contribute to the psychological adjustment and well-being.

Adventurousness as an aspect of personality in an individual promotes extreme changes, innovation and uncertainty, requiring training that focuses on forming competence to address, manage, cope and adapt to any complexity. Adventurous, daredevil, venturesome, daring etc. denote in common exposing oneself to danger and individuals who are adventurous are inclined to adventure. Faustino (2015) believed that “engaging in an unusual and exciting, typically hazardous, experience or activity” is adventure.

Adventurous spirit evoke psychologically, it can be elucidate as negative (e.g. fear) or positive (e.g. flow).Adventure becomes a main leisure activity itself for some people as they carry adventurousness as an aspect of their personality. Malraux (1933) states “If a man is not ready to risk his life, where is his dignity”. Also, Cawley III, Martin and Johnson (1999) gave virtues of Adventurousness as: not being affected by people or society norms; enjoying high-risk activities; fearless or not worrying about others; self responsible; having art of winning over and impressed people; keeping on moving and investigating; negligent about finding work; living by potentials, skills, ingenuity and wits; being highly-motivated and bold; courageous, physically strong and tough; standing up to one who dares to take undue advantage; believe in the present, experiencing life now; neither feeling guilty nor anxious about the past or future.

Eysenck (1976) believed that personality differences are an outcome of genetic inheritance and he focused on temperament as an aspect of personality, present from birth and devised a temperament-based theory. He considered the possibility of some aspects of personality to be learned. A highly adventurous individuals as described by Eysenck (1976) are companionless, not caring for people; often annoying, tricky who do not fit in anywhere easily. Such person may be cruel and remorseless, merciless and altogether insensitive. highly adventurous individual can be characterized as hostile and aggressive with others and even with own loved ones.

Components of Adventurousness

- **Risk taking:** Trimpop (1994) as “any consciously, or non-consciously controlled behavior with a perceived uncertainty about its outcome, and/or about its possible benefits, or costs for the physical, economic or psycho-social well-being of oneself or others.”
- **Impulsiveness:** Impulsiveness refers to an act which is less forethought than other individuals of equal potential and knowledge, or a susceptibility toward rapid, unplanned activities without appropriate thought to internal or external events regardless of unfavorable and dangerous consequences of the reactions.
- **Irresponsibility:** Irresponsible individuals are overly casual, thoughtless, careless of protocol, unpredictable, not doing things with consideration for the consequences of actions or attitudes; and are socially unreliable. Low scorers on this dimension are contentious, reliable, trustworthy and serious-minded.
- **Manipulativeness:** Manipulativeness involves a subtle influence on that person’s actions, beliefs, desires, feelings or values which in sum inhibits rational deliberations. It may involve the falsification or omission of information, or it may involve a play on one’s non-rational impulses. But it is widely characterized by an element of subtle and often deceptive persuasiveness. Manipulation generally implies secret or ulterior motives. More important, manipulation often suggests getting another person to do something differently from what he or she is already doing.
- **Sensation Seeking:** Sensation-seeking, defined as the tendency to seek out varied, complex, novel, and intense experiences, has been recognized as a general personality trait in psychological research since the 1960s. In the past decade, cognitive neuroscience has taken aim at the character trait, hoping to shed light on how the brains of thrill seekers might be wired differently than those who are content with more tame pursuits.

- **Tough mindedness:** Tough people understand that situations shift over time so that they accept them. A hard-minded person can face tough facts and long odds with strong optimism. These hard-minded optimists according to Mc Ginnis (2014) may be of average intellect and look, but they know ways to stay driven and address their issues with philosophy of good behaviour. They are tolerant, solid, optimistic and effectively emerge from tragedies. They depend instead of intuition on reason.
- **Practicality:** Includes individuals interested in doing things rather than thinking about them. Philosophical questions do not interest such individuals and do not introspect about their behavior and thoughts.

All these dimensions indicate the importance of the temperament of an individual that is connected with the mind also. It is significant enough to associate thoughts to the temperament of an individual to explore self.

Fuzzy set theory, has its roots in the social nature of human understanding as introduced by Zadeh. Individual's potentials to think up to a level have been established via being-in-common, which happens, with the help an inevitable process of fuzzification of meaning, so to make it accessible, reasonable and operational for majority of the population who have different mental, emotional and spiritual perspectives. Fuzzy set theory propose that the term can't be exactly explained - each semantic construct in use can be explained by a set of 'degrees of freedom', i.e. ways of understanding by person or groups. The larger the potential of this set and more different its elements, the richer in meaning is the linguistic construct related to it.

Objectives

- To analyze the association between spirituality and the components of adventurousness.
- To determine the gender wise association between spirituality and the components of adventurousness.

Ardakani, Fahimeh, & Soleimanabadi, (2019). Reported that the great capacities of spirituality in tourism in the areas of knowledge and action can be correctly utilized in A Study of the Methodology of the Concept of Spirituality in Tourism According to Fuzzy Logic.

Askarizadeh, Babaei & Karamoozian (2018). found in their study entitled Relationship between Spirituality and sensation seeking with tanatophobia in hemodialysis patients that a significant relationship between sensation seeking and spiritual well-being with death anxiety. Results revealed that predictive variables explain 22% of the variance of death anxiety. Therefore it can be concluded that attempts to encourage spiritual well-being and sensation seeking of patients have a significant role in reducing their death anxiety.

Jogsan (2017). In a study Impulsiveness and Spirituality among Different Age women. Findings revealed that age significantly affects women's impulsivity and spirituality but impulsivity and spirituality are negatively correlated with each other.

Galbraith, Todd Conner, & Bradley (2015). Indicates in their study Religiosity as a moderator of the relation between sensation seeking and substance use for college-aged individuals. Results shows that the religiosity significantly moderate between risk seeking and marijuana use ($p < .01$), but it was not significantly affect as a moderator between sensation seeking and heavy episodic drinking. Religiosity has a powerful moderating effect for illegal drug use compared with alcohol use, perhaps in part because across major U.S. religious orientations alcohol consumption is relatively accepted.

Reichmann, (2015). Sensation seeking and spirituality as predictors of relapse among attendees of Alcoholics Anonymous and Narcotics Anonymous. Findings revealed that alcoholics who were involved in Alcoholics Anonymous, spirituality and satisfaction with their present life attributed for one third of the deviation of collapse warning and innovation, impulsivity, and substance seeking are important factors in the prognosis of deteriorations.

Humberstone, Motriz, & Física (2013). Adventurous activities, embodiment and nature:

Spiritual, sensual and sustainable? Embodying environmental justice. This paper analyses adventurous activities in nature from the view point of the sentient body. Researcher suggested that new illustrated adventurous activities in environment challenge chief narratives of body/mind separation and provide a nurturance process to promote kinetic empathy.

O'brien, Denny, Clark, Fleming, Teevale, & Robinson. (2013). Examines The impact of religion and spirituality on the risk behaviours of young people in Aotearoa, New Zealand. Results suggests that religious community strong spiritual beliefs, fewer health-risking behavior and mental health concerns were related. Sexually active highly spiritual young people have less chances to use condoms or contraception.

Shek (2012). Spirituality as a Positive Youth Development Construct: A Conceptual Review. Findings shows that several ecological factors, specifically friends and family influence spirituality and similarly the spirituality also affects the development of adolescent

Methodology

Variables

Independent Variable: Spirituality

Dependent Variable: Components Of Adventurousness (1) Risk Taking (2) Impulsiveness (3) Irresponsibility (4) Manipulativeness (5) Sensation Seeking (6) Tough-mindedness (7) Practicality.

Sample Description

Inclusive Criteria: The sample comprised of 200 (100 males & 100 females) students from professional courses selected conveniently from universities and colleges in and around Agra city. Their age ranged between 20 to 30 years.

The study is related to male and female students from professional courses as target population hence the judgment of the researcher were there to draw the sample from the population.

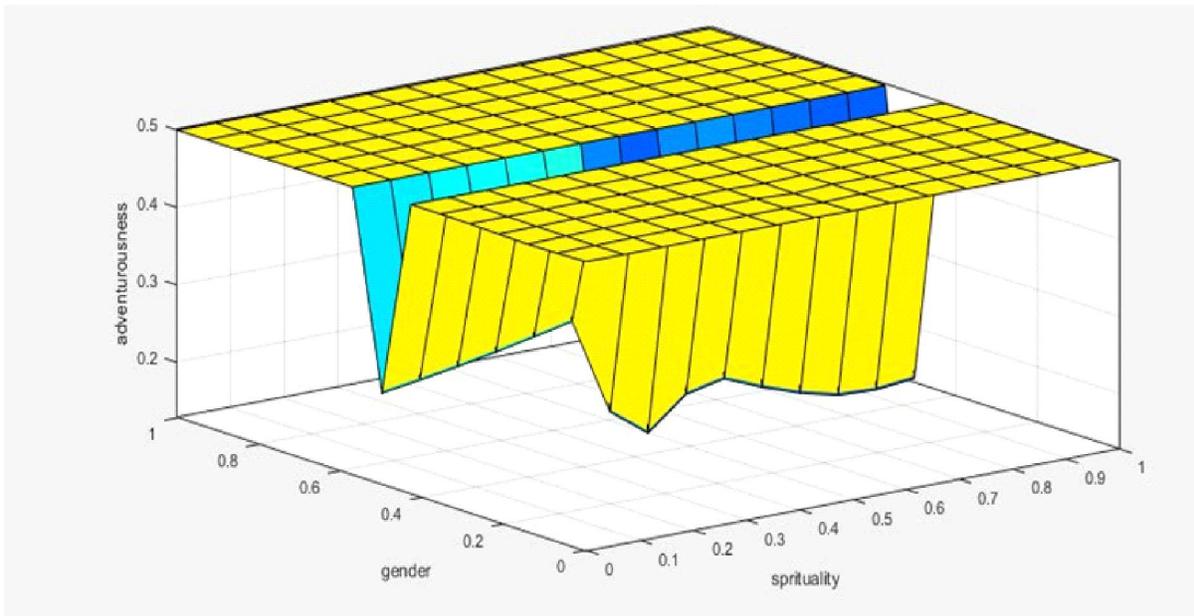
Exclusive Criteria: Age range below 20 and above 30 were excluded from the selection of a sample. Students with any kind of mental or physical difficulties as observed in their medical records were excluded.

Tools

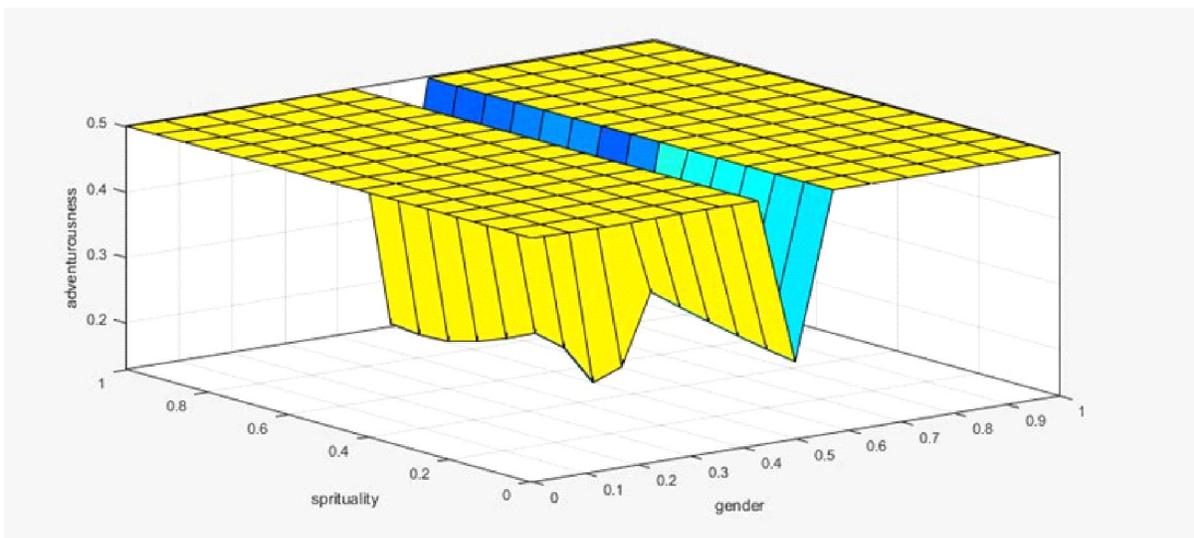
- (1) The Eysenck Personality Profiler (EPP) measures 21 traits of personality. Questionnaire was developed by Eysenck and Wilson (2008). Psychoticism: (called Adventurousness in the EPP) includes the dimensions of Risk- Taking, Impulsiveness, Irresponsible, Manipulative, Sensation-Seeking, Tough-Mindedness, Practical. EPP is highly reliable and valid tool to measure personality.
- (2) Spiritual Belief Scale (SBS) by Deshmukh & Deshmukh has been developed to provide a rapid, self assessment measure for the level of spiritual belief. SBS stresses the point that an individual's actions are important indicators of his spiritual status. The major aspects of aspects of

spirituality namely thought, meditation, praying belief, forgiveness, social support, worshipping. It consists of 30 items having positive statements. Likert method of 5 point rating scale was used. Reliability of the scale was examined through Test-retest and Split half method which ranges from 0.74 to .86. The content and convergent validity of the scale was 0.62.

Graph No. 1 & 2 showing spirituality and adventurousness of male and female students.



Graph No. 1



Graph No. 2

Discussion

The fuzzy approach applied for the purpose of statistical interpretation to analyze the effect of spirituality on the components of adventurousness with regard to gender. Results revealed that

there was significant effect of spirituality on impulsivity and irresponsibility, males who have high spiritual belief were lower in impulsivity and irresponsible behaviour similar results were found for the female students also. Whereas there was a lower impact of spirituality on sensation seeking behaviour. Male students who have high spiritual belief were engaging in high risk taking behaviour they were tough minded too and were more practical. However students who have high spiritual belief were not manipulative in their tasks or activities.

Researcher focuses on the challenges and adventures of students in professional courses that they will face at workplace and the role of spirituality while they facing the hassles, because life is full of adventures, as Amatt. (2000). stated "Adventure is not hanging on a rope off the side of a mountain. Adventure is an attitude that must be applied to the day to day obstacles in life." Especially in today's scenario where technology grows leaps and bounds and individuals need to take risks and make decisions for leading the life successfully. As the young adult individuals have to take several steps related to their course choice, work on start up plans on which the success of a venture and an individual depends. In adventurous situations, where risks, challenges and hazards are involved, sometimes individual get troubled, stressed and loose hope for success which destroy the mental peace and harmony at early age under such conditions spirituality helps to provides meaning in life and maintain self-esteem because a variety of positive emotions such as optimism, feel good about little things in life are associated with spirituality. Spirituality focus on internal values, growth and work on becoming a better individual so that they experience pleasure even in smaller success and achievements hence it is essential for the wellbeing of an individual to maintain a balanced adventurous spirit which can be possible through spirituality. Therefore it is necessary to identify the role of spirituality in adventurousness of students in professional courses. The study has both individual and societal implications as these young professionals will play a significant role to bring our country to the heights so it is required for the healthy development that these young adults must be adventurous along with spirituality to maintain harmony in their life.

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