

Impact of Spirituality on Stress

Sujata Waghmare*

Dr.Sow. I.B.P.Mahila Kala Mahavidyalaya,
Aurangabad.(M.S.)

Abstract

This study conducted to know impact of Spirituality on Stress. For this purpose 60 male participants belonging to age 35-30 randomly selected. All participants were non-spiritual. These participants employed in private companies. Anxiety, Depression and Stress Scale used to measure level of stress. Out of 60, 40 participants had mild level of stress whereas 20 participants had moderate level of stress. They were advised to do prayer at morning and evening. After 3 month level of stress had measured. The result indicated that there was significant positive effect of spirituality on stress.

Keywords: Stress, Spirituality, ADS scale.

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