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THE RELATIONSHIP BETWEEN RELIGIOSITY AND LIFE SATISFACTION

There is a well-documented positive association between religiosity and life satisfaction. Social participatory and spiritual factors are acknowledged in the literature as influencing levels of life satisfaction. The aim of the present work was to further explore the relationship between elements of religiosity that influence life satisfaction. The Satisfaction with Life Scale (SWLS) was used to assess satisfaction with the respondent's life, and the Centrality of Religiosity Scale (CRS) was used to measure the general intensities of five theoretical defined core dimensions of religiosity. Both surveys were completed on a secure online website. It was hypothesized that there would be a significant positive correlation with individuals who were religious and their levels of life satisfaction. The results showed that higher scores on the five items of the Satisfaction with Life Scale were not significantly correlated with high scores on the Centrality of Religiosity Scale. However, the

correlation coefficient that was computed suggested a very small linear relationship between the two means, supporting earlier research. Increasing the sample size of the study would provide greater power and potentially capture a higher correlation value, supporting the original hypothesis, thus reaching statistical significance. Moreover, future research should focus on studying certain aspects of religiosity such as amount of dedication to the religion, and the developmental life stage of participants.

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