

## Impulsiveness and Spirituality among Different Age women

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### ABSTRACT

**Background:** Impulsivity is not a one-dimensional construct. In fact, this personality trait is considered to be multifaceted and comprised of a variety of sub-factors which include inhibitory control, response to negative affect and novelty, as well as a delay in discounting aversion. In a more general sense, impulsivity can be described as the tendency to premeditate less than other individuals, with similar skills and abilities, before taking action. Spirituality is a broad concept with room for many perspectives. In general, it includes a sense of connection to something bigger than us, and it typically involves a search for meaning in life. As such, it is a universal human experience something that touches us all. People may describe a spiritual experience as sacred or transcendent or simply a deep sense of aliveness and interconnectedness. **Title:** The present research makes an attempt to ascertain the Impulsiveness and Spirituality among Different age women **Sample:** Total 150 women were taken as a sample. **Instruments:** The present study takes into consideration the two psychological tests. First was Impulsiveness Developed by Rai S.N. and Sharma A. and second was Spirituality Attitude Scale developed by Husain A., Jahan M., Siddiqui, R.N. and Akram M. **Statistical Techniques:** The data was analyzed by using one way anova and correlation. **Result:** Result shows that there was significant impact of age on women's Impulsivity and Spirituality. Correlation between Impulsiveness and Spirituality was found Negative correlation (-0.67).

Impulsiveness can be generally defined as the act of saying or doing things on the spur of the moment. A personality trait characterized by behaving without giving sufficient consideration to the likely consequences. Impulsiveness is covers a wide range of poorly conceived, prematurely expressed, unduly risky, or inappropriate behaviors that often have undesirable and undesired outcomes. It is a trait many would sooner deny than defend. People prefer to see themselves as thoughtful, rational, beings. To believe that People take important decisions only after careful reflection and slow deliberation. In fact we far more frequently act on an emotion-driven impulse rather than after logical and reasoned reflection. Whether motivated by joy, anger, resentment or the desire for revenge we think, speak and act impulsively. We blurt out indiscretions, rush to judgments, reach snap decisions and leap to conclusions. We make spur of the moment choices, make seat-of-the-pants assumptions and leaps of faith.

Impulsiveness is a characteristic of people that can be both beneficial and detrimental to Their everyday lives. For example, the ability to act on impulse may allow us to seize a valuable opportunity, or to make a disastrous decision that people then live to regret. Impulsivity can be viewed as a dimension of normal personality (Eysenck and Eysenck 1977), but high levels of impulsivity are associated with psychiatric disorders such as ADHD, mania, substance abuse and personality disorders, indicating that this

personality trait can be maladaptive Behavior (DSM IV 1994).

Spirituality is a broad concept with room for many perspectives. In general, it includes a sense of connection to something bigger than us, and it typically involves a search for meaning in life. As such, it is a universal human experience something that touches us all. People may describe a spiritual experience as *sacred* or *transcendent* or simply a deep sense of aliveness and interconnectedness. Spirituality does not mean any particular practice. It is a certain way of being. To get there, there are many things to do. This is like a garden in our house. If the soil, sunlight or stem of a plant is in a certain way, it won't yield flowers, we have to do something. we have to take care of those things. So if we cultivate our body, mind, emotions and energies to a certain level of maturity, something else blossoms within us – that is what is spirituality. When our rationale is immature, it doubts everything. When our rationale matures, it sees everything in a completely different light.

#### Definitions of Important Terms

**Impulsiveness:** Here Impulsiveness means score received by sample on the scale of Impulsiveness Developed by Rai S.N. and Sharma A.

**Spirituality:** Here Spirituality means the scores received by sample on the scale named spiritual Attitude scale developed by Husain A., Jahan M., Siddiqui, R.N. and Akram M.

*Purpose of the study:*

The purpose of the present study was to examine the moderating effect of Age on impulsivity and Spirituality on the women. Besides being a convenient sample, female are more likely to have experienced more life changes than male. Stressful events rather than daily hassles were the focus of attention because impulsivity seems more associated with Age.

*Review of Related literature*

In psychological literature, the term "impulsiveness" tends to be assigned rather broadly to a variety of different behavioral patterns (Barrett, N). Some notions of impulsiveness refer to actions on the spur of the moment, to a lack of reflectiveness and planning, to the degree of rapidity of decisions and actions or to the lack of consideration of the effects of one's actions (Duncan, Amy.). Psychological impulsivity as such has been tentatively linked to aggression, sensation seeking and sociability. Although it is found to be influenced by age and gender, however, it has not been found to be influenced by social class (Eysenck, S.B.G. and Eysenck, J.H). Jayanthi (2013) found High Level Of spirituality in college girls. Jogsan Y.A. (2013) Found High level of mental health and spirituality in women.

*Objectives*

The main objectives of study were as under:

1. To check the impact of age on women's impulsiveness.
2. To check the impact of age on women's Spirituality.
3. To check correlation between Impulsiveness and spirituality.

*Null-Hypothesis*

To related objectives of this study, null hypothesis were as under:

1. There will be no significant impact of age on women's impulsiveness.
2. There will be no significant impact of age on women's Spirituality.
3. There will be no correlation between impulsiveness and Spirituality.

*Method**Participants*

The 150 women respondents were selected on the availability basis with different age range.

*Instruments**Procedure of data collection*

In this study Random sampling Method used. Initial meeting with the participants was made at different Places. Total 150 Participants were

taken as a sample. They were informed about the purpose of the study. Upon initial meeting, each participants was also explained the nature of the study. Participants were informed about the confidentiality regarding information collected from them. A time for data collection was set up that was conducive for the participants. Before administering the scale, the purpose of the study was again explained to the participants. A good rapport was built with the participant for getting correct response. Some necessary instruction and guidelines were provided to them properly filling the scale. After this the both scale were provided to them and they were requested to fill up the both scales as per the instructions given in the scales. After completion of the scale participants returned the scale and they were thanked for their participation and co-operation.

*Instruments*

*Impulsiveness Scale:* For Measure impulsiveness here Impulsiveness Scale By Rai S.N. and Sharma A. was used. It consisted total 30 items. Each Question carried one score for correct response and zero for incorrect one. The term 'Correct response' was used to indicate highly impulsive response and 'incorrect' as low impulsive response. Score obtained for each item are summed to get a total score. The Scores obtained from impulsiveness scale range is 0 to 30. Reliability was 0.72 which was found by kuder Richardson formula. Validity was found to be .58 which is significant at 0.01 level.

*Spiritual attitude Scale:* The scale was developed by Husain A., JahanMusaddiq, Ashifa N., Siddiqui R.N. and Akram M. The scale is measure Sense of purpose and Maintenance of discipline. Total 31 sentences are in this scale. Each scored on a Likert scale ranging from 5 (Strongly agree) to 1 (Strongly Disagree). Positive items (Maintenance of Discipline) were scored in the same direction, where the negative items (sense of purpose) were scored in the reverse direction. The validity and reliability of the scale was high.

*Research Design*

The aim of present research was to a study of "Impulsiveness and Spirituality among Different age women". For these total 150 samples were taken with used Random sampling method. To check impact of age here one way anovawas used. Check relation between Impulsiveness and Spirituality Pearson correlation 'r' method was used. Result and discussion of study is as under:

*Result*

The present study attempted to assess the Impulsiveness and Spirituality among Different

Age women. The data were selected by Random method in Rajkot (Gujarat-India). The one way anovaTest was applied for the purpose of statistical interpretation to test the significance

effect of age on Impulsiveness and spirituality. While to check co-relation, Karl-person 'r' method used. Result and discussion for the present study are as follows:

Result table-1  
Showing the result of Impulsiveness (N=150)

Sample Group	N	Mean	f
18 to 30 years	50	23.70	14.15
35 to 55 Years	50	15.81	
Above 60 years	50	20.18	

\* P < 0.05

\*\*P < 0.01

NS = Not Significant

Result of Impulsiveness saw that Women with 18 to 30 Years are highly impulsive as compare with other women. We can see the significant impact of age on impulsivity. The mean score of 18 to 30 years women received 23.70; 35 to 55 years received 15.81 and above 60 years received 20.18. Here first Hypothesis is rejecting because there is significant impact of age on women's impulsivity. (Close look at Result table 1)

Result table-2  
Showing the result of Spirituality (N=150)

Sample Group	N	Mean	f
18 to 30 years	50	112.80	13.18
35 to 55 Years	50	107.18	
Above 60 years	50	130.18	

\* P < 0.05

\*\*P < 0.01

NS = Not Significant

Result of Spirituality saw that women belong with 60 year and above are spiritual as compare with other women. We can see the significant impact of age on spirituality. The mean score of 18 to 30 years women received 112.80; 35 to 55 years received 107.18 and above 60 years received 130.18. Here second Hypothesis is rejecting because there is significant impact of age on women's spirituality. (Close look at Result table 2)

Correlation between Impulsiveness and Spirituality is -0.67. This is Negative correlation. It means the Impulsiveness increases, Spirituality Decreases and when Impulsiveness decreases Spirituality increases. (Close looks at Result Table – 3)

Result table – 3  
Showing the correlation Between Impulsiveness and Spirituality

Variables	N	Mean	r
Impulsiveness	150	19.90	-0.67
Spirituality	150	116.72	

#### Conclusion

We can conclude by data Analysis that there were significant impact of age on impulsiveness and spirituality of women. There was negative correlation between impulsiveness and spirituality.

#### Limitations

This study is not without its limitations, which should be noted. The present investigation was carried out under the following delimitations.

- The major limitation of this study is that the sample size was small. So it was not sufficient for generalizing the result obtained by the study.
- This study was conducted only in Rajkot City (Gujarat).

- Time was a limiting factor.
- The findings made in the study May be biased by the incorrect information given by participants.
- No other mental except questionnaires had been adopted in the present research work for the collection of information.
- In sample selection for this research Random method was followed.

- The present research is only a part of the study, thus generalization should not be consummated, and the scientific is not approached in the selection of sample.
- The conclusions of present research is significant so one aspect the limitation reveals that impulsiveness and spirituality internal aspect of a person's personality and character. There for in this practical world all persons take differently and act differently.
- Here using only anova and correlation no other statistical techniques used for data analysis.

#### *Directions for future study*

- Endeavour can be executed to analyze more than 150 data of sample to attain better results.
- Increase reliability of the measures.
- Increase study design sensitivity
- Increase adequacy of statistical analyses
- For the accumulation of information, variegated methods except questionnaires can be adopted.
- Generalizations drawn from this research study are to be evaluated by conducting further researches.
- To crown the edifice of the research work, other method of selecting sample can be appropriated.
- Comparative studies may be conducted by taking sample from a larger area or inter District comparison can be made.

#### *Problems of Data Collection and Research*

There are several problems faced by researcher some of them are as follows:

- Irrelevant or duplicate data collected.
- Pertinent data omitted.
- Erroneous or misinterpreted data collected.
- Poor documentation from sample.
- Conflicting data.
- Lack of equipment.
- Insufficient interaction.
- Lack of confidence and awareness in participants.
- Lack code of conduct in research in participant.
- Inadequate assistance.
- Improper library management.
- Lack of availability or access to literature.

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