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RESEARCH ARTICLE

DOES 'NOT' BEING RELIGIOUS MAKE YOU ANXIOUS? A COMPARATIVE STUDY OF DIFFERENCE IN ANXIETY LEVELS OF BELIEVERS AND NON-BELIEVERS

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Abstract

This study tries to find a relationship between religiosity of a person and his/her anxiety levels. A sample of 20 people within the range of 18 to 50 years were taken to represent the larger demographic. Among these, 10 participants identified as religious, while the remaining 10 did not. The questionnaire presented to them, examines their religiosity as well as the levels of anxiety they are prone to, in order to determine whether the former has an impact on the latter. Quantitative and qualitative methods were used to analyze the information received. Various aspects such as how much a person worries, what he thinks of the world, whether he experiences physical symptoms related to anxiety like headaches, heart palpitations, and others, were studied. It was also seen as to how a person regularly practices his/her religion. The intent of this paper is to prove that people who identified as religious and actively practiced their faith, experience lower levels of anxiety in comparison to non-religious people.

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Introduction:-

If you think religion belongs to the past and we live in a completely new age, you need to check out the facts: 84% of the world's population identifies with a religious group.

Religion and Religiosity

"Worldwide, more than eight-in-ten people call themselves a part of a religious community," says a new comprehensive demographic study of more than 230 countries and territories conducted by the Pew Research Center's Forum.

"There are 5.8 billion religiously affiliated adults and children around the globe, representing 84 percent of the 2010 world population of 6.9 billion," the analysis states.

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World Religions

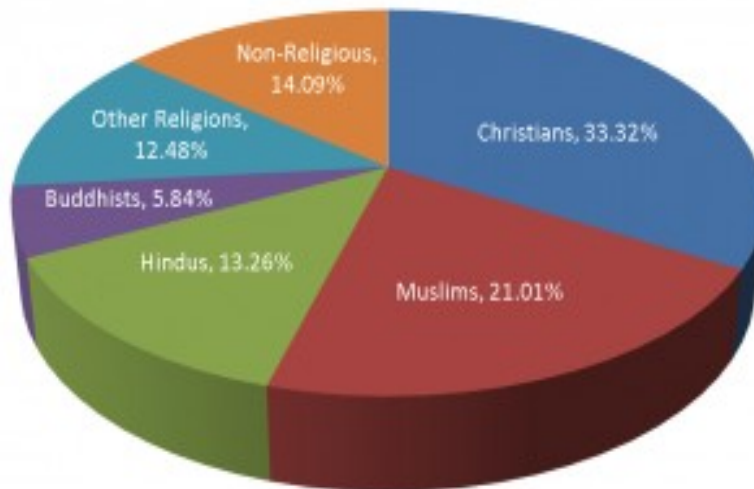


Figure 1:- Percentages of people following a religion worldwide.

How has this one idea of religion always been so popular since ages and ages of the human race and what exactly does it mean?

According to the Oxford English Dictionary, “Religion is defined as a particular system of faith and worship. It connects humanity to the idea of spirituality and provides a set of morals, texts, worldviews, practices, sanctified places, ethics and a lot more. It is often known to motivate people to give more, love more and builds a sense of belongingness to one’s community.”

Religion’s Impact on Individuals

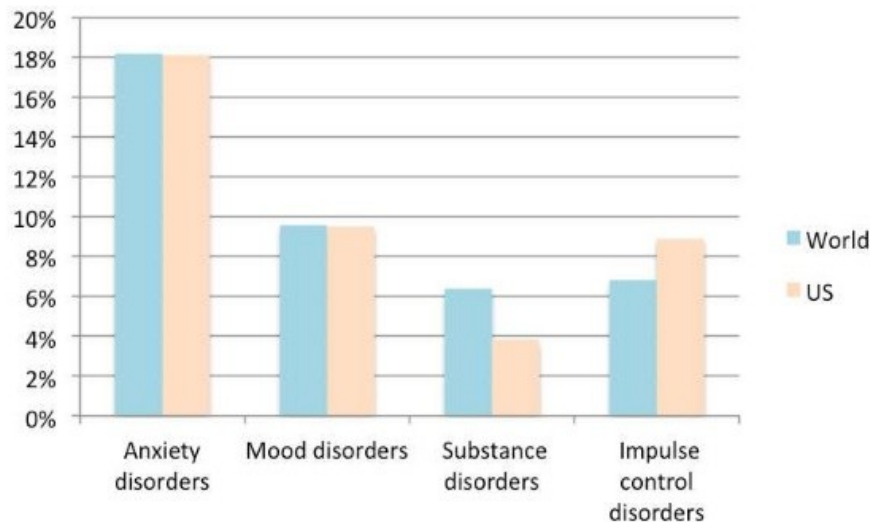
Recently, the Chronicle of Philanthropy found out that about 75 percent of people who frequently attend religious services gave to congregations, and 60 percent gave to religious charities or non-religious ones. By comparison, fewer than half of people who said they didn’t attend faith services regularly supported any charity, even a secular one.

This clearly shows that religion, to a large extent shapes people’s moral values, thinking and also influences the decisions they make. Religion being the prominent center around which the lives of millions of people revolves, is very likely to also have an influence on one’s psychological wellbeing.

Psychological Well-being and Anxiety

Psychological well-being consists of positive relationships with others, personal mastery, autonomy, a feeling of purpose and meaning in life, and personal growth and development. All these factors can be greatly influenced by how anxious one feels on a regular basis. According to the American Psychological Association, “Anxiety is an emotion characterized by feelings of tension, worried thoughts and physical changes. Physical changes may comprise things like sweaty or clammy hands, changes in blood pressure, shaking, trembling etc.”

Anxiety disorders: Most common mental disorder category worldwide



www.anxietyhub.org/anxiety-disorder-statistics

Figure 2:- Anxiety disorders being the most common mental disorders worldwide.

It's estimated that 970 million people worldwide had a mental or substance use disorder in 2017. The largest number of people had an anxiety disorder, estimated at around 4 percent of the population.

Evidence suggests that both biology and environment can contribute to the disorder. Some people may have a genetic predisposition to anxiety; however, even so, development of the condition is not inevitable. Anxiety is typified by exaggerated worries and expectations of negative outcomes in unknown situations, and such concerns are often accompanied by physical symptoms. Behavioral therapies, with or without medication to control symptoms, have proven highly effective against anxiety.

Anxiety affects millions and there are also millions who find their way of living to be synonymous with the ideals and practices their religion talks about. There are various ways in which religion impacts one's life.

Religion's Effect on One's Mental, Physical State

Religious people tend to be happier than non-believers. According to research published in December 2010 in the journal *American Sociological Review*, this happiness boost comes not from any particular denomination or belief, but from the social joys of being part of regular services. Depending on where you live, religion may also make you feel better about yourself by making you feel part of your larger culture. People who attend church often have lower blood pressure than those who don't go at all, according to a 2011 study out of Norway.

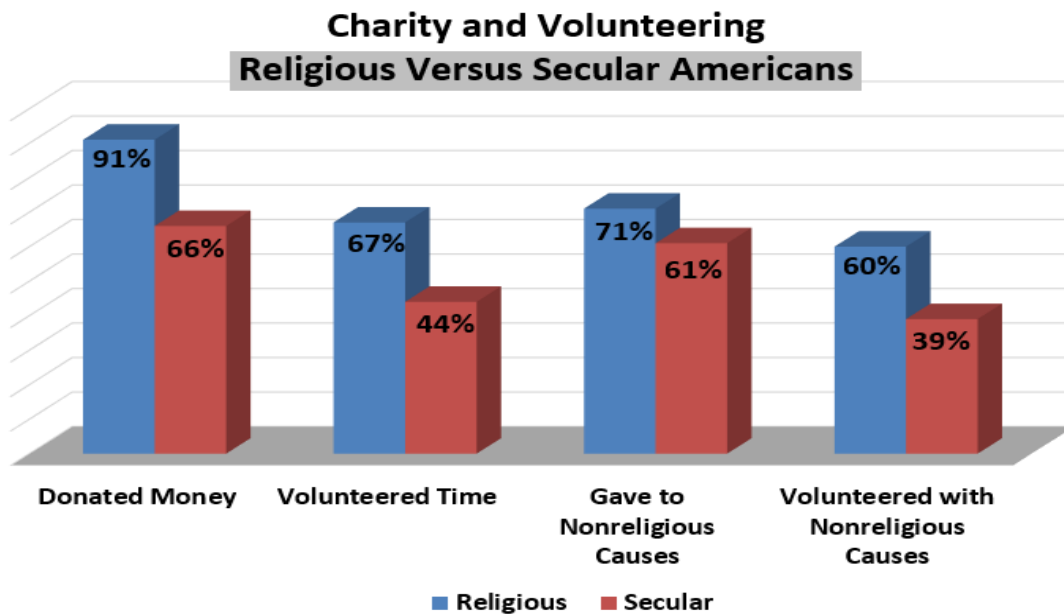
Religious people have more social support, better coping skills and a more positive self-image than people who don't join faith-based communities.

In one 1998 study published in the journal *Health Education & Behavior*, researchers at the University of California, Los Angeles, found that regular churchgoers are more likely to get preventative care.

Religion as a Coping Mechanism

According to one 1998 study published in the *American Journal of Psychiatry*, older patients who were hospitalized for physical problems but also suffered from depression recovered better from their mental struggles if religion was

an intrinsic part of their lives. More recently, scientists reported in the Journal of Clinical Psychology in 2010 that belief in a caring God improves response to psychiatric treatment in depressed patients.



Source: Arthur C. Brooks, "Religious Faith and Charitable Giving," *Policy Review* 121 (2003): 39.

* "Religious" people reported attending religious services weekly or more; "Secular" people reported attending religious services less than a few times per year.

Figure 3:- Charity and volunteering comparison b/w religious and secular Americans.

From the above given illustration, we can clearly observe that religion can be seen to impact the way one acts hence it must also impact the way one thinks.

In a nutshell, being religious is strongly associated with better overall mental health and well-being. The devoutly religious have fewer symptoms of anxiety and depression in addition to having a better ability to cope with stressors.

Why Religiosity Impacts One's Mental Health

For those of you thinking, "well sure, people who are religious tend to enjoy the benefits of social support by attending weekly services at various houses of worship," the buffering effects of religion was present even after controlling for social support. In a 2013 study, researchers found that patients who were being treated for depression and self-harm responded better to treatment if they believed in God. Of course, these results do not show causality.

Dr. Harold G. Koenig, director of the Center for Spirituality, Theology and Health at Duke University Medical Center, found that more religious people had fewer depressive symptoms after conducting a meta-analysis of 93 studies between 1872 and 2010 on religion and health. According to Koenig, "People who are more involved in religious practices and who are more religiously committed seem to cope better with stress. One of the reasons is because [religion] gives people a sense of purpose and meaning in life, and that helps them to make sense of negative things that happen to them."

Literature Review:-

Here are the abstracts of a few researches considering the influence of religious aspects on psychological behavior, specifically- anxiety levels:

Religiosity and Psychological Well Being:

The aim of the current study was to explore the link between religiosity and psychological wellbeing in a model of Pakistani Muslims. Earlier research has acknowledged a positive relationship between the two factors. The sample (65 men and 85 women) with an age range from 18 to 60 years was chosen. Religiosity was operationalized as religious gatherings attendance, belief salience and frequency of prayer. Anxiety,

loneliness and life fulfillment were chosen as dependent variables because they are important facets of psychological well-being. Reliable with previous research, correlation statistics suggested that a strong, negative relationship does indeed exist between religiosity and loneliness ($r = -0.852$) and between religiosity and anxiety ($r = -0.511$). A strong positive relationship was also found between religiosity and life satisfaction ($r = 0.76$). Thus, the results of this study supported the hypothesized relationship between religiosity and different facets of psychological well being. (Dr. Zeenat Ismail, Soha Deshmukh, 2012)

Religion, Spirituality and Mental Health:

Religious and spiritual factors are increasingly being examined in psychiatric research. Religious beliefs and practices have long been linked to hysteria, neurosis, and psychotic delusions. However, recent studies have identified another side of religion that may serve as a psychological and social resource for coping with stress. After defining the terms religion and spirituality, this paper reviews research on the relation between religion and (or) spirituality, and mental health, focusing on depression, suicide, anxiety, psychosis, and substance abuse. The results of an earlier systematic review are discussed, and more recent studies in the United States, Canada, Europe, and other countries are described. While religious beliefs and practices can represent powerful sources of comfort, hope, and meaning, they are often intricately entangled with neurotic and psychotic disorders, sometimes making it difficult to determine whether they are a resource or a liability. (Harold G Koenig, 2009)

Measuring Multiple Dimensions of Religion and Spirituality for Health Research:

We examined and compared associations between religious variables and anxiety disorders in 1025 young (ages 18 to 39), 645 middle-aged (ages 40 to 59), and 1299 elderly (ages 60 to 97) community-dwelling adults who participated in Wave II of the Piedmont NIMH Epidemiologic Catchment Area survey. Religious variables included church attendance, prayer and Bible reading, religious TV viewing, importance of religion, religious denomination, and “born again” status. Both six-month (recent) and life-time anxiety disorders were examined. All analyses were controlled for sex, chronic illnesses, recent negative life events, and socioeconomic status using the Cochran-Mantel-Haenszel method. In young adults, rates of anxiety disorder were lower among frequent church attenders, mainline Protestants, and those considering themselves “born again”. On the other hand, anxiety disorder was more frequent among younger adults affiliated with fundamentalist Pentecostal religious groups, those with no religious affiliation, and frequent religious TV viewers or radio listeners. Among middle-age adults, social phobia was less common among frequent church attenders and those considering themselves “born again”, although these differences disappeared when social support was controlled for. As reported elsewhere, there was no relationship between religion and anxiety disorder in older adults. These findings suggest a pattern of both positive and negative relationships between religion and anxiety disorder that is most evident among young adults aged 18 to 39, and weakens with age as dynamic factors increase the complexity of these relationships. (Stephen M. Ford, 2002)

Hypothesis

People who practice any religion on a regular basis experience less anxiety as compared to those who don't.

Methodology:-

Participants

Inclusion criteria:

1. The participant should be of the age 18 years or above.
2. He/she should be clear about their view on religion.
3. He/she should be certain about whether they practice a religion or not.
4. If they do follow a particular religion, they should be able to name the ways in which they practice their devotion on a regular basis.

Exclusion criteria:

1. People suffering from psychological disorders apart from anxiety disorders were excluded.
2. People unclear about their belief in a religion were excluded.
3. People who believe in a religion but are not practicing believers were excluded.

Demographic information

A total of 20 participants were surveyed using a questionnaire among which 10 were those who did practice a particular religion on a regular basis and 10 were those who did not practice any religion. From those who practiced a religion, there were 3 Hindus, 1 Christian, 3 Sikhs, 1 Muslim and 1 Buddhist. Among these, 5 were men and 5 were women. Among those who did not practice any religion, there were 7 men and 3 women.

Figure 3:- Demographic information of participants.

List of Participants: Table 1

S. No.	NAME OF PARTICIPANT	AGE	GENDER	RELIGION
1.	Sateng Lakra	40	Female	Christianity
2.	Geetanjali Adeshra	18	Female	Hinduism
3.	Disha	28	Female	Hinduism
4.	R	22	Female	Hinduism
5.	Kapil Kukreja	42	Male	Hinduism
6.	Awesh Reza	30	Male	Islam
7.	Japman Singh	20	Male	Sikhism
8.	Tejpal Singh	50	Male	Sikhism
9.	Jairaj Singh	24	Male	Sikhism
10.	Priyanshi Jain	28	Female	Buddhism
11.	Supreet Kaur	19	Female	None
12.	Ritika Sachdev	45	Female	None
13.	Traveen Lamba Kochar	31	Female	None
14.	Rohan Khurana	19	Male	None
15.	Pratham Gulati	19	Male	None
16.	Aditya Dua	19	Male	None
17.	Madhav	22	Male	None
18.	Sidharth Johri	22	Male	None
19.	Arindam Aggarwal	19	Male	None
20.	Nikhil Mehta	21	Male	None

Tools and Techniques

The data was collected by the survey method. A questionnaire consisting of 43 questions in all was sent to all the participants. Out of the 43 questions, the first 3 asked the name and age of the participant and whether they practiced any religion or not. The next question asked the religious participant to explain how he/she practices his/her religion. The non-religious participants were supposed to skip this question. Similarly, the 5th question asked why he/she chooses to not follow any religion and was only supposed to be attempted by the non-religious participants. This made a total of 42 questions answered by each participant.

The next 19 questions were Multiple Choice Questions (MCQs). The participants were asked to honestly choose the option which best applied to them. In some questions, if none of the options seemed valid to the participant, he/she could select the option 'Other' and mention what best applies to them. In the next 14 questions, the participant was asked to give a rating between a scale of 0 to 5 on the basis of how relatable the given statement seems to them. This was followed by 5 open-ended questions, which also comprised questions where a situation was given and the participant was asked to explain their reaction to it. The participant could answer these in as many words as they wished to.

Hence, this questionnaire comprised 7 open-ended questions and 33 close-ended questions. A blank copy of the same is attached below -

Psychological Survey

All personal information provided in this form will be kept entirely confidential. Please answer honestly. Thank you.

***Required**

1. Name *

2. Age *

3. Do you regularly practice a particular religion? If yes, please name. *

4. If yes, name a few ways in which you practice your devotion. (Skip if no)

5. If no, why not? (Skip if yes)

Mark only one oval.

☐ I dont see any reason to practice one

☐ Just lazy

☐ Haven't really thought about it

☐ Busy work schedule

☐ Other:

9/2020

Psychological Survey

6. What is your opinion on the statement: "Religion gives a vision regarding the purpose of life." Do you agree with it. *

7. Do you think being religious helps us deal with the stresses in life? *

8. I am able to relax *

Mark only one oval.

- ☐ Not at all
☐ Rarely
☐ Sometimes
☐ All the time

9. I understand the uncertainty of life as something *

Mark only one oval.

- ☐ Negative
☐ Positive
☐ Other: _____

10. When I feel fearful *

Mark only one oval.

- ☐ There is always a cause
- ☐ There may not always be a cause
- ☐ I rarely feel fearful
- ☐ I feel fearful almost all the time

11. I am as happy as the people around me *

Mark only one oval.

- ☐ Never
- ☐ Rarely
- ☐ Often
- ☐ Always

12. When someone snaps at me *

Mark only one oval.

- ☐ I keep thinking about it
- ☐ I stay calm
- ☐ I snap back
- ☐ I don't care

13. When I have a problem, no matter what I do I can't get my mind off it. *

Mark only one oval.

- ☐ Totally, I can't
- ☐ Not really, I can

33. I worry about the health/death of myself or my dear ones *

Mark only one oval.

0	1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

34. I feel tense or on edge. *

Mark only one oval.

0	1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

35. I have cold/hot flashes.

*

Mark only one oval.

0	1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

36. I am easily irritated. *

Mark only one oval.

0	1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Mark only one oval.

0	1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

38. I can think about a problem for hours and still not think that the resolved. *

Mark only one oval.

0	1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

39. I am decisive. *

Mark only one oval.

0	1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

40. I hold a lot of tension in my muscles. *

Mark only one oval.

0	1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

41. You are to give an exam that you are under prepared for. In what state of mind and action do you imagine yourself 3 hours before the exam. *

42. Say someone dear to you has not been keeping well since some time. They have sent in their blood samples today itself and the reports will come by tomorrow evening. Describe your current state of mind. *

43. You have accidentally left a huge amount of money on the dining table and you need to contact your roommate to ask them to keep it somewhere safe but you are currently in a class/meeting from where you cannot be excused no matter what. Will you be able to concentrate? Roughly describe your level of restlessness/irritation. *

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Materials required

Laptop, printer, questionnaires, A4 size white sheets, stationary items, online articles, binding equipment

Design and procedure

The research design of this study was non-experimental. It studies the correlation between religiosity of a person and his/her anxiety levels. First, a broad topic was decided and existing researches, which validated this broad topic, were read. Based on this literature review, a hypothesis was formed. 20 Participants were selected based on the pre-decided exclusion criteria, inclusion criteria. Efforts were made to incorporate different religions in the section on 10 religious participants. Efforts were also made to have a good male female ratio. Questionnaires were prepared and distributed to all the participants online who agreed to be a part of the research after being given assurance of confidentiality and explanation of the nature of the research. The filled questionnaires were collected online and the results were stated using statistical methods and drawing of common themes. The analysis was done using both quantitative and qualitative methods. Based on this, the conclusions were drawn and shared with the interested participants.

Results:-

Quantitative:

The following diagram shows the different religions practiced by the participants:

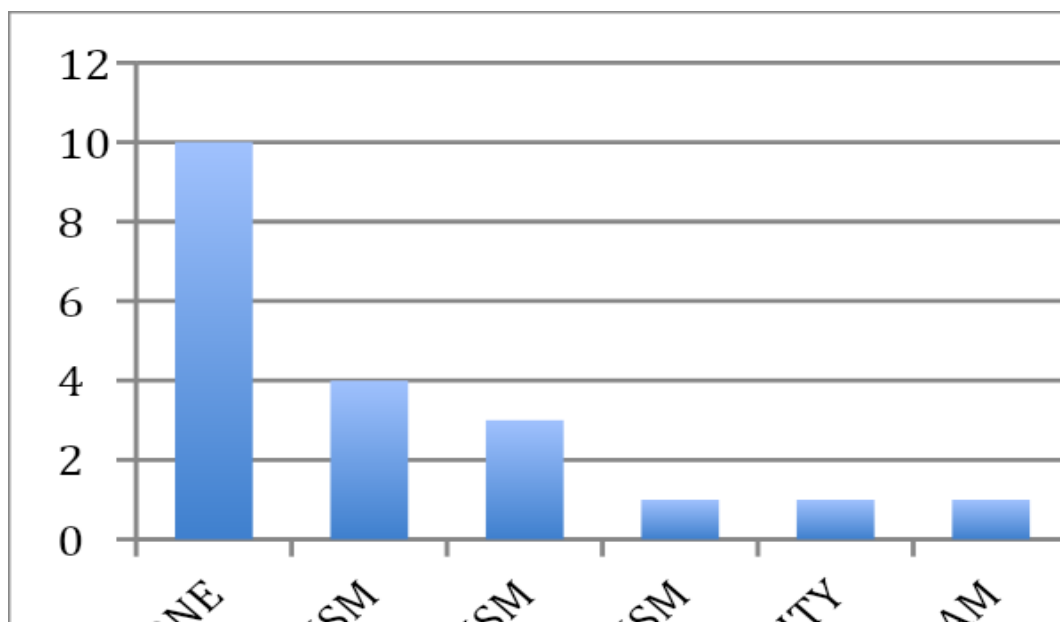


Figure 4:-

The following diagram shows why non-religious people choose to be so:

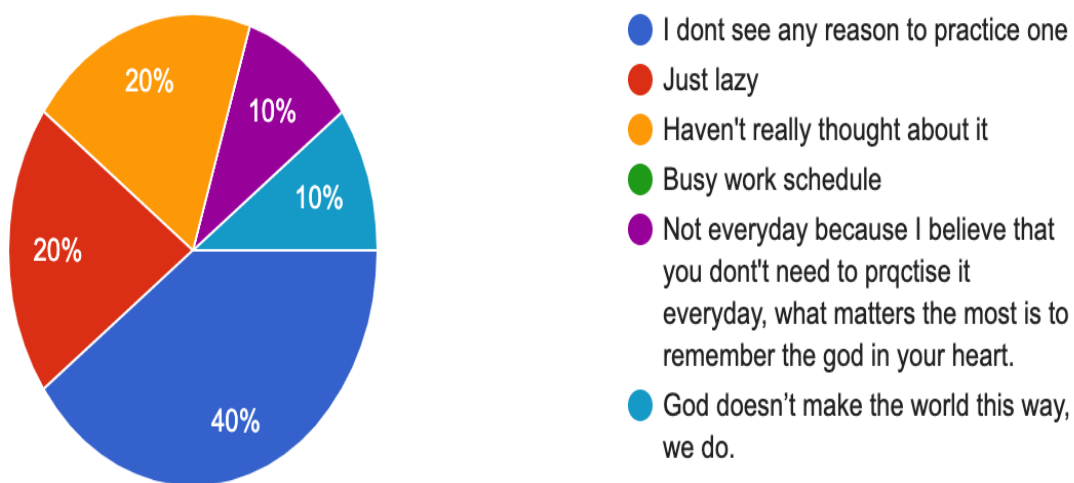


Figure 5:-

The following diagram shows the results of the question “I am able to relax” for religious people.

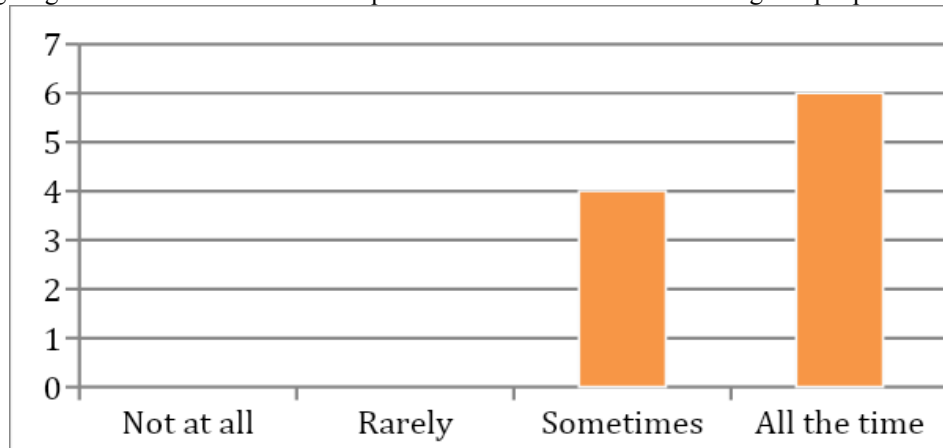


Figure 6:-

The following diagram shows the results of the question “I am able to relax” for non-religious people.

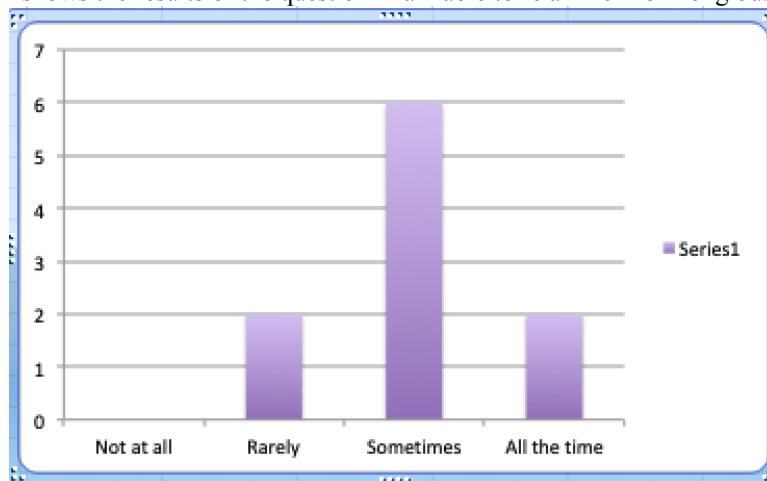


Figure 7:-

When asked how the participants feel about the uncertain nature of life:

- 1) Out of the 10 religious participants, 9 of them thought of it as something positive while 1 said that she thinks of it as something to be accepted with full faith.
- 2) Out of the 10 non-religious participants, 2 thought of it as a matter to simply accept, 1 thought of it as negative and 7 thought of it as positive.

Table 2:- Responses of Religious Participants.

S. No.	I am as happy as the people around me.	When someone snaps at me, I-	I am likely to find myself wondering	In a large crowd where I know no one, I would
1	Often	Keep thinking about it	What to do next	Talking to people, trying to get to know them
2	Often	Stay calm	Why I feel the way I do	Be fine but at my own
3	Always	Stay calm	What could go wrong	Talking to people, trying to get to know them
4	Always	Stay calm	About things that make me happy	Talking to people, trying to get to know them
5	Often	Stay calm	About things that make me happy	Talking to people, trying to get to know them
6	Often	Stay calm	About things that make	Talking to people, trying

			me happy	to get to know them
7	Always	Stay calm	About things that make me happy	Talking to people, trying to get to know them
8	Often	Snap back	Why I feel the way I do	Be fine but at my own
9	Often	Stay calm	What to do next	Talking to people, trying to get to know them
10	Often	Stay calm	What to do next	Talking to people, trying to get to know them

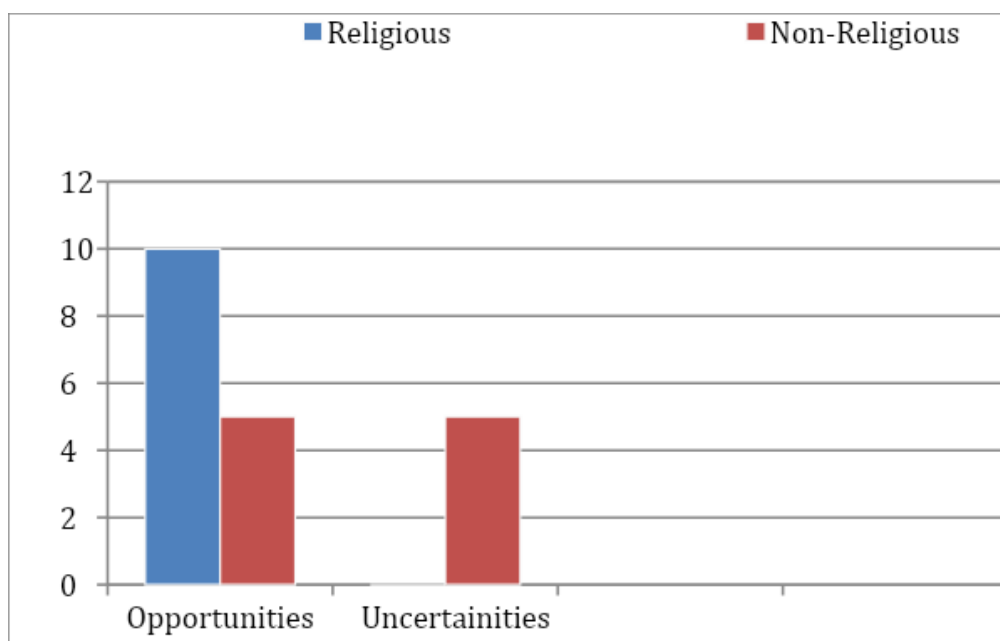
Table 3:- Responses Of Non-Religious Participants.

S. No.	I am as happy as the people around me.	When someone snaps at me, I	I am likely to find myself wondering	In a large crowd where I know no one, I would
1	Often	Snap back	Why I feel the way I do	Talking to people, trying to get to know them
2	Rarely	Keep thinking about it	What could go wrong	Feel nervous and find an escape
3	Often	Snap back	What could go wrong	Feel nervous and find an escape
4	Often	Keep thinking about it	About things that make me happy	Feel nervous and find an escape
5	Never	Stay calm	About things that make me happy	Feel nervous and find an escape
6	Often	Snap back	What could go wrong	Be fine but at my own
7	Rarely	Keep thinking about it	Why I feel the way I do	Feel nervous and find an escape
8	Rarely	I don't care	What could go wrong	Be fine but at my own
9	Often	Snap back	What could go wrong	Be fine but at my own
10	Often	Snap back	What to do next	Talking to people, trying to get to know them

Q. When I have a problem, no matter what I do I can't get my mind of it.

Figure 8

Q. To you, the world is a place full of:



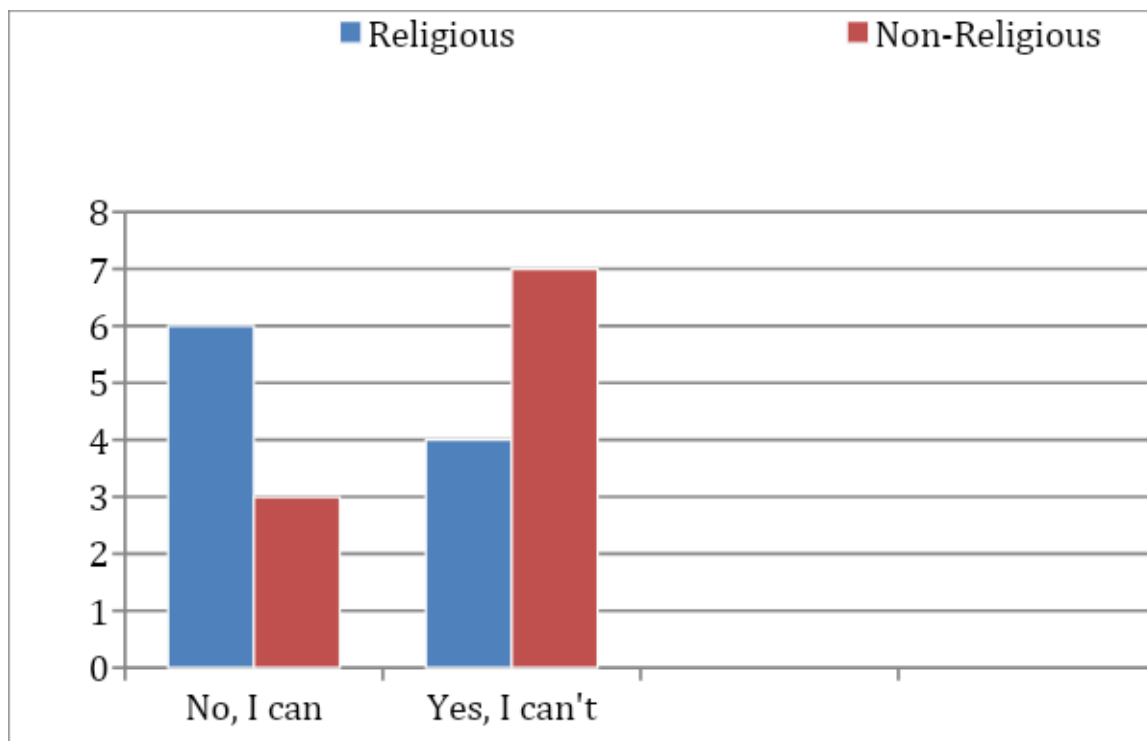
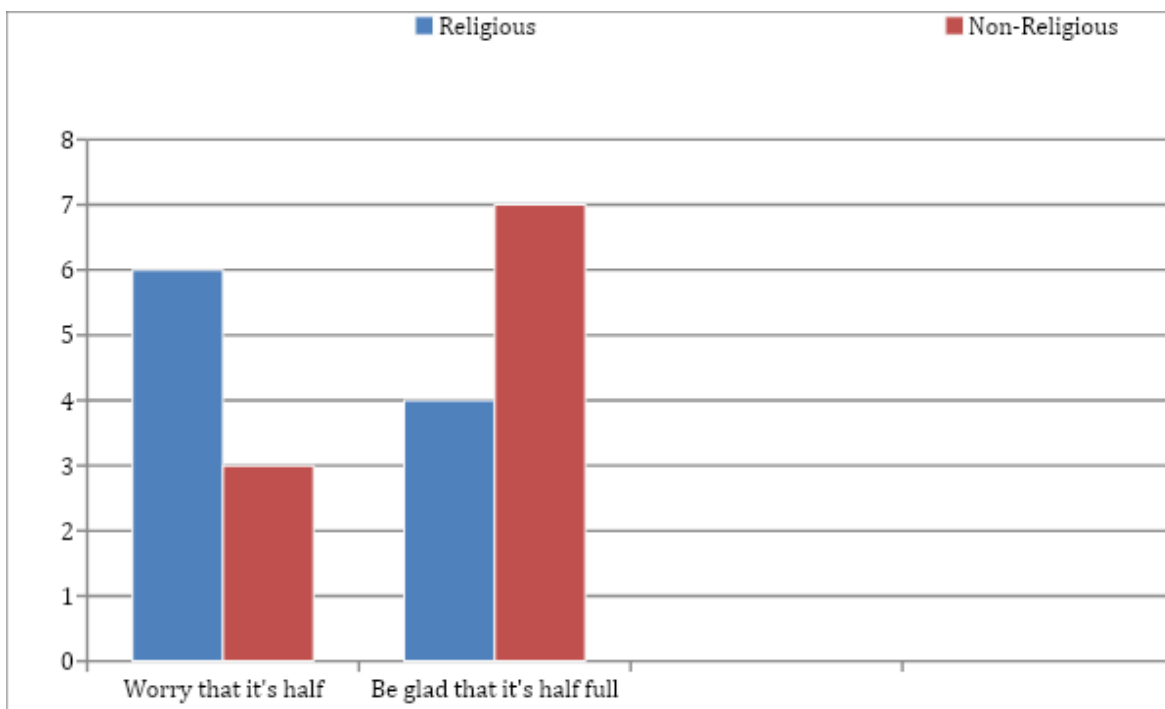


Figure 9:-



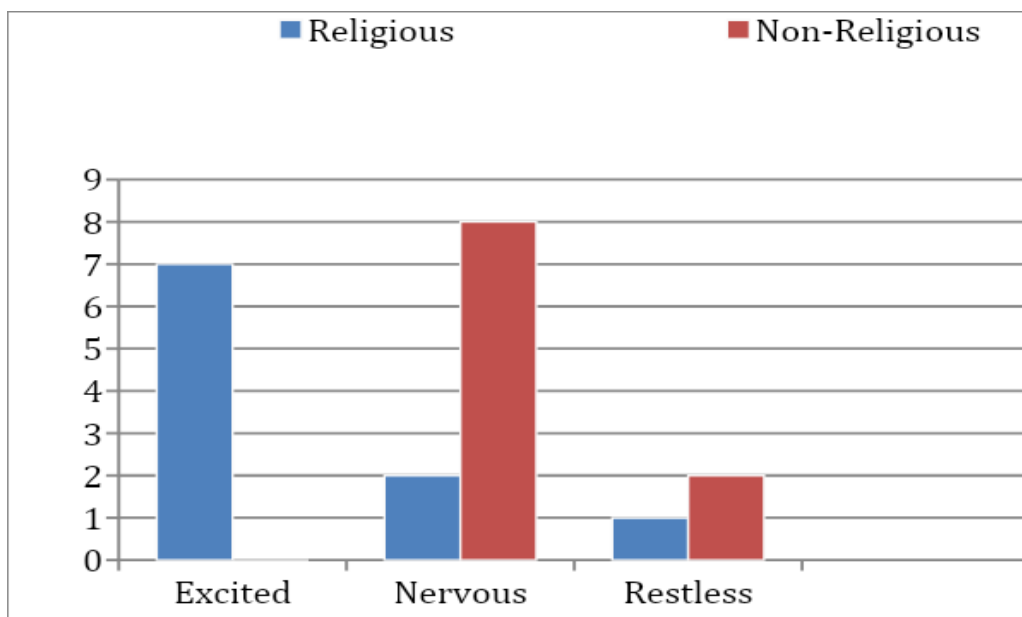


Figure 10:-

Q. The question of 'What lies in the future' makes you feel?

Q. If I see half a glass of water, I will:

Figure 11

Q. When under pressure, I usually remain?

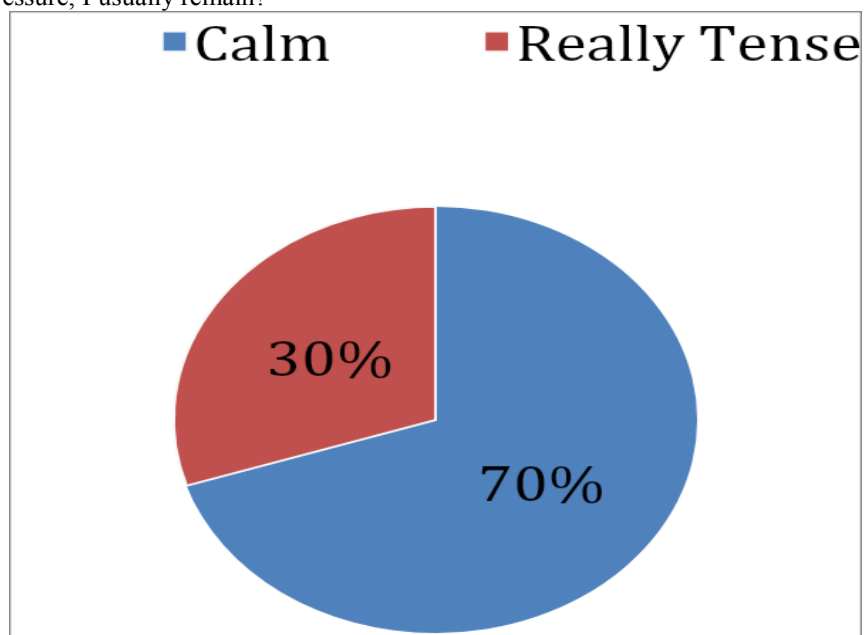


Figure 12:-

Religious people:

Non-religious people:



Figure 13:-

QA. On a scale of 1 to 5, how much do you worry ?

Average for religious people = **1.3**

Average for non-religious people = **3.9**

QB. On a scale of 1 to 5, how much do you experience headaches or neck pain?

Average for religious people = **0.8**

Average for non-religious people = **2.3**

QC. On a scale of 1 to 5, how much interest have you lost in activities that you enjoyed earlier?

Average for religious people = **0.5**

Average for non-religious people = **1.5**

QD. On a scale of 1 to 5, how much do you think about the things you have not yet accomplished in life?

Average for religious people: **2.3**

Average for non-religious people: **4.5**

QE. On a scale of 1 to 5, how much do you think you are losing your emotional stability?

Average for religious people: **1**

Average for no-religious people: **3.4**

QF. On a scale of 1 to 5, how tense or on the edge do you stay?

Average for religious people: **0.8**

Average for non-religious people: **3.5**

QG. How easily do you get irritated on a scale of 1 to 5?

Average for religious people: **0.8**

Average for non-religious people: **3.8**

QH. I can think of a problem for hours and still think it is unresolved. How relatable is this on a scale of 1 to 5?

Average for religious people: **0.8**

Average for non-religious people: **3.8**

QI. How decisive are you on a scale of 1 to 5?

Average for religious people: **3.4**

Average for non-religious people: **3**

Analysis

Quantitative

As we can see in **Figure 6**, many participants who were religious said that they are able to feel relaxed all the time. The other less than half said that they could relax sometimes. Among the non-religious participants, as **Figure 7** suggests more than half said that they feel relaxed sometimes. The others said they could relax rarely and only 2 could relax all the time. Hence, religious people were seen to feel more relaxed.

From **Table 2**, we can infer that all religious participants felt as happy as the people around them All the time or sometimes whereas for non-religious participants, half of them said that they never or rarely feel as happy as those around them. We can also clearly see that most of the religious participants stay calm when someone snaps at them whereas the non-religious ones either snap back or keep thinking about it. This clearly shows that their stress levels remain high.

While religious participants show a mixture of thinking patterns ranging from thinking about what makes them happy or what to do next, most of the non-religious participants were found to be thinking about what could go wrong which is also a very significant indicator of anxiety.

When given the situation of being stuck in a room with lots of unknown people, all non-religious participants said that they would either talk to people trying to get to know them or be fine but on their own.

On the other hand, half of the non-religious ones said that they would feel nervous and try to find an escape. This shows that they get tensed during uncomfortable situations and anxiety hits them easily in unusual environments.

Figure 8 suggests that when these two groups of people have a problem, a majority of the non-religious participants agreed that no matter what they do, they can't get their mind off it whereas a majority of religious participants said that they can.

As **Figure 9** suggests that for most of the non-religious participants the world is either a place that is full of fearful uncertainties or a place which wasn't fair whereas for most of the religious participants, the world was nothing but a place full of opportunities. This shows that the non-religious participants are more prone to anxiety.

Figure 10 explains how all religious participants are excited about what events will take place in their future where only 2 non-religious participants feel so. Most of them are either nervous or restless about the same.

In **Figure 11** we can see that the non-religious participants tend to have a negative approach as they think about what they don't have in life more whereas the religious participants are good at finding positives and thinking about what they do have in life.

Figure 12 suggests that under pressure, most of the religious participants remain calm/normal and not very tense whereas **Figure 13** suggests that it is the exact opposite for the non-religious participants.

The results of **Q.A** show that non-religious participants tend to worry more than the religious participants which plays a very big role in determining who feels more anxiety.

The results of **Q.B** show that non-religious participants experience more headaches and neck pains which are important physical symptoms of anxiety.

The results of **Q.C** show that non-religious participants have lesser interest in activities that they enjoyed earlier, compared to religious participants. This is also a symptom of anxiety.

The results of **Q.D and E** explain that non-religious participants not only think more about the things they have not yet accomplished, they also feel that they are losing control of their emotional stability when compared with religious participants.

The results of **Q.F and G** say that non-religious participants remain more tense and irritated than the religious ones.

Q.H tells us that they can think of a problem for hours and still say that it is unresolved. This happens with religious participants as well but at a much smaller level.

The last question tells us how religious participants are more decisive than non-religious participants and hence they feel lesser anxiety.

Qualitative analysis

Table 4:- Responses Of Religious Participants.

QUESTION	THEME	EXEMPLAR
Someone dear to you hasn't been keeping well. Their blood test reports will come in a while. Describe your current state of mind.	Remembering God in tough situations and showing acceptance towards his will.	1. I will chant <i>daimoku</i> and try reading the guidance of my mentor. 2. What has to happen shall happen.
You are to give an exam that you are under prepared for. In what state of mind and action do you imagine yourself 3 hours before the exam.	Thinking about practical solutions and staying calm.	1. I will sit and think over the questions, and will try to write what I understand. 2. Take it easy, attempt what I know.
You have accidentally left a huge amount of money on the dining table and you need to contact your roommate to ask them to keep it somewhere safe but you are in a class/meeting from where you cannot be excused, no matter what. Will you be able to concentrate? Roughly describe your level of restlessness/irritation.	Trying to stay calm and thinking of solutions.	1. Would be planning the whole action which would be taken after class. But would tell myself to be in the moment after making my mind calm and structuring the situation after. 2. Calm and have faith that my roommate will anyhow secure it in a safe place.

Table 5:- Responses Of Non-Religious Participants.

QUESTION	THEME	EXEMPLAR
Someone dear to you hasn't been keeping well. Their blood test reports will come in a while. Describe your current state of mind.	Nervousness and fear, hoping for the best	1. Nervous and fearful. 2. Will wait for a positive outcome.
You are to give an exam that you are under prepared for. In what state of mind and action do you imagine yourself 3 hours before the exam.	Worrying a lot and hence working less	1. I would hastily do things but would be more worried about it rather than working for it. 2. will be worried and will be thinking of what would happen in the future
You have accidentally left a huge amount of money on the dining table and you need to contact your roommate to ask them to keep it somewhere safe but you are in a class/meeting from where you cannot be excused, no matter what. Will you be able to concentrate? Roughly describe your level of restlessness/irritation.	Feeling really very restless	1. would be very restless, imaging different situations and won't be able to concentrate until I talk to my friend on call. 2. Extremely restless and not engaged, looking for the first opportunity to excuse myself from class.

Conclusion:-

The study aimed to investigate whether people who are religious experience lower levels of anxiety as compared to non-religious people or not. It was hypothetical that non-religious people experience higher levels of anxiety.

Findings

They indicated that religious people are generally more calm and non-religious people do remain stressed, tense and face higher levels of anxiety. Religious people are able to adapt to uncomfortable situations in a more peaceful manner whereas non-religious people tend to become restless, fearful and nervous. This adds to their anxiety.

Implications

That people who practice any religion on a regular basis tend to experience less anxiety compared to those who do not do so.

Further direction

Further studies are needed to determine whether people belonging to a particular religion experience even lower levels of anxiety as compared to those following another religion.

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Appendix:-

A summary of all responses can be view through the link below:

<https://docs.google.com/forms/d/1c6V94D4Uqb6UhM5xFOPKCFPeZ760puxv8qKrjxFexkU/viewanalytics>.