

Role of Religion on Social Support among College Students

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Abstract – The level of social support of individuals is varied in the community and is determined and influenced by different socio-cultural factors and traditional practices. This study, therefore, examined the religious groups and gender as determinant factors of social support in students. The data was collected from 682 students, comprised of 275 boys and 407 were girls from different colleges in Mysore, Karnataka and the age range of the college students between 16 to 23 years. The social support appraisal scale (SSAS) and socio-demographic data sheet were utilized to elicit the data from the participants. Gathered information was analyzed by applying One-Way ANOVA and Independent sample t-tests. The result indicates that religion emerged as a determinant factor of social support and religion alone has a significant influence on student's social support. However, there is no significant gender difference found on the social support of college students.

Keywords: College Students, Gender, Religion, Social Support.

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1. RELIGION AND SOCIAL SUPPORT

India is a standout amongst the most socially differing countries in connection to religion being an origin of four of world's real religions to be specific: Hinduism, Buddhism, Jainism and Sikhism and India have distinct explicit religious convictions framework and practices. Through the Indian history, religion has been a vital piece of the nation's culture (Basu, 2013). It is difficult to know India without comprehension its religious practices and convictions, which greatly affect the individual existences of most Indians and impact public life consistently. Which implies religious convictions may influence a person's nature, motivation, personality development, the self, the oblivious, mental change and society (Smither and Khorsandi, 2009). However, the religious confidence is related with a progressively hopeful life introduction, more noteworthy social help in basic circumstances (Pardini et al., 2000). As per Gallup (2011), a report demonstrates that 87 % of the worldwide populace is subsidiary with a religion. Religious affiliations may give individuals a huge social network, which can offer help and a sentiment of having a place in critical occasions (Hovey, Hurtado, Morales and Seligman, 2014; Nelson, 2009). This social network results in a gathering think conduct as a result of which people who have a place with religious communities see increasingly social help (Bowie, Ensiminger and Robertson, 2006; Powell, Shahabi and Thoresen,

2003). While the social support given by religious association can possibly go about as a defensive system against negative health results amid unpleasant occasions (Cohen and Willis, 1985).

Social support is the data that drives a person to trust that the individual is minded, cherished and esteemed as an individual from a network of shared responsibility (Cobb, 1976). By and large, social support alludes to a relational connection between people inside a promptly accessible system described by close to home connections, imparted reliance and recognizable proof to normal qualities (Bohus, Woods and Chan, 2005). Social support can advance new aptitudes and passionate development (Smith, Battle and Leonard, 1998) and it encourages access to material assets, for example, sustenance, shield, instructive, monetary, therapeutic and business help (Ungar et al., 2007). Furthermore, it can enable youngsters to build up a more beneficial evaluation of occasions, and furthermore enable them to adapt effectively to the unfriendly circumstance (Wolkow and Ferguson, 2001).

Analysts, Cohen and Willis (1985) all around characterized social support as any procedure through which social relationships may advance wellbeing and prosperity of on people. The progress of life in school can be a puzzling time for some youthful grown-ups. Subsequently, view of

social support and being thought about by those in one's life can be essential to the prosperity of individual (Whitney, 2010). Cecen (2008) expressed that multidimensional social support has been obtained from three unique sources that are companions, family and critical others, for example, neighbours, relatives, teachers, etc. social help causes people to manage horrendous and unpleasant occasions, enables them to settle on advantageous choices (Stroebe, 2000; Wills and Fegan, 2001). Social support is a vital zone for specialists, particularly in the college setting. There are numerous plausible guidelines to take while considering at social support, just as various types of social support or ways that social support can influence college student behaviour (Ellison and George, 1994; Menagi et al., 2008). As a rule, specialists have referenced in their investigations five unique sorts of social support to be specific tangible support, emotional support, informational (Wills and Shinar, 2000), esteem support and network support (Maddox and Prinz, 2003).

Many researchers discovered that students with more grounded religious responsibility, in light of recurrence and diverse kinds of religious activities, had a more grounded social network of connections (Bohus, Woods and Chan, 2005; Mankowski and Thomas, 2000). Albeit both religiosity and otherworldliness can include religion as indicated by the writing, there are theoretical and operational refinements between the two ideas (Chitwood, Weiss and Leukefeld, 2008). Religious social support is regularly viewed as contact with different religious individuals and getting support from a religious setting (Hovey et al., 2014).

Researchers found that individuals in the Christian populace got social support from their religious community, which obviously affected on wellbeing and the individuals who revealed larger amounts of religious social support also announced better momentum wellbeing and more noteworthy saw strength to sickness. While the constructive outcome of non-religious social support on physical health have recently been noted with social support which is accepted to cushion against the impact of upsetting circumstances (Uchino et al., 1999). Scientists who concentrated on the impact of religiosity found that religious persons saw a more prominent quality and amount of social support (Bradley, 1995).

Researchers point out that, the need to illuminate uncertainty identified with the real job of religion on social support. Religious convictions have been appeared to have numerous advantages with research reliably appearing positive connection between religion and social support (Hill and Pargament, 2003; Lee and Newberg, 2005).

Other than religion there are numerous other socio-social components like sexual orientation, home and socioeconomic status of a person's will impact on

social support. A couple of studies shows that family type and educational level of the individual likewise impacting variables yet at the same time there was an absence of clearness in that, in what degree those elements will impact and how the sexual orientation will impact independently on social support, for the most part creating nations like India we do see each and everybody will have their own way of life and convention, for the sake of those practices every individual will get distinctive dimension of social support from their relatives, companions, business partners and other noteworthy sources. In such manner there are sexual orientations contrasts in the dimension of social support have shifted: Soman and associates (2016) announced that male has more social support than females, particularly from companions. Though, Turner and Lloyd (1999) referenced that no distinctions in regard to sex with regards to the social support system. Just as couple of scientists are centered around how sexual orientation and social support are connected one another, just as sex, has been characterized as a social develop which separates the jobs, conduct, mental and emotive qualities among guys and females (Keller, 1991). Also, it was uncovered in the examination by Sharir, Tanasescu, Turbow and Maman (2007) referenced that females have more prominent social support than guys. Their outcomes demonstrates that females got more visits from companions when contrasted with the male members and the comparative outcome by Kendler, Myers and Prescott (2005) revealed that females have more prominent social help since they got the help from companions, relatives and youngsters while guys independently gotten help from their accomplice and associates.

2. NEED FOR THE STUDY

The present study was an endeavour to discover the job of religion on social support which could be noteworthy proof in deciding how religion and sexual orientation assume a critical job in social support. Albeit past investigations endeavoured to tap how affiliating to a religious group encourages a person's social support there is as yet an absence of proof. The present examination concentrated on college students on the grounds that it is where peer bolster additionally plays a noteworthy impact and college students will in general depend unfriends than affiliating to any religion. The results could reveal more insight into how distinguishing with religion and sexual orientation advances social support.

3. METHOD

3.1. Objectives

1. To study the influence of different religious groups (Hindu, Muslim, Christian) on social support.
2. To know the gender difference in social support.

3.2. Participants

Data was randomly collected from 682 students studying in different colleges at Mysore, Karnataka. Participants were from different religious backgrounds and age range of 16 to 23 years. Rapport was established and explained the importance and relevance of the research. Participants were administered demographic data sheet and social support appraisal scale (SSAS) in a classroom setting each class consists of 30 to 35 students and to complete questionnaire it takes 25 minutes approximately, whereas students from different religious background has been considered. After the completion of the questionnaires, each questionnaire was checked to make sure that the participants responded to all the items.

4. MEASURES

4.1. Socio-demographic data sheet

A Socio-demographic data sheet was prepared to draw basic information about the participants which included age, gender, religion & domicile.

4.2. Social support appraisal scale (Vaux, Phillips, Holly, Thomson, Williams, & Stewart, 1986).

The social support appraisal scale is a self-report measures that consists of 23 items with 4-point Likert type rating scale for each item, the participants rank their response as the following key, strongly agree - 1, agree - 2, disagree - 3, and strongly disagree - 4. A score is obtained by reversing the negatively stated items and other items, in order to sum the total of the whole scale. The lesser score shows a greater level of social support. As reported by the author of the scale the social support appraisal scale (SSAS) has strong internal consistency for the scale .81, which is satisfactory, and good concurrent, predictive and construct validity (Cochoran & Fischer, 2013).

5. RESULTS

Table 1(a): Results of descriptive statistics for different religious groups on social support

Descriptive Statistics			
Social Support	N	Mean	SD
Hindu	522	65.70	12.13
Muslim	72	59.58	16.49
Christian	88	58.11	15.92
Total	682	64.07	13.49

A descriptive statistics has been reported here, the above table indicate that the number (N) of participants, mean and SD of different religious groups separately. However Hindu (n (522), M=65.70, SD=12.13), Muslim (n (72), M=59.58, SD=16.49) and Christian (n (88), M=58.11, SD=15.92).

Table 1(b): Results of F-test (ANOVA) for different religious groups on Social Support

ANOVA					
Social Support	Sum of Squares	df	Mean Square	F	p-value
Between Groups	5960.292	2	2980.146	17.133	.001
Within Groups	118107.743	679	173.944		
Total	124068.035	681			

A one - Way between subjects ANOVA was employed to reveal the effect of different religious groups on social support. The obtained results of the test indicate that there is a significant effect of religious groups on social support (F (2, 679) =17.133, p=0.001<0.05). And Scheffe's post hoc tests were performed to check whether there is a significant difference between each group and statistically significant results were emerged (see table 1c for Post-hoc results).

Table 1(c): Results of multiple comparisons for different religious groups on social support

Multiple Comparisons				
DV: Social Support	(I) Religion	(J) Religion	Mean Difference (I-J)	p-value
Scheffe	Hindu	Muslim	6.11*	.001
		Christian	7.58*	.000
	Muslim	Hindu	-6.11*	.001
		Christian	1.46	.782
	Christian	Hindu	-7.58*	.000
		Muslim	-1.46	.782

*. The mean difference is significant at the 0.05 level.

Table 2: Results of Independent sample t-test for different gender in social support

Gender	N	Mean	SD	df	t	p-value
Boys	275	64.72	12.50	680	1.024	0.306
Girls	407	63.64	14.12			

An independent sample t-test was performed to find out the gender differences in social support. The obtained result indicates the mean, SD, t- value and significance value of boys (M=64.72, SD=12.50) and girls (M=63.64, SD=14.12), whereas it revealed that there is no statistically significant difference was found in social support (t(680)=1.024, p=0.306 >0.05). However, boys slightly have more social support than girls.

6. DISCUSSION

The objective of the present investigation was to know the impact of religion and sex on social support. The discoveries determine that religious gatherings significantly affect social support. So also past research on the connection between religion and social support found that students with more grounded religious commitment, in view of recurrence just as kind of religious activities, had a more grounded social network of connections (Bohus, Woods and Chan, 2005; Mankowski and Thomas, 2000), obviously there are a set number of concentrates to illuminate the thought of how religion plays a huge job in influencing social support. The consequences of the present investigation unmistakably delineate that religious gatherings significantly affect social support. In fact, numerous scientists uncovered the people with various religious communities see more prominent social support (Bowie, Ensimerger and Robertson, 2006; Powell,

Shahabi and Thoresen, 2003), present examination results are in accordance with these discoveries. Be that as it may, results indicate that overall all the religious groups are influencing social support, however different examinations uncovered how each gathering effects on social support. Hindu as a religion has a noteworthy impact on social support, while whatever is left of the two religious groups have not appeared measurable criticalness. One conceivable clarification can be given, however India being a multicultural nation level of Hindu populace is higher than whatever is left of alternate religious groups which may prompt higher social support among the companions. The religion as a casing of reference with the conviction framework and differing rehearses; it decides the lifestyle and assumes a huge job for the duration of the life of a person. A person who is associated to a specific religious group undoubtedly gets relatively more help what he/she doesn't have a place with. In encouraging the previously mentioned origination, discoveries demonstrated that affiliating to a specific religious community assume a vital job in advancing social support.

Assorted variety in convictions framework and social practices could likewise be an impacting component to segregate from the standard of the society. Point of view, pride and preference may likewise influence. Then again, the outcome demonstrates that sexual orientation has no measurably critical on social support yet notwithstanding; boys have slight progressively social support than girls. Further examinations need to clear up the suppositions through replications.

7. CONCLUSIONS

1. There is a significant influence of religious groups on the level of social support, in which the Hindu population has a higher level of social support compared to other religious groups.
2. There is no influence of gender on social support.

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