ABSTRACT

TITLE:	The Effects of Religiosity and Spirituality on Guilt and Self-Esteem
AUTHOR(S):	Garcia, JaNell E., ; Peterson, Hedy; George, Audrey; Kraus , Dr. Sue
PRESENTED AT:	5th Annual Natural & Behavioral Sciences Undergraduate Research Symposium, Fort Lewis College

ABSTRACT: Spirituality in college-age students is a diverse and interesting aspect of life because most college students are just leaving their families, their parents' belief systems, and trying to define their own. The present study examines the relationships between spirituality, religiousness, guilt, and self-esteem. The first hypothesis proposes that there is more guilt found in people who are more religious and spiritual. The second hypothesis is that people who are religious and spiritual will have a lower self-esteem than those who are only spiritual or neither. The third hypothesis proposes that those who are religious but feel abandoned or disconnected from God will be guiltier than those who are religious and feel close to God.It was found that religion and spirituality levels did not affect the guilt levels unless the person felt abandoned. When a religious person felt abandoned, higher levels of guilt were found. Religiosity is positively correlated with self-esteem. This shows that the higher level of religion, there higher the self-esteem. There were also correlations of lower self-esteem to those who were highly religious and felt abandoned.