

Spirituality and personality of the midlifer essay



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They can include not only physical symptoms but also mental health issues. While there is a steadily developing body of academic literature into the causes, levels and results of stress among teachers, there is little research carried out into interventions intended to tackle the problem.

The researcher thinks ND feels that something can be done to help teachers cope with the crisis brought about by the nature of their job and at the same time help them cope with their own personal crisis that comes with being in this stage called midlife. People often look for a list of signs to validate if a midlife crisis is at hand. The experience is a combination of feelings, events and physical changes that indicate a transformation is at hand.

The final proof often occurs in retrospect after a person accepts, faces, and embraces who he is and what he has, usually by entering a spiritual journey and coming to terms with new life patterns. The researcher believes that the value of spirituality should be imbibed in facing midlife. The researcher is one with a number of authors and researchers like Salary-Clemens (2012) who affirmed the value of spirituality in the lives of human beings. It is in this light that the researcher was inspired to undertake this study. The teachers who stand as the second parent, from whom their students seek wisdom and guidance away from home need not have to go through the crisis the midlife entails but instead to have this stage as a time of transformation. This should be a time of life to embrace change to become something greater; to not let this be a fear driven event, but instead be an inner inspiration to make life better. This study, therefore, verified whether the spirituality level of teachers in midlife can be related to their personality or vice versa.

Statement of the Problem This study sought to determine the relationship between spirituality and personality of the midlife among the teachers in the Catholic Filipino-Chinese Schools in Metro Manila in order to know its implications to the psycho-spiritual growth of the midlife. Specifically, it sought to answer the following questions: . What were the respondents' characteristics as described by Gender, Age, Religion, and Nationality. 2. What was the profile of the respondents according to Spirituality (Divinity, Mindfulness, Extra sensory perception, Community, Intellectuality, Trauma, Childhood Spirituality) and Personality (Hypochondriac's, Depression, Denial, Interpersonal problems, Alienation, Persecutory ideas, Anxiety, Thinking disorder, Impulse expression, Social introversion, Self depreciation and Deviation). . How did the spirituality of the respondents compare when grouped according to Gender, Age, Religion, and Nationality. 4.

How did the personality of the respondents compare when grouped according to Gender, Age, Religion and Nationality. 5. How did the spirituality and personality of the respondents relate to each other? 6. What were the implications of the findings on the psycho-spiritual growth of the teachers in midlife? Procedure This study employed the descriptive method of research. Its goal was to get a factual and accurate data of the respondents' spirituality and personality and to see the relationships of the two.

The accuracy of the data was used in the computation of the averages, frequencies and other statistical calculations to have a clearer stricture of the results and for the readers' appreciation of the importance of spirituality to the personality of the midlife. The survey, in this study, was administered using two tests - a spirituality test and a basic personality test. A total of one

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hundred fourteen (114) teachers handling preparatory level, elementary and high school students served as respondents from the Catholic Filipino-Chinese educational institutions in Metro Manila. Treatment of Data The data gathered were tabulated, analyzed and presented using the statistical measures which include percentage, frequency distribution, mean, standard deviation, t-test, ANOVA, and Pearson Product-Moment Correlation. Summary of Findings Results of data analyses revealed the following findings: 1. Majority of the respondents were female and belonging to the age group of 35-45.

Majority of the respondents also belong to the Catholic faith and Filipino nationality. 2. The Spirituality profile of the respondents in accordance to the seven (7) factors that comprise human spiritual experience and behavior of Psychometric Spirituality Inventory (AS') ranged from Moderate to High. Spirituality Factors that had high scores were Divinity, Extra Sensory Perception, Community, Trauma and Childhood Spirituality. The Spirituality Factors that had moderate scores for male were Mindfulness, and Intellectuality, whereas for the female, Mindfulness, Extra Sensory Perception, and Intellectuality.

The Personality profile of the respondents in accordance to the twelve (12) scales of Basic Personality Test fell from the range of low to slightly elevated. Respondents scored low on Depression, Interpersonal Problem, Alienation, Anxiety, Thinking Disorder (in Male), Impulse Expression and Self Depreciation. The scores were slightly elevated on Hypochondriac's, Denial, Persecutory Ideas, Thinking Disorder (in Female), Social Introversion, and Deviation. 3. There was no significant difference in the Spirituality of the respondents when grouped according to gender, religion, and nationality. In <https://assignbuster.com/spirituality-and-personality-of-the-midlifer-essay/>

the older age group however, Mindfulness, a factor in Spirituality revealed a significant difference. 4. There was no significant difference in the respondents' Personality in its 11 areas.

The null hypotheses in these 11 areas are accepted. In the area of Thinking Disorder, however, the null hypothesis is rejected. There were no significant differences in the eleven personality scales when grouped according to age groups of 35-45 and 46-55. The Personality scale of Social Introversion, however, indicates that there was a significant difference when grouped according to age. Eight out of the twelve personality scales namely, Hypochondriac's, Depression, Denial, Interpersonal Problem, Alienation, Thinking Disorder, Impulse Expression and Deviation showed no significant difference when grouped according to religion. The remaining four of the Personality scales namely Persecutory Ideas, Anxiety, Social Introversion and Self-Depreciation had a significant difference value when grouped according to religion. All means of the four areas were higher in the non-Catholic group. There were significant differences on two areas of the personality when grouped according to Filipino, naturalized Filipino and Chinese.

These were the scales in Anxiety and Self Depreciation. The rest figured insignificantly. 5. Only Hypochondriac's revealed a substantial correlation with Divinity. The rest of the Personality scales figured insignificantly. The null hypothesis is accepted for the eleven scales.

There was no substantial correlation between Mindfulness and the twelve scales in Personality. Therefore, the null hypothesis was accepted. There was a very significant correlation on Extra Sensory Perception to the bevel of

personality scales on the areas of Hypochondriac's, Persecutory Ideas, Thinking Disorder, and Deviation; a significant correlation to Alienation and no significant at all with the rest of the scales. There was no significant relationship on Community to nine of the personality scales namely, Depression, Denial, Interpersonal Problem, Alienation, Persecutory ideas, Anxiety, Impulse Expression, Self Depreciation and Deviation while a substantial correlation existed on the scales of Hypochondriac's, Thinking Disorder and Social Introversion. There was no significant relationship between Intellectuality and nine of the personality scales namely, Hypochondriac's, Depression, Denial, Interpersonal Problem, Alienation, Persecutory ideas, Anxiety, Impulse Expression, and Self Depreciation. There were very significant correlation between Intellectuality and Thinking Disorder and also an inversely very significant correlation with Social Introversion; and had a significant correlation with Deviation. There were five personality scales that had no significant relationship with the Spirituality factor Trauma.

They were Depression, Denial, Interpersonal Problem, Anxiety and Social Introversion. There was a very significant relation to Hypochondriac's, Thinking Disorder, Impulse Expression and Deviation, and a significant correlation with Trauma in Self Depreciation. There were two personality scales that revealed inversely very significant correlations with Trauma namely, Alienation and Persecutory Ideas. There were no relationship and significant correlation between the two variables in eleven areas of Personality except with the Deviation scale. Conclusions In the light of the findings, the researcher therefore, concludes that there is really a

relationship between Spirituality and Personality among the teachers in midlife. Spirituality has an influence in the total make up of an individual's personality most particularly in the area of community, intellectuality, extra sensory perception, trauma and childhood spirituality. The researcher however, believes that there is plenty of room still for the psycho-spiritual growth of the respondents because of their strong connection to a Divine Presence, a belief in oneself, a strong interpersonal relationship, openness to change and optimism to face the future.

Recommendations In light of the findings and conclusions, the following recommendations are given: 1 . The School Administrators, specifically those in the human resource department, spiritual advisers, and guidance counselors, are challenged to determine the spirituality and personality make up of their faculty members in order to help them cope with the challenge of being a teacher and with the other roles that they have to play in their personal lives.