

## Vedic Spirituality and Health Related Quality of Life among Late Middle-Aged Adults (50 to 60 years age): A Preliminary Study

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### ABSTRACT

**Introduction:** Vedic spirituality propounds that every individual soul is imperishable residing in a perishable material body whose main goal involves engaging in service of the Universal Super soul thus deriving mental stability and non-attachment. Numerous studies that were carried out based on Abrahamic religions already depicted link between spirituality and health. Very few studies were conducted integrating Vedic spirituality and health especially among late middle-aged adults. This study was envisaged to depict the variances in spiritual beliefs and health related quality of life (HRQoL) among late middle-aged adults based on their demographic characteristics.

**Methods:** Measures of Spiritual beliefs and Recall Inventory (SBRI) and WHO-QOL (BREF) were administered to late middle-aged adults (n=30) within the age group of 50 to 60 years. SBRI involves measurement of five domains of spiritual beliefs and their recall (remembrance) that also includes an outcome variable mental stability and non-attachment. Variables of family type, dietary habits, substance use, chronic illness & medication, practice of yoga, kirtan, worship, mantra chanting were considered for comparison. Data was analyzed using Nonparametric test of Mann Whitney U to find the significant differences in the SBRI domains and HRQoL between test groups.

**Results and Conclusion:** There were no significant differences either in Spiritual beliefs or HRQoL among the test groups basing on family type, dietary habits or practice of yoga/kirtan. Significant differences in HRQoL were found between the groups based on substance use and practice of chanting mantras/intone/repetition of holy names. Significant differences in Spiritual beliefs and Recall were not observed between any of the groups except those with minor ailments and regular worshippers or those offering prayers.

**Implication of the study:** Future studies on a larger data needs to be conducted to investigate the influence of Spiritual (Vedic) beliefs and practices on HRQoL among middle aged adults experiencing midlife transition and challenges in life.

**Keywords:** Late middle-aged adults, Vedic spirituality, Health related quality of life

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