

**THE RELATIONSHIP OF HAPPINESS AND RELIGIOSITY AMONG THREE
RELIGIOUS ORGANIZATIONS**

ROSE ANNE DIANNE SORIANO BARBA

An Undergraduate Thesis submitted to the Department of Psychology

College of Arts and Sciences Central Luzon State University


In the partial Fulfillment of the requirements

Leading for the degree

Bachelor of Arts in Psychology

JUNE 2017

This undergraduate thesis entitled "THE RELATIONSHIP OF HAPPINESS AND RELIGIOSITY AMONG THREE RELIGIOUS ORGANIZATION" prepared and submitted by ROSE ANN DIANNE S. BARBA in partial fulfillment of the requirements for the degree BACHELOR OF ARTS IN PSYCHOLOGY in hereby approved and accepted.


NIXON V. AGASER
Adviser

06-09-17
Date



ROBINSON Z. LUMUNTOD III
Critic

06-09-17
Date

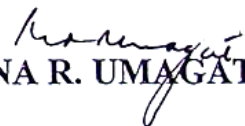
Accepted in partial fulfillment of the requirement for the degree of BACHELOR OF ARTS IN PSYCHOLOGY


NIXON V. AGASER
Department Chairperson

06-09-17
Date


ANNA MA. LOURDES S. LATONIO, Ph. D.
College Research Coordinator

Date


MYRNA R. UMAGAT, Ph. D.
College Dean

Date

BIOGRAPHICAL SKETCH

PERSOSNAL BACKGROUND

Name:	ROSE ANN DIANNE S. BARBA
Date of Birth:	December 14, 1996
Place of Birth:	San Jose City, Nueva Ecija
Home Address:	Abar 1 st San Jose City, Nueva Ecija
Religion:	Roman Catholic
Father's Name:	Pepito M. Barba Sr.
Mother's Name:	Elvira S. Barba

EDUCATIONAL BACKGROUND

Tertiary	Central Luzon State University Science City of Muñoz, Nueva Ecija
Secondary	St. John's Academy San Jose City, Nueva Ecija
Elementary	St. John's Academy San Jose City, Nueva Ecija

EXTRA CURRICULAR ACTIVITIES/SEMINARS ATTENDED**Saliksikan 2013: Seryeng Pananaliksik sa Wika, Kultura at Panitikan**

August 2013, 2nd semester S.Y. 2013 – 2014
CLSU Auditorium, Central Luzon University
Science City of Muñoz, Nueva Ecija

21st Psychology Student Congress: “Kasiyahansa Kontekstong Pinoy”

September 2014, 1st semester S.Y. 2014 – 2015
CLSU – Multi Purpose Gym, Central Luzon University
Science City of Muñoz, Nueva Ecija

30th Annual Convention of the Junior Affiliates

Psychological Association of the Philippines-Junior Affiliates, Mall of Asia
SMX Convention Center, Pasay City/San Juan de Letran, Manila
January 2017

4th National Psychology Research Congress

September 2015, 1st semester S.Y. 2014 – 2015
Research, Extension and Training (RET) Amphitheater, Central Luzon University
Science City of Muñoz, Nueva Ecija

AFFILIATION

Jesus Revival Church Organization

Member

1st semester S.Y. 2016 – 2017

Central Luzon State University

Internship

Philippine Center for Postharvest Development and Mechanization

Human Resource and Management Section @CLSU Compound

April - May 2017

Science City of Munoz, Nueva Ecija

ACKNOWLEDGEMENTS

The Researcher of this paper would like to thank those people who give their full support, help and encouragement to make this paper done.

First and foremost, I am so thankful to God who have given me the courage to accomplish this work. For always hearing my prayers in order for me to have knowledge and skills to finally finish this paper. Lord, thank you.

Second, I would like to thank my family, Mama Elvie, Papa Bong, Nanay Digna and my three siblings for having faith in me. For supporting me financially and giving me the courage to go on throughout the struggles that comes in my college days. I am so blessed and grateful to have you guys in my life. You're all my strength and inspiration. Thank you so much with love.

I would also like to express my sincere gratitude to my very patient adviser, **Sir Nixon V. Agaser** for your wholehearted support and encouragement. Sir, without your guidance, I will not reach this level of accomplishment and I will not completely finish this paper. I am very thankful that you've given your time and effort to make this paper better and worthy. Thank you so much, Sir.

To my critic, **Sir Robinson Z. Lumuntod III**, Thank you for your valuable suggestions and warm encouragement that helps me improve my paper. Thank you, Sir.

To my friends, Ariel Sermese, Kenny Ralia, Kennexan Padua, Peter Tapang, Joshua Vergara and most especially to **ALEXIS DAGDAG**, thank you for your patience and priceless support, you're my best buddy. To all of you guys, thank you for always

being there for me in times of good and bad, for lifting me up. I'm blessed to have you all.

And lastly to my special someone who cheers me up and stood by my side ever since, Thank you beng, **Frances Marzan.**

Thank you very much and God bless us always ☺

ROSE ANN DIANNE S. BARBA

Table of Contents

TITLE PAGE	i
APPROVAL SHEET	ii
BIOGRAPHICAL SKETCH	iii
ACKNOWLEDGEMENT	vi
TABLE OF CONTENTS	viii
ABSTRACT	xii
INTRODUCTION	1
Happiness	1
Prediction of Happiness	2
Religion and Religiosity	3
Benefits of Religion	4
Happiness and Religiosity	5
Three Religious Organizational Group	7
Roman Catholic	7
Protestant	8
Iglesia ni Cristo	8
CURRENT STUDY	9
THEORETICAL FRAMEWORK	11
CONCEPTUAL FRAMEWORK	12
METHODOLOGY	13
Research Design	13
Participants	13
Instrument	13
Data Gathering Procedure	14
Data Analysis	14
RESULTS	15
DISCUSSION	19

CONCLUSION	25
RECOMMENDATION	26
REFERENCES	27
APPENDICES	32

List of Figures

Figure	Title	Page
1	Conceptual Framework	12

List of Tables

Table	Title	Page
1	Level of Happiness	15
2	Level of Religiosity	16
3	Relationship between Happiness and Religiosity	17
4	Differences in Happiness and Religiosity among Religions	18

ABSTRACT

BARBA, ROSE ANN DIANNE S., Bachelor of Arts in Psychology, Department of Psychology, College of Arts and Science, Central Luzon State University, Science City of Munoz, Philippines, June 2017, **THE RELATIONSHIP OF HAPPINESS AND RELIGIOSITY AMONG THREE RELIGIOUS ORGANIZATION.**

Adviser: Nixon V. Agaser

The purposed of this study was to determine the relationship and the level of happiness and religiosity among the three religious organization. To achieve this goal, the sample population was consisted of 150 CLSU students wherein 50 members of Roman Catholic, 50 members of Protestant and 50 members of Iglesia Ni Cristo that were selected using purposive sampling method. This research is a quantitative correlational design that used two standardized test to assess the level of happiness and religiosity. The data were analyzed using mean, standard deviation, pearson-r correlation and one way ANOVA. This study generates non-significant correlation between happiness and religiosity. It also revealed that religiosity and happiness has small tendency of connectedness wherein it may state that there is a very small tendency of happiness increasing because religiosity is increasing among Filipino vice versa, religiosity and happiness was affected by several factors such as personality and heritage, happiness is natural among Filipino based on the findings of the past study, religions have different degree of religiosity as shown in the analysis of variance.

Keywords: *Happiness, Religiosity, Religion*

References

- Abdel-Khalek, A.M., 2015. Happiness, health, and religiosity among lebanese young adults. *Cogent Psychology*, 2(1): 1035927.
- Ahuvia, A., N. Thin, D. Haybron, R. Biswas-Diener, M. Ricard and J. Timsit, 2015. Happiness: An interactionist perspective. *International Journal of Wellbeing*, 5(1).
- Alidina, S. (2011). *Mindfulness for dummies*. West Sussex, England: John Wiley & Sons, Ltd.
- Allen, K., 2015. Religion, spirituality, and happiness.
- Argyle, M., Martin, M., & Crossland, J. (1989). Happiness as a function of personality and social encounters. In J. P. Forgas, & J. M. Innes (Eds.), *Recent advances in social psychology: An international perspective*, (pp. 189-203). North Holland, Netherland
- Banister, A. W. (2011). Towards an improved measure of intrinsic/extrinsic religious motivation (Doctoral dissertation). Retrieved from ProQuest dissertations and theses.
- "Brown, P. H., & Tierney, B. (2009). Religion and Subjective Well-Being among Elderly in China. *Journal of Socio-Economics*, 38, 310-319.
<http://dx.doi.org/10.1016/j.socec.2008.07.014>."
- Byrd, K.R., D. Lear and S. Schwenka, 2000. Mysticism as a predictor of subjective well-being. *The International Journal for the Psychology of Religion*, 10(4): 259-269.

- Crabtree, S. (2009, February 18). Analyst insights: Religiosity around the world [Audio podcast]. Retrieved from <http://www.gallup.com/video/114694/Analyst-Insights-Religiosity-Around-World.aspx>
- Culey, Allison C., "An Analysis of Religious and Spiritual Beliefs and Behaviors in College Students" (2014). Master of Social Work Clinical Research Papers. Paper 304. Retrieved from: http://sophia.stkate.edu/msw_papers/304
- "Diener, E., & Lucas, R. (2000). Subjective emotional well-being. In M. Lewis & J. M. Haviland-Jones (Eds.), *Handbook of emotions* (2nd ed.). New York: The Guilford Press."
- Diener, E., & Seligman, M. E. (2004). Beyond money: Toward an economy of well-being. *Psychological Science in the Public Interest*, 5, 1-31.
- Diener, E., Suh, E. M., Lucas, R. E., & Smith, H. L. (1999). Subjective well-being: Three decades of progress. *Psychological Bulletin*, 125, 276-302.
- "Diener, E., Tay, L., Myers, D. G. (2011). The religion paradox: If religion makes people happy, why are so many dropping out? *Journal of Personality and Social Psychology*,
- Djankov, S., E. Nikolova and J. Zilinsky, 2015. The happiness gap in eastern europe. *Journal of Comparative Economics*.
- Fidrmuc, J. and Ç.B. Tunali, 2015. Happiness and religion.
- Filipino Community Profile (2013), *Ethnic Council of Shepparton and District Inc.* Reg. No.A632

- "Glenn, N. D., & Weaver, C. N. (1978). A multivariate multi-survey of marital happiness. *Journal of Marriage and the Family*, 40, 269-282."
- Kortt, M.A., B. Dollery and B. Grant, 2015. Religion and life satisfaction down under. *Journal of Happiness Studies*, 16(2): 277-293. Levin, Jeff, "Religion and Mental Health: Theory and Research," *International Journal of Applied Psychoanalytic Studies*, 2010, 7 (2), 102– 115.
- Hills, P., & Argyle, M. (2002). The Oxford Happiness Questionnaire: a compact scale for the measurement of psychological well-being. *Personality and Individual Differences*
- Lewis, C.A., & Cruise, S. M. (2006). Religion and happiness: Consensus, contradictions, comments and concerns. *Mental Health, Religion & Culture*, 9(3), 213–225.
- Mark Cleveland, and William Chang. "Migration and materialism: The roles of ethnic identity, religiosity, and generation." *Journal of Business Research* 60 (2009): 963–71. [CrossRef]
- "Maselko, Joanna, R. David Hayward, Alexandra Hanlon, Stephen Buka, and Keith Meador, "Religious Service Attendance and Major Depression: A Case of Reverse Causality?," *American Journal of Epidemiology*, 2012, 175 (6), 576– 583."
- Maslow, A. H. (1943). A theory of human motivation. *Psychological Review*, 50, 370 – 396.
- Mousavi, S.A., M. Seifi, S. AmiriBaghni and E. Dolat, 2015. Effect of fasting on happiness in the general population of kermanshah, iran (ahead of publication). *Journal of Fasting and Health*, 3(1): 36-40.

"Seligman, M.E.P. (2002). Authentic happiness: Using the new positive psychology to realize your potential for lasting fulfillment. *New York: Free Press.*"

Schwartz, B., Ward, A., Monterosso, J., Lyubomirsky, S., White, K., & Lehman, D. R.

(2002). Maximizing versus satisficing: Happiness is a matter of choice. *Journal of Personality and Social Psychology*, 83, 1178-1197.

Sillick, W. J., & Cathcart, S. (2013). The relationship between religiosity and happiness: The mediating role of purpose in life. *Mental Health, Religion & Culture*, 17(5), 494-507.

Swinyard, W. R., Kau, A. K., & Phua, H. Y. (2001). Happiness, Materialism, and Religious Experience in the U.S. and Singapore. *Journal of Happiness Studies*, 2, 13-32.

Veenhoven, R. (2006). How do we see assess how happy are we? tenets, implications and tenability of three theories. *New Directions in the Study of Happiness: United States and International Perspectives*, University of Notre Dame, USA, October 22-24 2006

Worthington, E. L., Jr., Wade, N. G., Hight, T. L., Ripley, J. S., McCullough, M. E., Berry, J. W.,

Schmitt, M. M., Berry, J. T., Bursley, K. H., & Conner, L. (2012). The Religious

Commitment Inventory-10 (RCI-10). *Measurement Instrument Database for the So*

World Atlas, Maps, Magazines, etc (2016). Religious beliefs in the philippines. Derieved

from: <http://www.worldatlas.com/articles/religious-beliefs-in-the-philippines.html>

Zuckerman, P. (2007). Atheism: Contemporary numbers and patterns. In M. Martin (Ed.), *The Cambridge companion to atheism* (pp. 47-65). Cambridge, England: University Press.

HAPPINESS AND RELIGIOSITY

Luckerman, P. (2009). Atheism, secularity, and well-being: How the findings of social science counter negative stereotypes and assumptions. *Sociology Compass*.