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# Effect of Religion on Anxiety and Stress

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**bstract :** *The aim of the present research "Effect of Religion on Anxiety and Stress" was to gain knowledge about the value and practices of Hinduism, Islam, Sikhism and Christianity and, to see the relation between stress and anxiety. To carry this study seven hypotheses were formulated 1.The followers of Hinduism, Sikhism, Islam and Christianity will differ on the level of stress.2.The followers of Hinduism, Sikhism, Islam and Christianity will differ on the level of anxiety. 3. The followers of Hindu and Sikh religion will not differ significantly on the level of anxiety. 4. The followers of Hindu and Sikh religion will not differ significantly on the level of stress. 5. There will be no significant difference in the level of anxiety in the followers of Christianity and Islam. 6. There will be no significant difference in the level of stress in the followers of Christianity and Islam. 7. There will be a positive correlation between anxiety and stress. The research was conducted on 200 samples, age ranging from 18-25 years from Patna town. 50 samples were selected by incidental-cum-purposive sampling method from each religion- Hindu, Muslim, Sikh and Christian which made a total of 200 samples. The data was collected from different places from Patna town like Boring road, Patna Women's College, Ashok Rajpath, Patna City and Kurji area. The tools used to measure stress and anxiety were Singh Personal Stress Source Inventory (SPSSI) developed by Singh A.K, Ashish and Arpana and Sinha's Comprehensive Anxiety Test (SCAT) developed by Sinha, A.K.P, Shankar Ravi and Sinha, L.N.K. The result was analyzed by computing Mean, SD, t-ratio and coefficient of correlation. Hypothesis no.I and II were proved on the basis of their mean value but qualitative analysis was not going in favour of the two hypotheses. The mean value of the scores of Hinduism and Sikhism is going against the hypothesis no. III, t-ratio between these two mean were significant at 0.05 level which indicated actual difference on the level of anxiety in the followers of Hinduism and Sikhism which is also not going in favour of hypothesis no.III. No significant difference was found between the means of the score of stress of the followers of Hindu and Sikh religion which supported the hypothesis no. IV. No significant difference was found in the level of anxiety in the followers of Christianity and Islam which is going in favour of hypothesis no. V. It was hypothesized that there will be no significant difference in the level of stress in the followers of Christianity and Islam but significant t-value is going against the hypothesis no. VI. Positive correlation was found among the scores of anxiety and stress which is confirming hypothesis no. VII. Thus, out of 7 hypotheses, three of them were confirmed and four were not confirmed. The researchers have suggested that strictness should be avoided regarding performing religious activity, rituals and practices. Regular counseling should be given to the person who are anxious and stressed.*

***Keywords :*** *Religion, Anxiety, Stress.*

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