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# Impact of Value Education and Spirituality on Students for Developing Better Relationship

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## Abstract

Since ages, student life has been considered as most enjoyable period of life. Values for Students and Ancient Human Values are very effective for progress in students' life. But their significance in present context needs to be evaluated. To study the available material on 'Value Education and Spirituality; 'Value Education and Spirituality Course' was considered. On the basis of Value Education, a change in perception towards people of other castes and religions, likely to help in social development. So, study has been done to evaluate the effectiveness of Spirituality in empowering individuals to handle upheavals of life and to study the effectiveness of Spirituality for Holistic Development of an individual, family, society and country. This study shows, 'values can help an individual in developing better relations with family and friends', which may help in developing a 'Value-less to Value-based' society.

**KEY WORDS:** Value Education, Spirituality, Relationship, Brahma Kumaris, Students

## 1. INTRODUCTION:

### **Value Education: Definition and the Concept of Value Education:**

Education is the art of transforming the learner into a value based personality. By educating people, we remove the barriers; help them to look beyond the situations, cultures or customs.

*The highest result of education is tolerance-* Hellen Keller

Value Education, is "learning about the qualities of an individual in practice and to understand the self and wisdom of life" in a self-exploratory, systematic and scientific way through formal education.

Lack of Value Education in the present system of education is accepted by most of us; it's also a common thinking that lack of values in education system has led to value crisis in young generation. Problems in the lives of youth have erupted due to this system of education. They find it difficult to handle tough situations. To face challenges, fear, anxiety, depression, insomnia, uncertainty of future, there must be supportive system of education including spiritual empowerment and values. Sometimes they find inability in expressing the problems they are going through due to lack of proper communication with parents or others. The value crisis is also visible in their behaviour with family members, friends and colleagues. Especially their behaviour is very indifferent. Rather they show ill-behaviour towards people of other castes and religions.

So there must be a form of education which can help the young generation to come out of all these problems and empower them to overcome stress due to tough situations at any point of time.

The system of education has to be based on principles of Value Education and should be inclusive. By inculcating values and transmitting those values to next generation, an individual can help in social or religious harmony also.

Value Education can enable an individual to be successful through better performance being free from negativities and stress. By hard work, acknowledging everybody a useful contributor and showing love for all, one can perform better. On the basis of higher level of concentration, one's studies can help in overall progress.

### **Spirituality Based Value Education:**

The values which can bring change in life of a student if one has developed holistic approach. On the basis of value based pattern of education, a person can be motivated to inculcate values in life. An individual's approach towards fellow beings, animals, Nature and natural resources must be holistic. That will help the individual to become a value loving and 'valuable based person'.

A teacher is the bright mask, which God wears to come in front of us. So, teacher has highest status for a student. A Guru must be a man who has realized the divine truth and perceived himself as the spirit. The True values education can only be learnt and transmitted by experiencing the true self.

The basic value 'man in nature' rather than 'nature for man' needs to be transmitted in fellow being through the practical demonstration.

The basics of social development and harmonious society are core values like Tolerance, Respect, Love, and Compassion. Though these values have been taught to us but if not practised, inculcation is not possible. These are the values to be nurtured by all means so that all forms of life on this earth are taken care of.

To be self-disciplined and self-restrained, one has to be free from greed and desires. And to enjoy life based on the values like contentment and happiness, our ancient culture, tradition and true religion can be of immense help to our society. Spiritual Values empowers an individual to learn the art of living a happy and contented life with positive attitude.

### **OBJECTIVES:**

- To understand the importance of values for students. How values help them to bring positive change in life
- To study the significance of values for better relationship among family members.
- To study the significance of Value education and Spirituality course for enhancing better understanding about relationship with friends and colleagues.
- To understand effectiveness of Value Education & Spirituality Course in better social relations.

### **IMPORTANCE:**

We have listened many times from our seniors, at spiritual learning centres, and on social forums about the 'art of controlling mind and intellect'. This art enables us to control our own emotions and do things in a positive manner. An individual may get everything for comfort of life but still internally, may remain fed up of things around him

This Research Paper is concerned with analysis of Value Education and Spirituality Course run by education wing of Brahma Kumaris and Annamalai University in reference to its effects on students for developing better relationships with family members and their friends and colleagues.

## 2. METHODOLOGY:

The study was undertaken to explore the effects of 'Value Education and Spirituality Course' for developing better relationships with family members as well as friends and colleagues. The procedure adopted for the selection of variables, collection of data, techniques employed for analysis, the data have been described here under.

|                                  |                                                                                                                                                                                                      |
|----------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Study location</b>            | :Prajapita Brahmakumaris Ishwariya Vishwa Vidyalaya, Shantivan, Abu Road                                                                                                                             |
| <b>Sample size</b>               | : 320                                                                                                                                                                                                |
| <b>Duration of Study</b>         | : 2 months                                                                                                                                                                                           |
| <b>Target subjects</b>           | : Male & Female students                                                                                                                                                                             |
| <b>Sampling technique</b>        | : Survey method including survey form containing detailed questionnaire.                                                                                                                             |
| <b>Selection of variables</b>    | : Improvement in Relations with family members, friends and colleagues and ability to give up habit of caste or religion based ill behaviour                                                         |
| <b>Measuring equipment</b>       | : Self designed Questionnaire form                                                                                                                                                                   |
| <b>Administrator of research</b> | : Suresh Kumar Sharma                                                                                                                                                                                |
| <b>Delimitations</b>             | : This study is limited to the undergraduate and post graduate students only with 5 parameters for remarks.                                                                                          |
| <b>Limitations</b>               | : Since the subjects are from different culture, different lifestyle like physical & social backgrounds, economic status, spiritual lifestyle etc., it could have affected the results of the study. |

## PHASES OF STUDY:

In all 320 students, including male and female, who had undergone one of the courses offered by education wing of Brahma Kumaris in collaboration with Annamalai University, Tamilnadu, were contacted.

A self-designed questionnaire (which was standardized by experts) was distributed to them and duly filled questionnaire was analysed after compilation of data. Data was analysed by means of descriptive statistics as well as graphs and tables analysed on the basis of responses from the respondents.

## PROCEDURE:

Students from various courses of Annamalai University were contacted during their gathering at Shantivan, Abu Road. Male students who participated in study were 152 whereas female students were 168.

Every student was informed about the purpose of this study and those who agreed to participate in this study were given detailed information of the questionnaire.

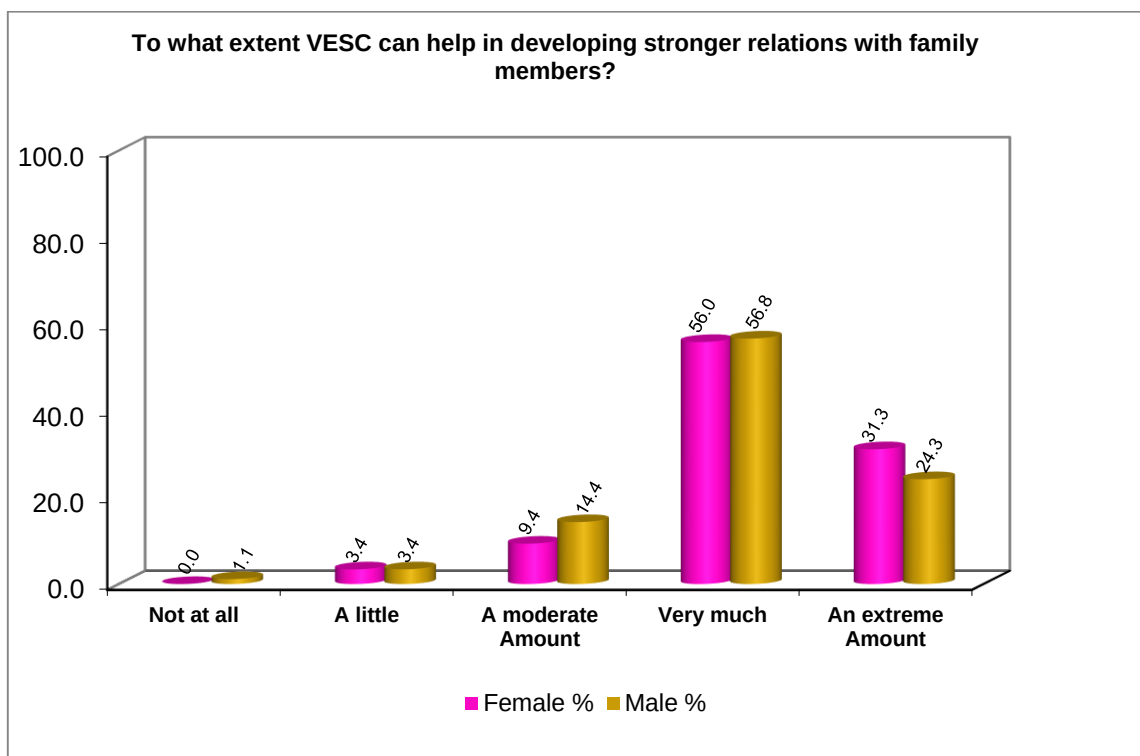
### 3. INTERPRETATION & ANALYSIS OF DATA

#### VE1.4-To what extent VESC can help in developing stronger relations with family members?

**Table No. 1: Comparison of answers given by Male & Female individuals to VE1.4**

| Particular | Not at all | A little | A moderate Amount | Very much | An extreme Amount | Total |
|------------|------------|----------|-------------------|-----------|-------------------|-------|
| Female %   | 0.0        | 3.4      | 9.4               | 56.0      | 31.3              | 100.0 |
| Male %     | 1.1        | 3.4      | 14.4              | 56.8      | 24.3              | 100.0 |

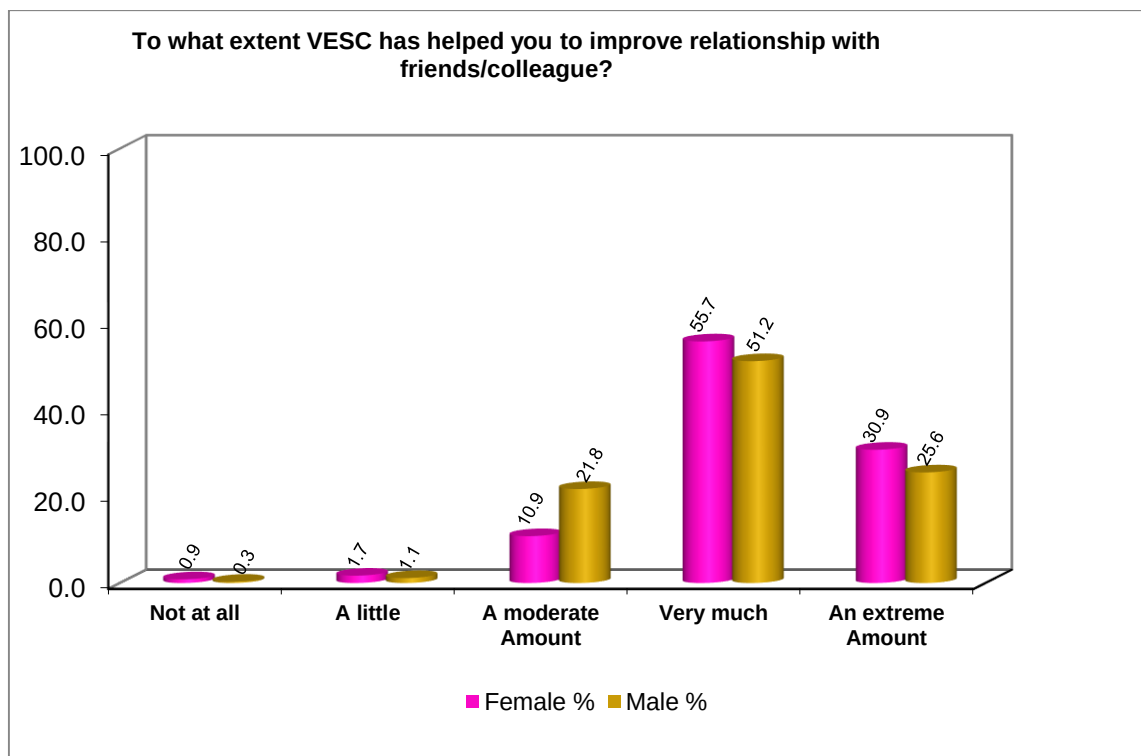
**Graph No. 1 : Comparison of answers given by Male & Female individuals to VE1.4**



**Interpretation:** In reference to the need for strong relationships among family members for a harmonious and happy life, a question about the extent of help received from the Value Education and Spirituality Course was asked. The data collected was segregated into two sets and analysed. None of the female respondents, i.e., 0.0% and 1.1% of the males replied that the VESC didn't help them in developing stronger relations with family members, and replied 'not at all'. Then, 3.4% of the females replied that the VESC could be 'a little' helpful in developing stronger relationships; 3.4% of the males gave the same reply. Further, 9.4% of the females and 14.4% males said the VESC could be helpful to 'a moderate amount'. Those who found it 'very much' helpful were 56.0% of the females and 56.8% males. Similarly, 31.3% of the females and 24.3% males found the VESC helpful to 'an extreme amount' in having stronger relationships. Overall, 87.3% of the females and 81.1% males opined that the VESC could be greatly helpful for them to develop stronger relationships with their family members. This underlines the need for values and spirituality in the life of every individual.

**VE2.1-To what extent VESC has helped you to improve relationship with friends/colleague?****Table No. 2: Comparison of answers given by Male & Female individuals to VE2.1**

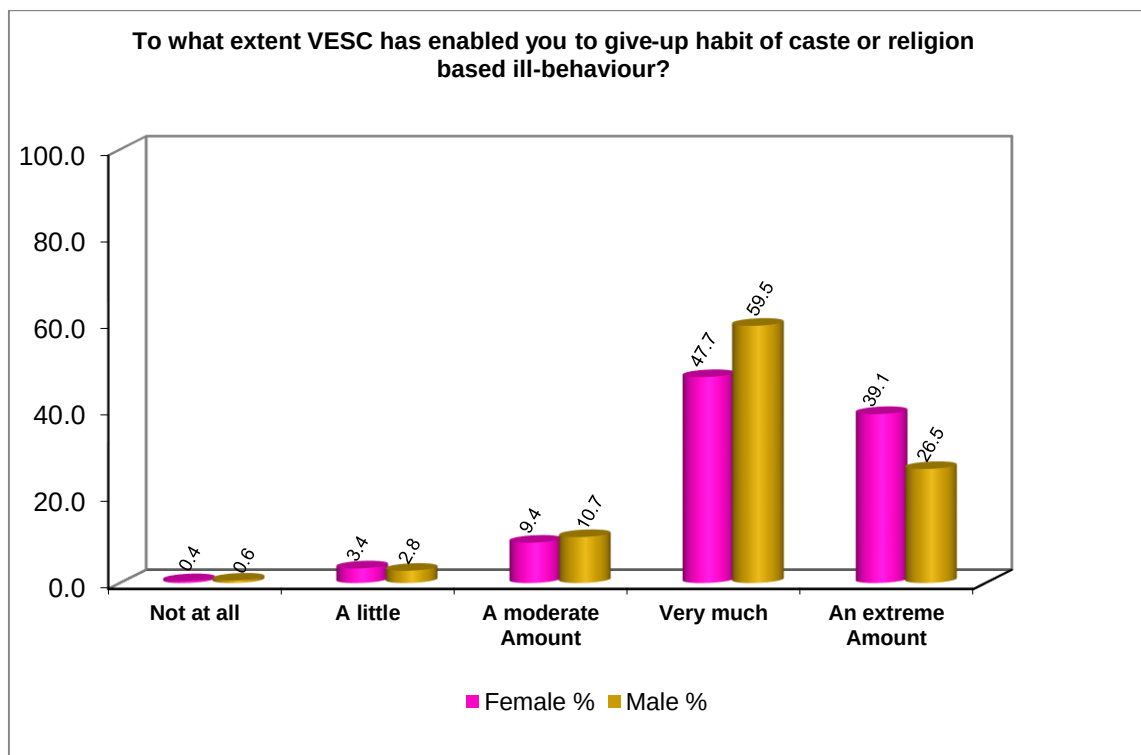
| Particular | Not at all | A little | A moderate Amount | Very much | An extreme Amount | Total |
|------------|------------|----------|-------------------|-----------|-------------------|-------|
| Female %   | 0.9        | 1.7      | 10.9              | 55.7      | 30.9              | 100.0 |
| Male %     | 0.3        | 1.1      | 21.8              | 51.2      | 25.6              | 100.0 |

**Graph No. 2: Comparison of answers given by Male & Female individuals to VE2.1**

**Interpretation:** In reply to a question regarding whether the Value Education and Spirituality Course helped individuals improve their relationships with friends and colleagues, 0.9% of the female respondents and 0.3% of the males said that the VESC was 'not at all' helpful. Then, 1.7% of the females and 1.1% males replied that the VESC could be only 'a little' helpful in improving relationships with friends and colleagues. Similarly, 10.9% females and 21.8% males said the VESC helped to 'a moderate amount'. A high proportion of respondents, i.e., 55.7% of the females and 51.2% males, said that the VESC was 'very much' helpful. Then, 30.9% among the females and 25.6% among the male respondents were of the opinion that the VESC was helpful to 'an extreme amount' in improving relationships with friends and colleagues. Thus 86.6% of the females and 76.8% males found that the VESC helped them improve relationships. This shows the usefulness of the Value Education and Spirituality Course in bringing about a positive change in individuals so as to improve their relationship with friends and colleagues.

**VE2.3-VESC has enabled you to give-up habit of caste or religion based ill-behaviour?****Table No. 3: Comparison of answers given by Male & Female individuals to VE2.3**

| Particular | Not at all | A little | A moderate Amount | Very much | An Extreme Amount | Total |
|------------|------------|----------|-------------------|-----------|-------------------|-------|
| Female %   | 0.4        | 3.4      | 9.4               | 47.7      | 39.1              | 100.0 |
| Male %     | 0.6        | 2.8      | 10.7              | 59.5      | 26.5              | 100.0 |

**Graph No. 3: Comparison of answers given by Male & Female individuals to VE2.3**

**Interpretation:** In reply to a question regarding change in caste- and religion-based misbehaviour after doing the Value Education and Spirituality course, 0.4% of the females and 0.6% males said that the VESC couldn't help them give up biased behaviour, and replied 'not at all'. Then, 3.4% of the females and 2.8% males found the VESC only 'a little' effective for the purpose. Similarly, 9.4% females and 10.7% males said that the VESC helped them to 'a moderate amount' to give up biased behaviour. A good percentage of respondents, i.e., 47.7% females and 59.5% males, accepted the usefulness of the VESC in giving up such behaviour and said it was 'very much' helpful. Then, 39.1% among the females and 26.5% among the males were of the opinion that the VESC helped them to 'an extreme amount' in giving up such behaviour. Overall, 86.8% of the females and 86.0% males accepted the usefulness of the VESC in helping individuals give up caste- or religion-based misbehaviour

**Table No. 4: Impact of Value Education & Spirituality Course on Male Students for developing Better Relationship**

| Questions | Answers |   |    |    |    | Total |
|-----------|---------|---|----|----|----|-------|
|           | 1       | 2 | 3  | 4  | 5  |       |
| VE1.4     | 0       | 2 | 10 | 84 | 56 | 152   |
| VE2.1     | 0       | 2 | 10 | 86 | 54 | 152   |
| VE2.3     | 0       | 0 | 12 | 82 | 58 | 152   |

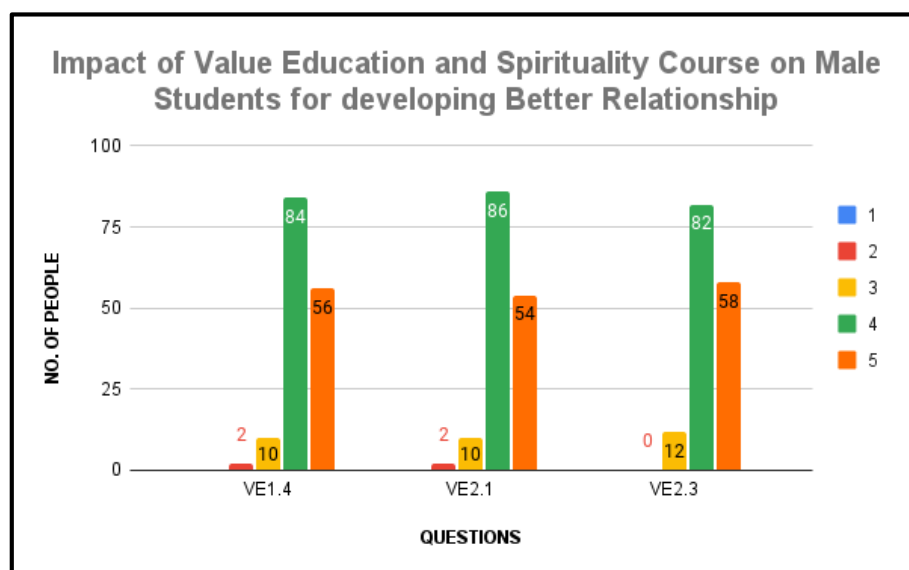
Here VE1.4, VE2.1, VE2.3 shows following questions:

|       |                                                                                    |
|-------|------------------------------------------------------------------------------------|
| VE1.4 | To what extent VESC can help in developing stronger relations with family members? |
| VE2.1 | To what extent VESC has helped you to improve relationship with friends/colleague? |
| VE2.3 | VESC has enabled you to give-up habit of caste or religion based ill-behaviour?    |

Also, here scale 1, 2,3,4,5 signify following:

| Answers | Scales            |
|---------|-------------------|
| 1       | Not at all        |
| 2       | A Little          |
| 3       | A Moderate amount |
| 4       | Very Much         |
| 5       | An Extreme amount |

The above table shows the answers given by male students for related questions based on value education and spirituality course for better relationship.

**Graph No. 4: Impact of Value Education & Spirituality Course on Male Students for developing Better Relationship**



**INTERPRETATION:** Total 152 male students have given the answers to the above questions. The above graph shows that male students have given the answers which have been distributed in five scales no 1, 2, 3, 4, and 5. Though responses are in 5 scales but here, we are focussing only on majority of responses being positive. In reply to Question regarding better relation with Family members; with Friends and Colleagues and regarding giving up habit of ill-behavior towards people of other castes and religions respectively are:

So, as per responses **regarding scale 4**, we found that

**84** Respondents said that VESC was 'very much' helpful in developing stronger relations with family members.

**86** Respondents said that VESC was 'very much' helpful in improving relationship with friends/colleague.

**82** Respondents accepted the usefulness of the VESC in giving up caste and religion based ill behaviour and said it was 'very much' helpful.

**Regarding scale 5 it is found that**

**56** Respondents said that VESC was helpful to 'an extreme amount' in developing stronger relations with family members.

**54** Respondents said that VESC was helpful to 'an extreme amount' in improving relationship with friends/colleague.

**58** Respondents accepted the usefulness of the VESC in giving up caste and religion based ill behaviour and said it was helpful to 'an extreme amount'

This shows the usefulness of the Value Education and Spirituality Course in bringing about a positive change in individuals so as to improve their relationship.

**Table No. 5: Impact of Value Education & Spirituality Course on Female Students for developing Better Relationship**

| Questions | Answers |   |    |    |    | Total |
|-----------|---------|---|----|----|----|-------|
|           | 1       | 2 | 3  | 4  | 5  |       |
| VE1.4     | 0       | 2 | 12 | 94 | 60 | 168   |
| VE2.1     | 2       | 0 | 14 | 94 | 58 | 168   |
| VE2.3     | 2       | 2 | 12 | 82 | 70 | 168   |

Here

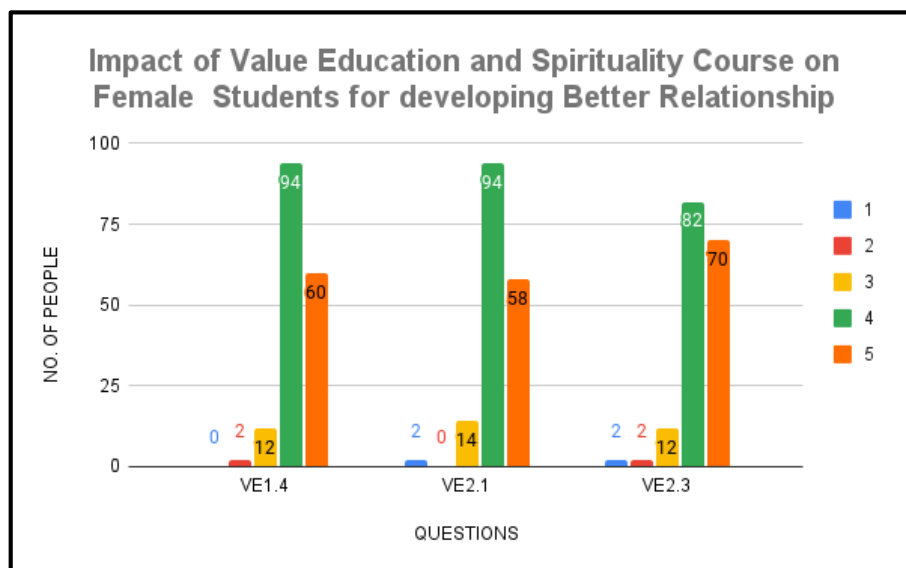
VE1.4, VE2.1, VE2.3 shows following questions:

|       |                                                                                    |
|-------|------------------------------------------------------------------------------------|
| VE1.4 | To what extent VESC can help in developing stronger relations with family members? |
| VE2.1 | To what extent VESC has helped you to improve relationship with friends/colleague? |
| VE2.3 | VESC has enabled you to give-up habit of caste or religion based ill-behaviour?    |

Also, here scale 1, 2,3,4,5 signify following:

| Answers | Scales            |
|---------|-------------------|
| 1       | Not at all        |
| 2       | A Little          |
| 3       | A Moderate amount |
| 4       | Very Much         |
| 5       | An Extreme amount |

The above table shows the answers given by female students for related questions based on value education and spirituality course for better relationship.

**Graph No. 5: Impact of Value Education & Spirituality Course on Female Students for developing Better Relationship**

**INTERPRETATION:** Total 168 female students have given the answers to the above questions. The above graph shows that female students have given the answers which have been distributed in five scales no 1, 2, 3, 4, and 5. Though responses are in 5 scales but here, we are focussing only on majority of responses being positive. In reply to Question regarding better relation with Family members; with Friends and Colleagues and regarding giving up habit of ill-behavior towards people of other castes and religions respectively are:

**Regarding scale 4 it is found that:**

94 Respondents said that VESC was ‘very much’ helpful in developing stronger relations with family members.

94 Respondents said that VESC was ‘very much’ helpful in improving relationship with friends/colleague.

82 Respondents accepted the usefulness of the VESC in giving up caste and religion based ill behaviour and said it was ‘very much’ helpful

**Regarding scale 5 it is found that:**

60 Respondents said that VESC was helpful to ‘an extreme amount’ in developing stronger relations with family members.

58 Respondents said that VESC was helpful to ‘an extreme amount’ in improving relationship with friends/colleague.

70 Respondents accepted the usefulness of the VESC in giving up caste and religion based ill behaviour and said it was helpful to ‘an extreme amount’.

This shows the usefulness of the Value Education and Spirituality Course in bringing about a positive change in individuals so as to improve their relationship.

#### **4. CONCLUSION:**

By understanding the crisis of values in personal life, family life and professional life, we can understand the reason of many problems. Disintegration in thoughts in present human being has led to discord in relations also. To enjoy the life and to see a positive environment in family as well as society, relations have to be cordial. For happiness in life, family relations have to be given top priority. Then relations with our friends and colleagues have also to be very vibrant and entertaining, not just official and boring. And for a healthy and prosperous society, relation among all members of society should be based on values and mutual respect. So, by having positive attitude and good behaviour towards people from all walks of life, we can develop healthy relationships with whoever we come in contact with. This study, substantiate the very basic need of healthy relationship in our life.

This Study was conducted with a view to understand the importance of values for students, their relationship among themselves and with their families and the importance of value education and spirituality course in enhancing better understanding about relationship with friends and colleagues in enhancing better social relations.

A study was conducted at Prajapita Brahmakumaris Ishwariya Vishwa Vidyalaya, Shantivan, Abu Road with a sample size of 320 male & female and the duration of the study was 2 months. A survey form with detailed questionnaire was used for the purpose of coming to the conclusion.

A summarized Chart based on actual numbers, of the whole study group would help in enhancing the final conclusion drawn below here under

|                | Answers (Male + Female) |   |    |     |     | Total group size |
|----------------|-------------------------|---|----|-----|-----|------------------|
| Questions<br>↓ | 1                       | 2 | 3  | 4   | 5   |                  |
| VE1.4          | 0                       | 4 | 22 | 178 | 116 | 320              |
| VE2.1          | 2                       | 2 | 24 | 180 | 112 | 320              |
| VE2.3          | 2                       | 2 | 24 | 164 | 128 | 320              |
|                |                         |   |    |     |     |                  |

The below will give a better understanding:-

| Questions : |                                                                                    |
|-------------|------------------------------------------------------------------------------------|
| VE1.4       | To what extent VESC can help in developing stronger relations with family members? |
| VE2.1       | To what extent VESC has helped you to improve relationship with friends/colleague? |
| VE2.3       | VESC has enabled you to give-up habit of caste or religion based ill-behaviour?    |

| Answer | Scale             |
|--------|-------------------|
| 1      | Not At All        |
| 2      | A little          |
| 3      | A moderate Amount |
| 4      | Very Much         |
| 5      | An extreme amount |

More graphs and tables have been given above and there is only one strong conclusion of the study that Value Education & Spirituality Course **enhances the orientation of the students towards better relationship be it family, friends, colleagues**. It also **enhances the inter religion and inter caste relationship and behaviour of the students who were part of the study**.

From the above it can be concluded that Value Education & Spirituality Course when imparted to the students either at school level or college level or at any time of the phase of one's life, it can lead to better and healthy social relationship and enhanced behaviour towards all constituents of the society at large.

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