



Spirituality and Psychological Wellbeing of Elderly of Uttarakhand: A Comparative Study Across Residential Status

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ABSTRACT The present research has been conducted to assess and compare the level of spirituality and psychological wellbeing of elderly from institutionalized and non-institutionalized settings. The sample of the present study comprised of 200 respondents: institutionalized elderly ($n_1=100$) drawn from the SRA recognized old age homes of Uttarakhand through census method and equivalent sample of non-institutionalized elderly ($n_2=100$) drawn through lottery method from the nearby localities adjacent to the old age homes. The level of spirituality and psychological wellbeing of the respondents was assessed through standardized questionnaires. The findings of the study highlighted significant differences between the levels of spirituality and psychological wellbeing of institutionalized and non-institutionalized elderly. Institutionalized elderly had higher levels of spirituality but lower levels of psychological wellbeing as compared to non-institutionalized elderly. Spirituality and psychological wellbeing were found to be positively correlated thus it can be concluded that elderly who have higher levels of spirituality have higher levels of psychological wellbeing.