

Religion practice, Personality Traits and Spiritual Wellbeing Among Adults in Ilorin, Nigeria.

by

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Abstract

This study investigated religious practice and personality traits as predictors of spiritual wellbeing among adults in Ilorin. It adopted ex-post facto design. The independent variables were Personality traits and religious practice while the dependent variable was spiritual wellbeing. The study was conducted in Ilorin city. Purposive sampling technique was used to sample 419 participants, comprising of 237 males and 182 females within the age range of 18yrs and 69 years. The Spirituality Index of Well Being (SIWB), Duke University Religion Index and the Ten-Item big five Personality Inventory-(TIPI) were used to obtain information from the participants. T-test analysis and multiple regression were used for the analysis. The results revealed that personality as a whole influenced spiritual wellbeing ($R^2 = 0.11$, $F(6,416) = 8.105$, $p < .01$). Also, religious practice predicted the level of spiritual wellbeing of adults ($t(421) = -4.08$, $p < .05$). Age, marital status and occupation jointly predicted spiritual wellbeing ($R^2 = 0.03$, $F(3,419) = 4.547$, $p < .05$). The implication of these findings is to inform religious authority, federal government of Nigeria and the global society about how to educate individuals on how to manage their spiritual wellbeing to aid general wellbeing considering the psychosocial factors as a whole and their involvement in religious activities.

Keywords: Personality Traits, Religious practice, spiritual wellbeing, Ilorin