



ROLE OF SPIRITUAL PRACTICES IN ENHANCING EMPOWERMENT AMONG WORKING WOMEN IN COIMBATORE CITY

Rachana Priya K¹, Dr. R. Madhulaa²

¹Student, Department of Social Work, Dr. N.G.P. Arts and Science College, Tamil Nadu, India.

²Associate Professor, Department of Social Work, Dr. N., Tamil Nadu, India.

ABSTRACT

This study examines the role of collective spiritual practices in enhancing self-efficacy and psychological empowerment among working women in Coimbatore city. The research evaluates whether participation in shared spiritual activities such as prayer, meditation, bhajans, and group worship contributes to women's confidence, coping ability, and decision-making capacity. Primary data were collected through structured questionnaires from 71 working women using purposive sampling. Standardized tools including the General Self-Efficacy Scale, Psychological Empowerment Instrument, Spirituality Index of Well-Being, and Daily Spiritual Experience Scale were used for data collection. The findings indicate that the majority of respondents reported moderate to high levels of daily spiritual experience, moderate self-efficacy, and moderate to high psychological empowerment. Correlation analysis shows a significant positive relationship between daily spiritual experience and general self-efficacy ($r = 0.428$) and between daily spiritual experience and psychological empowerment ($r = 0.512$). The study concludes that collective spiritual practices function as an important psychosocial resource that strengthens self-belief, emotional resilience, and empowerment among working women. The study recommends integrating spirituality-based interventions in social work practice and workplace well-being programmes.

KEYWORDS: Collective Spiritual Practices, Self-Efficacy, Psychological Empowerment, Working Women, Spiritual Well-Being, Social Work

I. INTRODUCTION

Self-efficacy and empowerment are essential components of women's personal and social development. Working women often face multiple challenges such as role conflict, work stress, limited decision-making power, and psychological barriers that affect their confidence and autonomy. Collective spiritual practices such as group prayer, meditation, devotional singing, and participation in religious gatherings provide emotional support, social bonding, and a sense of meaning. These shared spiritual experiences can enhance coping ability, self-confidence, and inner strength. The present study focuses on examining the relationship between collective spiritual practices, self-efficacy, and psychological empowerment among working women in Coimbatore city.

II. METHODOLOGY

SIMPLE PERCENTAGE ANALYSIS

Simple percentage analysis was used to describe the socio-demographic profile of the respondents and the extent of

participation in collective spiritual practices.

CHI-SQUARE TEST

The Chi-square test was used to examine the association between selected socio-demographic variables and the levels of spirituality and general self-efficacy among the respondents.

CORRELATION ANALYSIS

Pearson's correlation analysis was used to measure the relationship between daily spiritual experience, general self-efficacy, and psychological empowerment.

III. MODELING AND ANALYSIS CHI-SQUARE TEST

The Chi-square analysis indicated that there is no significant association between selected socio-demographic variables and the levels of spirituality and general self-efficacy among the respondents.

CORRELATION ANALYSIS

Variables	r-value	Significance
Daily Spiritual Experience & General Self-Efficacy	0.428	Significant at 0.01 level
Daily Spiritual Experience & Psychological Empowerment	0.512	Significant at 0.01 level

IV. RESULTS AND DISCUSSION

- Majority of respondents reported moderate levels of general self-efficacy.
- More than one third of respondents showed high psychological empowerment.
- Most respondents engaged in spiritual activities such as prayer, meditation, and temple/church/mosque visits.
- There is no significant association between socio-demographic variables and levels of spirituality or self-efficacy.
- There is a significant positive relationship between daily spiritual experience and general self-efficacy.



- There is a significant positive relationship between daily spiritual experience and psychological empowerment.

These findings indicate that collective spiritual practices enhance women's confidence, coping ability, and sense of control over their personal and professional lives.

V. CONCLUSION

The study emphasizes the importance of collective spiritual practices as a psychosocial support system for working women. Participation in shared spiritual activities improves self-efficacy, emotional resilience, and psychological empowerment. Integrating spirituality-based interventions into social work practice, workplace wellness programmes, and community development initiatives can promote holistic empowerment among women. Strengthening collective spiritual engagement can contribute to improved mental well-being, confidence, and decision-making capacity among working women.

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