Implicit and explicit self-regulation, and spirituality: A comparative study with students and elder people

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Self-regulation implicit and explicit mode

Explicit self-regulation

• Focus on planning, intenting, analytical, conscious, and future thinking. => intention memory
• Important for initiating behaviour and staying focused on an action.
• „Inner dictatorship“ (Kuhl, 2000).
• No connection to intrinsic motivation.

Implicit self-regulation

• Focus on integrated feelings or intuitions => extension memory
• “a parallel-processing system of extented (holistic) memory representations“, (Koole et al., 2010), „systemical intelligence“.
• „Inner democracy“(Kuhl, 2000).
• Highly connected to intrinsic motivation.
basic needs, implicit self-regulation, and intrinsic motivation

Full mediation!

Hanfotingl et al., 2010, p. 66
Spirituality and implicit self-regulation

Koole et al. (2010, pp. 97-98):
„… religiosity [spirituality] may facilitate implicit self-regulation…”
“a great deal of religious practices and beliefs are likely to draw on similar psychological processes as implicit self-regulation.“

Three arguments:

1) both are oriented toward the whole person.

2) mutual reliance on integrative processing.

3) embodiment is compatible with religion and implicit self-regulation.
Spirituality and religiosity among younger and elder people

Younger people are more related to

• Spirituality without confession
• New age movements
• Meditation

Elder people are more related to

• Religiosity within a confession
• Traditional churches
• Prayer
Research questions

1) Are spirituality and religiosity related to implicit or explicit self-regulation?

2) Do younger and elder people differ in
   a) spirituality and religiosity
   b) implicit and explicit self-regulation?
Instruments

1. **Implicit and explicit self-regulation:**
   German volitional component inventory (VCI; Kuhl & Fuhrmann, 2008)
   - *explicit components*: planning, fear-control, initiative, realize intentions, concentration

2. **Spirituality:**
   German version of the Mystical Orientation Scale (MOS; Francis & Louden, 2000; Translation: Schnell & Hanfstingl, 2010)

3. **Religiosity:**
   Centrality scale (“Zentralitätsskala”) (Huber, 2003).

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Scale: 1: not at all, 4: very
Data

Students: N = 135 (♀: N = 108; 80 %), aged 18 – 35, ave.: 25, SD = 3.2
- 1 (.7 %): apprentice, 114 (84 %): qualification for university entrance (Matura), 1 (.7 %): compulsory school, 19 (14 %): University.
- 96 (71%): Roman Catholic, 27 (20%): creedless, 8 (6 %): evanglic, 2 (2 %): muslim, 2 (2 %): others

Elder people: N = 72 (♀: N = 52; 72 %), aged 56 – 87, ave.: 67, SD = 6.5
- 37 (51 %): apprentice, 17 (24 %): qualification for university entrance (Matura), 9 (13 %): compulsory school, 9 (13 %): University.
- 48 (67 %): Roman Catholic, 11 (15%): creedless, 10 (14 %): evanglic, 3 (4 %): others
Religiosity, spirituality, and **explicit** self-regulation

<table>
<thead>
<tr>
<th></th>
<th>religiosity</th>
<th>spirituality</th>
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<tr>
<td>planning</td>
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<td>.106</td>
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<td>fear-control</td>
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<td>.121</td>
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<tr>
<td>initiative</td>
<td><strong>.204</strong></td>
<td><strong>.183</strong></td>
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<tr>
<td>realize intentions</td>
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<td>-.054</td>
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<td>concentration</td>
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Religiosity, spirituality, and **implicit** self-regulation

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<tr>
<td>self-determination</td>
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<td>.142</td>
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<td>pos. self-motivation</td>
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<td>pos. coping with failure</td>
<td><strong>.214</strong></td>
<td><strong>.195</strong></td>
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<tr>
<td>sense of self</td>
<td>.106</td>
<td>.112</td>
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</tbody>
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Difference between younger and elder people

Younger people have higher levels in:

- Realize intentions [2.4 to 2.0; t (207, 165) = 4.5, p < .001]
- Concentration [2.5 to 2.2 ; t (207, 172) = 3.0, p = .003]

=> explicit self-regulation

Elder people have higher levels in

- Self-determination [3.0 to 2.7 ; t (207, 205) = -2.7, p = .008]
- Self-calming [2.6 to 2.3 ; t (207, 205) = -3.7, p < .001]
- Intiative [2.9 to 2.5; t (207, 205) = -2.9, p = .004]
- Religiosity [29.3 to 20.0 ; t (207, 205) = -4.3, p < .001]

=> initiative, implicit self-regulation, and religiosity
1. The only component of implicit self-regulation that correlates with spirituality and religiosity is positive coping with failure.

2. There is a component of explicit self-regulation that correlates with spirituality and religiosity: initiative.

3. Younger people tend to have more explicit self-regulation.

4. Elder people tend to have more implicit self-regulation and religiosity.

5. Younger and elder do not differ in spirituality.
Future research

1. Is implicit self-regulation something that „comes with lifetime“, whereas explicit components tend to be higher in younger people?

2. Which kind of spirituality or religiosity can be seen as a component or fostering factor of implicit and/or explicit self-regulation?

3. Maybe we need a functional analytical, process-oriented (developmental) view on spirituality.
Thank you for your attention!