

THE TRIPLE NATURE OF SPIRITUALITY (TNS) MODEL

as an explanation of Health Equilibrium

KATARZYNA SKRZYPIŃSKA
UNIVERSITY OF GDAŃSK,
Institute of Psychology
POLAND



Spirituality is very difficult phenomenon for empirical exploration. TNS model integrates three standpoints about the nature of Spirituality according to its real nature and enables productive research of the spiritual sphere. We should pay attention to its three perspectives: 1/ cognitive, 2/ individualistic and 3/ attitudinal. They cooperate one with another as a one system: cognitive schema create dimension of personality, and the last one creates human attitude to life (Skrzypińska, 2012a,b, 2013; in press).

Bonelli & Koenig (2013), Masters & Hooker (2013), and Park & Slattery (2013) present complicated relationship between health of body, mind, and R/S phenomena. Is their review complete? Reaching the basic of Spirituality is needed...

WHAT IS THE RELATIONSHIP BETWEEN SPIRITUALITY AND HEALTH IN TNS MODEL?

PROCEDURE:

Review of the literature (Fishbein, Ajzen, 1975; Shweder, Much, Mahapatra, & Park, 1997; Piedmont, 1999, 2010; Emmons 2000; MacDonald, 2000; Ozorak, 2005; Oman, 2013; Masters & Hooker, 2013; Park & Slattery, 2013; Bonelli & Koenig, 2013 etc.).

Over than 15 years research (Skrzypińska, 2002, 2009, 2012; Saucier & Skrzypińska, 2006; Skrzypińska & Chudzik, 2012) asking participants about: beliefs and their relationship to well-being (n=707), relationship between religiousness and spirituality (n=375), imagination of spirituality (n=200), and relationship between spirituality and well-being among laypeople and Catholic clergy (n=211).

MANIFESTATIONS OF THE TRIPLE NATURE OF SPIRITUALITY

NATURE OF SPIRITUALITY

1. Cognitive schema

- identifying of reality (e.g. God exists)
- categorization of objects (e.g. God is great)
- reduction of cognitive dissonance (e.g. I meditate so I will be saved)
- understanding myself and the world (e.g. God created me as a human being)
- maintaining self-esteem (e.g. God loves me because I am precious)
- processes of attribution (e.g. God is responsible for peace)

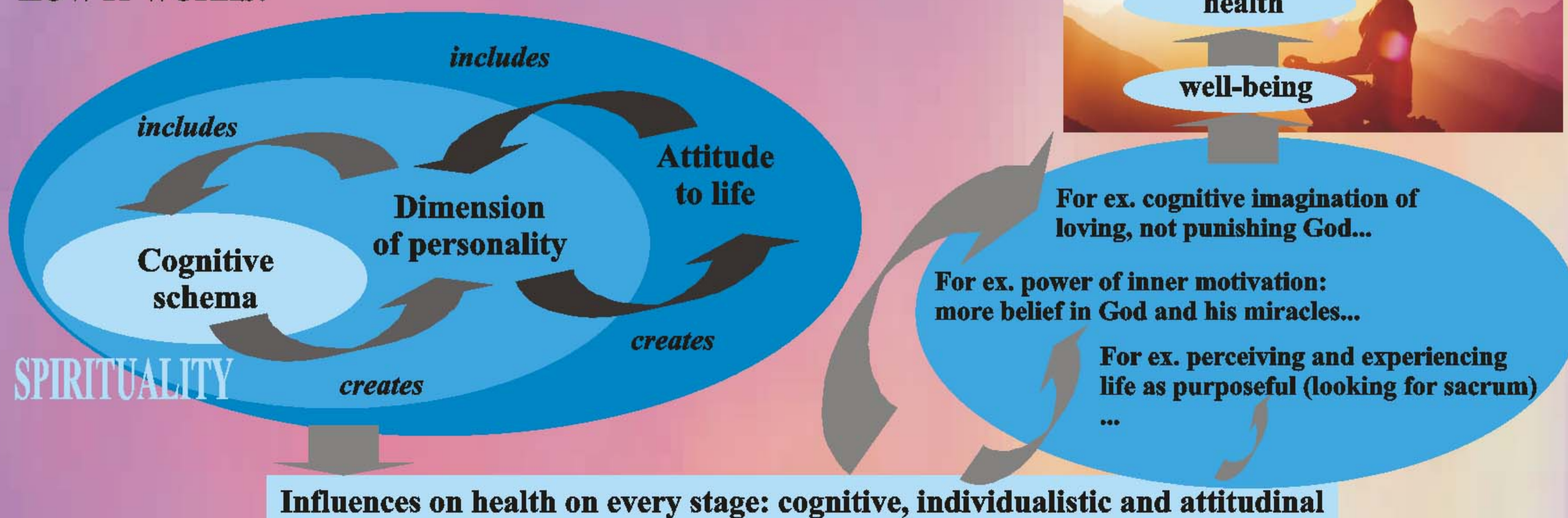
2. Dimension of personality (as the sixth dimension in FFM)

- emotions related to higher power (e.g. reverence, awe toward God)
- introspection (e.g. I analyse my interior to broaden my spiritual sphere)
- processes related to „self” (e.g. I identify myself as spiritual person)
- self-actualization thanks to fulfillment of all the needs (e.g. If I fulfill my needs I can transcend myself)
- self-control (e.g. My asceticism will help me control my mind)
- motivation for activity (e.g. I want to achieve nirvana, so I meditate everyday)
- searching for life meaning (e.g. Ultimate concerns are my interest)

3. Attitude

- to comply with moral norms (e.g. I want to be better because of God's commands)
- processes of valuation (e.g. God is good)
- attitude to people and to world (e.g. I love people - they are good as God said)
- behavior in accordance with attitude (e.g. I behave good because I believe in good power)

HOW IT WORKS:



1/ As TNS model presents Spirituality is a rich and complicated phenomenon. Depending on the point of view and the perspective of analysis, as well as properties and functions of Spirituality, we may explain its nature in the three grasps, as in one.

2/ Striving for health equilibrium should be considered from the three domains of Spirituality, beginning from its core: cognitive, individualistic, and attitudinal. Without knowledge about cognitive schemata (beliefs), the sixth dimension of personality (ex. motivation of looking for sacrum), and positive attitude to life (ex. complying with moral norms) - it is impossible to find equilibrium of a mind and a body.

3/ Framing Spirituality as an attitude to life is very broad, but is deeply grounded in different domains of life. Participants refer to the three components of it: cognitive, emotional-motivational and behavioral. As a spiritual phenomena they indicate interpersonal relations, creativity, moral rules and other manifestations of life.

4/ According to TNS model there is a need of creation of a new tool for assessing the three domains/roots of Spirituality.