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The Effect of Intergenerational Conflict among Adolescents, Young Adults and Older Adults Living in Spiritual Environment

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ABSTRACT

The spiritual environment has become an important part of the present scenario and a diverse and dynamic field that continues to evolve as people seek to find deeper meaning, connection, and purpose in their lives. The present study attempted to study the effect of intergenerational conflict among adolescents, young adults, and older adults living in a spiritual environment. The population included samples (N=90) among which 30 are adolescents, 30 are young adults and 30 are older adults. The samples were collected from ashrams in Haridwar and Ahmedabad. The data were collected through Intergenerational Conflict Scale developed by Dr. Roma Pal (1987). Using a one-way ANOVA test, the study aimed to determine if there was a significant difference in the effect of intergenerational conflict on spirituality across the different age groups. The null hypothesis was not accepted, indicating that there was no significant difference in the effect of intergenerational conflict among the three age groups living in spiritual environments. While intergenerational conflict is a common phenomenon in spiritual environments, this study suggests that its effect on spiritual well-being may be similar across age groups. The results finding suggested that the impact of intergenerational conflict on spirituality in spiritual environments is consistent across different age groups, highlighting the need for effective communication and understanding between generations to reduce conflict and promote spiritual well-being. Promoting communication between generations to foster a positive and inclusive spiritual environment.

Key Words: *Conflict, intergenerational conflict, spirituality, spiritual environment*

INTRODUCTION:

In Indian families, there is strong bonding and relationships among family members. Parents put in a lot of effort, work hard, and spend a lot of time fulfilling their children's wishes. They understood that their progress was mirrored in that of their child. Young people and older people in this generation hold distinct beliefs. The generational divide between adults and youth is present. Thoughts have evolved, but our elders' perspectives continue to differ in some ways. People these days argue and feel differently about various subjects, which leads to many conflicts.

Nowadays, conflicts are being seen in the thinking of parents and children, due to which their relationship is getting sour. The communication gap that is developing between children, parents, and their families is falling apart. People's perspectives on seeing everything change in a spiritual environment, no matter how old they are. Through this study, we will know and analyze the effect of intergenerational conflict between three generations and also see its effect on people living in a spiritual environment. The present study shows the intergenerational conflict in a spiritual environment that focuses on intergenerational differences among generations that lead to various kinds of issues/conflicts.

INTERGENERATIONAL CONFLICT:

With the upsurge of the population of older adults still working in the labor force becoming more diverse in age. Nowadays, age diversity is becoming a major concern, which can lead to the likelihood of complications from intergenerational conflicts between generations.

Conflict happens when two or more parties have divergent objectives [1], their interests are incompatible, and as a result of their interactions, they feel bad [2]. Intergenerational conflict occurs when younger and older generations' thoughts collide when they struggle for employment and resources, resulting in all-encompassing prejudices against the other generation. It speaks of the disparities in younger and older generations' cultures, societies, or economies that give rise to tension and conflicts of interest. Evidence suggests that intergenerational conflicts affect children's and their tatajfe

"Intergenerational conflict" refers to "the pressure and harmony that can arise between individualities of different generations due to differences in values, beliefs, and actions"[3]. Tension, misunderstandings, and disputes develop as a result of differences in attitude, beliefs, and values or as a feeling that one generation is limiting the goals or well-being of another.

The theory-based dual concern model [4] identifies conflict patterns based on motivational orientation and distinguishes between high and low levels of self- and other-centered care. They defined five conflict management styles: integrating, obliging, avoiding, compromising, and dominating. These styles can be used to anticipate how an individual will handle conflicts and disagreements with others. The conflict between generations affects both interpersonal relationships and intergroup dynamics between younger and older adults.

Social identity theory [5] is a well-known theoretical approach to explaining intergroup dynamics in intergenerational conflict. According to theory, people's spirituality is defined as "a sense of connectedness, purpose, meaning, and transcendence of self" (p. 106), and it is profoundly individualized. Finally, believing is often regarded as a "common and essential part of ordinary living" (p. 1). They predicted that the in-group would be more differentiated than the out-group. According to the hypothesis, workers of similar ages form an in-group and prefer to assign favorable traits to their in-group members [6], whereas workers of different ages form an out-group. Conflict arises when they engage in comparisons and attempt to gain an advantage over the other group. Intergenerational conflict is a complicated phenomenon that can be triggered by a number of variables, including: Changes in cultural and societal norms can result in distinct beliefs and values held by different generations, resulting in differences in values and beliefs held by successive generations. Miscommunication occurs when people of different generations misinterpret each other's intentions and actions. Conflicts are caused by negative perceptions and prejudices about one another [7]. Competition for limited resources such as jobs, housing, and social services occurs when one generation perceives that another generation's access to resources is threatened [8].

SPIRITUAL ENVIRONMENT:

"Spirituality is the transformation of oneself both within and without." Swami Rama said. Adhyatm is a Sanskrit word that means "centered in the Atma."

Spirituality is defined as "a sense of connectedness, purpose, meaning, and preponderancy of tone"[9], and it's unnaturally particular [10]. Finally, believing is often regarded as a "common and essential part of ordinary living" [11]. It should be viewed as "a more general, unstructured, personalized, and naturally occurring phenomenon in which a person seeks connection with a higher power" [12]. It takes the shape of a multidimensional box theoretical approach. It is transcendence in the sense of going beyond "the real I." Spirituality is described as feeling transcendence through inner calm, harmony, or connection to others.

Spirituality can also be viewed as a dynamic reality that is continuously investigating something new; it may also involve learning about the ultimate bounds of existence and searching for a wider meaning of life. Hart [13] defined spirituality as "the manner in which an individual expresses his or her faith in everyday life and style" and "in which the individual refers to the final conditions of individual existence." Spirituality has a significant impact on the spiritual environment. The spiritual environment is a "multidimensional construct consisting of the beliefs, values, practices, and interactions that facilitate spiritual growth and well-being". Some instances of how spirituality is integrated into the spiritual environment are as follows: Religious practices such as prayer, meditation, and worship sessions are fundamental to spiritual environments. It emphasizes the significance of being linked to others, nature, and a greater power or purpose and encourages service and altruism as ways to exhibit one's spirituality (Duffy & Blustein, 2005). The spiritual environment fosters a feeling of meaning and purpose in individuals, allowing them to comprehend their place in the world and their relationship to something larger than themselves.

The spiritual environment fosters the development of a great personality in humans and aids in the attainment of transcendence. Spirituality, on the other hand, is the science of purifying and elevating the inner self to the level of the Divine self in order to realize the true meaning of life. Spiritual environments provide people with tranquility and inner delight while also creating a religious mood among people. It cultivates the purity of mind in humans. Positive spiritual environments have been linked to improved psychological well-being, including lower anxiety and depression [14] and help with stress and adversity [15]. Physical health outcomes such as blood pressure and immunological function improve [14].

METHOD:

Participants:

The study was conducted with a sample of 90 participants from different ashrams in Haridwar and Ahmedabad. The participants were divided into three age groups; 13-19 years (Adolescents), 20-44 years (young adults), and 45 & 75 (older adults). An accidental sampling technique was used for sample collection. Data were collected from participants with the permission of the concerned authorities of ashrams. The present study was based on ex-post facto design.

Inclusion Criteria:

Three generations: Adolescents, young adults and older adults participated in the study. Participants were physically and mentally fit. There were age limits for data collection. The study involves 90 participants from different ashrams in Haridwar and Ahmedabad.

Exclusion Criteria:

Those who were physically unfit and mentally retarded person were not included in this study. People living in non-spiritual environments are excluded.

Procedure:

Data were collected from participants using a self-administered questionnaire. The questionnaire was divided into two sections: the first section collected demographic information about the participants such as age, gender, and educational qualification, and the second section measured the level of intergenerational conflict experienced by the participants using a validated instrument such as Dr. Roma Pal's (1984) Intergenerational Conflict Scale (ICS). The participants were briefed about the study's purpose and assured them of confidentiality. The participants were instructed orally about how to respond to the scale as well as demographic information. They were instructed that while responding to Inter-generational Conflict Scale they should choose any one of the three alternatives. The participants completed the scale and demographic information in about 10-12 minutes. After data collection, the researcher interpreted the data with the help of a manual of the scale. Data were analysed using analysis of variance to determine the effect of intergenerational conflict on the spiritual environment among adolescents, young adults, and older adults.

RESULT AND DISCUSSION:

After evaluating data from the entire sample, the scoring was completed. The results of one-way Analysis of Variance revealed that there was no significant difference on the effect of intergeneration conflict among adolescents, young adults and older adults living in the spiritual environment.

ANOVA

Source of Variation	SS	Df	MS	F	P-value	F crit
Between Groups	128.96	2	64.48	0.97	0.39	3.1
Within Groups	5810.87	87	66.80			
Total	5939.83	89				

The F value for the between-groups comparison is 0.97 with a corresponding P value of 0.39, indicating that there is no significant effect of intergenerational conflict on perceived spiritual environments among the three generations. Therefore, we accept the null hypothesis.

DISCUSSION:

Intergenerational conflict can have a significant impact on the spiritual environment among adolescents, young adults, and older persons. A one-way ANOVA is frequently used to evaluate if there are any significant differences between the age groups when analyzing the influence of intergenerational conflict. In this situation, the null hypothesis was not rejected, indicating that there were no significant differences in the intergenerational conflict between the groups. While this may appear to be a positive outcome, it is important to consider the implications of intergenerational conflict, even if it does not differ significantly across age groups. A possible interpretation of this finding is that intergenerational conflict is a common and expected occurrence in a spiritual setting. While conflict may not differ significantly across age groups, it is still critical to effectively address and manage conflict in order to maintain a positive and productive environment for all members. Intergenerational conflict can also contribute to the growth of both parties and improve mental health by strengthening positive intergenerational relationships [16; 17].

The spiritual environment is effective at fostering intergenerational understanding and collaboration, resulting in less conflict between age groups. This could be due to the spiritual community's common ideals and beliefs, which act as a unifying force. Intergenerational conflict can nevertheless have a negative impact on the spiritual community's well-being and coherence. Research has found that intergenerational conflict can have negative consequences for individuals in the community, such as lower psychological well-being and increased stress [18]. Conflicts have also typically been categorized as either positive or negative [19]. Research on generational disparities in the workplace has assumed that generational differences produce unfavorable confrontations. However, our research indicates that this is not always the case. Tensions between generations can also result in beneficial outcomes such as collaboration or increased visibility. In other words, our findings suggest that intergenerational disagreement can be constructive, which is congruent with the positive scholarship movement [20,21]. When it leads to enhanced teamwork, motivation, critical task results, and learning, intergenerational conflict can be beneficial. Intergenerational perceptions, on the other hand, can lead to

frustration, lower performance efficiency, and turnover if not appropriately managed by the individuals involved in the conflict.

The relationship between spirituality and adolescent behavior appears to be complex and intergenerational. Parents' spiritual beliefs are associated with teens' spiritual beliefs, which are subsequently linked to increases in teens' spiritual practices, which eventually correlate to a reduction in their minor and significant delinquent behaviors [22].

However, spirituality can also provide a framework for understanding and addressing intergenerational conflict. Many spiritual traditions emphasize the importance of compassion, forgiveness, and understanding, which can be useful in bridging differences between generations. Additionally, spiritual practices like meditation and mindfulness can help individuals develop greater awareness and emotional intelligence, which can be useful in navigating conflict and building stronger relationships.

However, it is important to note that the one-way ANOVA only considers the overall effect of intergenerational conflict and does not consider individual experiences or perspectives. Some individuals may still experience significant conflict within the spiritual environment, despite the lack of significant differences between age groups. It is critical to acknowledge and address these individual experiences in order to promote a positive and inclusive spiritual community.

CONCLUSION:

In conclusion, while a one-way ANOVA may suggest that there are no significant differences in intergenerational conflict among adolescents, young adults, and older adults living in the spiritual environment, it is important to recognize the potential negative consequences of such conflict. It is important to consider the potential impact of intergenerational conflict on the spiritual environment. The role of spirituality in intergenerational conflict will depend on how it is approached and practiced by individuals and communities. When used as a tool for building empathy, understanding, and connection, spirituality can help alleviate intergenerational conflict and create a more harmonious world. By promoting intergenerational understanding and cooperation, spiritual communities can create a positive and inclusive environment that benefits all members. Effectively addressing and resolving conflict may foster a healthy and productive atmosphere for all members, regardless of age. Ultimately, the goal should be to create a space where everyone feels comfortable and supported in their spiritual journey, regardless of age or background. By fostering a culture of acceptance, inclusivity, and mutual respect, we can work towards building stronger and more harmonious relationships across generations.

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