

# Relationship between Self-Reported Peace of Mind and Self-Reported Spirituality during the Covid-19 Pandemic Crisis

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**Abstract:** *Peace of mind is a feeling of calm or not being worried. Bhatnagar (2019) wrote that "Peace of mind is free of costs, but only for positive people; whereas it's most expensive things for the negative people." The conditions aroused due to the covid-19 pandemic affecting mental peace. Therefore the researcher decided to know the Relationship between Self-reported peace of mind and self-reported spirituality during the covid-19 pandemic crisis. Rigorous review of related literature revealed that there is no study with reference to the association between peace of mind and spirituality during covid-19 pandemic crisis. The presented study was related to explain the present condition i.e. "What is" therefore the survey method under descriptive research method was used for the presented research study. A survey form, constructed by the researcher on Google form, was used to collect data. The survey form consisted of the items related to the demographic data and a statement related to self-reported peace of mind and self-reported spirituality. There were two options of the items regarding the self-reported peace of mind and self-reported spirituality Agree and Disagree. The language medium of the survey form was Hindi. The data was collected between 25<sup>th</sup> of April 2020 to 20<sup>th</sup> of June 2020. The Google survey form link was distributed to various WhatsApp groups and individuals with a request to complete the survey and distribute it to others. In this way a total of 120 respondents from Lucknow district (India) fully completed the survey form. After collection, the data was organized and statistically treated with the help of frequencies, percentage,  $\chi^2$  (chi-square) test to study the self-reported peace of mind with respect to age, the level of education, employment status, residential status and  $\phi$  (phi) coefficient measure of the association between two dichotomous variables i.e. self-reported peace of mind and self-reported spirituality. The study showed that Self-reported peace of mind of the individuals during crisis of the covid-19 pandemic was not differing with respect to age, the level of education, employment status, and residential status and, it was strongly associated with the self-reported spirituality.*

**Keywords:** Self-reported Peace of mind, Self-reported Spirituality, Covid-19, Pandemic

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