



Across Culture Adaptation of Santa Clara Religious Belief Scale in Urdu: Religious Belief as a Predictor of Wellbeing and Life Satisfaction during Covid-19 in Pakistan

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ABSTRACT

The current study acquired and conducted after extensively studying these variables with the help of literature these hypotheses were formulated to examine in the current study, it was hypothesized that (a) There would be a relationship between religious belief, life satisfaction and psychological wellbeing among Muslim and NON-Muslim group during Covid 19 pandemic. (b) There would be a difference between gender on the basis of religious belief life satisfaction and wellbeing during Covid 19 pandemic (c) on average, people high on religious belief will have better wellbeing and life satisfaction as compare to the people with low religious belief during Covid 19 pandemic. Data was collected through random sampling from 210 participants 115 were males and 95 were female. Participants were between the age range of 16 to 60 with the education level of metric or above. Santa Clara strength of religious faith Questionnaire (Larkey., 1996) for religious belief, satisfaction with life scale (schutte et al., 1998) for life satisfaction and Warwick-Edinburg Mental Wellbeing Scale (WEMWBS) (Tennant, R., Fishwick, R., Platt, S., Joseph, S., Stewart-Brown, S, 2006) for wellbeing has been used to measure. along with demographic form. Data was collected through online Google form and have analyzed through Pearson product moment correlation, Independent sample t-test and regression. The findings of the study show weak significant ($P < 0.01$) relationship between religious belief, life satisfaction and wellbeing with that male scored higher on religious belief and wellbeing as compare to female but both scored similar on life satisfaction with that findings also showed that religious belief is a predictor of better life satisfaction and wellbeing ($P < 0.05$). This study concluded that religious beliefs do influence individual and their psychological wellbeing and life satisfaction. Limitation and implication of the study has been discussed.

Introduction

Individual is product of its social, environmental, physical and psychological construct. So, to be adjustable adequately it is necessary for an individual to be fully fit in the surrounding for that matter health is very important either its psychological or physical. In the context of being psychologically healthy its necessary for an individual to have a good mental wellbeing. Well-being is the name of inner feeling for example social, physical, environmental and psychological aspects, beside this it's also has some subjective and objective components. Wellbeing is a continuum that range from high (extreme happiness) to low (extreme hopelessness and depression). In the comparison of young and old people it's been found that health is the good strong predictor for wellbeing. (Koenig et al., 2012). According to many studies, wellbeing is the name of psychological construct which has two dimensions called happiness and sorrow (Guirguis & Hermans, 1973; Ryff, 1989). Along with various construct coherence, satisfaction with life, coping, social support, resourcefulness, dispositional optimism, self-efficacy, emotional intelligence, fortitude, reality orientation, self-actualization, hope and constructive thinking. (Wissing & van Eeden, 2002)

The description of wellbeing also has been defined in a lot of researches, some researches calls it happiness while some research says that the wellbeing is the absence of negativity. (Bradburn, 1969) Wellbeing is also defined in such a way that it is the name of negative and positive affects (Hansson, Hilleras, & Forsell, 2005). But according to this research, positive and negative effects are unrelated with each other (Shmotkin & Ryff, 2002). Then wellbeing is defined by the researcher that it is a continuous variable that related with the happiness and with the negativity of mental condition (Warr, 1978). Wellbeing is related to evaluation of people, and their quality living of life. (Diener, 1984; Stratham & Chase, 2010), that linked with cognition and emotions. (Diener, 1984; Luhmann, 2017; Diener et al., 2018), basically it relates to how an individual makes a cognitive judgment for his or her achievement in life and in addition make balance between the emotion of an individual rather negative or positive. (Luhmann et al., 2012a), along with how much individual feel satisfied with own life (Diener, 1984). In the continuity of this discussion how much happiness an individual has over the long-term base it can be evaluated simultaneously and globally by assessing living style of individuals (Diener & Seligman, 2004; Diener et al., 2009a; Diener, 2012). It could be said that wellbeing is really important for the mental health of an individual likewise individual life condition also play important role to attain it. For the attainment of wellbeing its essential for individual to be fully satisfied with life and life condition with that an individual can become fully productive being.

Basically life satisfaction relates with the living condition of an individual that play an important role for an individual to be fully productive and to use available skills and resources (Diene, Emmons, & Larsan, 1985). Actually life satisfaction based on series of components in individual's life that evaluate the different aspects of life, like educational and family experience, moreover it is a balance that transpires between the individual's current state and wishes (Pavot & Diener, 1993; Diener & Diener, 2009). Life Satisfaction is a state in which the individual judges the whole quality of life and to what extent is it defined (Veenhoven, 1996). Life satisfaction also related with how much an individual is being satisfied with its life condition and living healthy life (Donovan & Halpern, 2002).

Enormous evidences in this connection suggest that those who are strong in religiosity have a healthy living style as per their religious belief. (Holt et al., 2009) they avoid drinking, risky sexual practice; avoid drugs and tobacco (Ellison & Levin, 1998; George et al., 2002; George et al., 2000; Levin & Vanderpool, 1989; Mullen, 1990; Musick et al., 2000; Strawbridge et al., 2001). Religious

belief may also impact physical activities, weight, smoking, diet etc (Koenig et al., 2012) people with strong religious beliefs are healthier than people with weak religious belief (Clark et al., 2009).

Religiosity and spirituality both are strong predictor of wellbeing apart from that if the result is not consistent among themselves also (Kim-Prieto & Miller, 2018). In a cognitive determinant of wellbeing it's also been found that religiosity and spirituality are strong predictor of each other (Yoon & Lee, 2004). This concept can also be expanded in such a way that those people who are a bit more intelligent predict more strong relations to high power. They evaluate their life as in a positive manner (Vishkin et al., 2016, 2019; Ramsay et al., 2019). Those people who perceive their connection with high powers strong, they take their lives positively of course, if negative consequences are also present inside their lives. Strong belief may encourage ones and give a sense of connection with both inner and outer worlds. (Lim & Putnam, 2010). Religious Belief are also good predictor of practices and life satisfaction (Koenig & Larson, 2001; Abu-Raiya et al., 2015; Krause, 2015).

To understand the phenomena in a better way it is also necessary to see its connection with life satisfaction. According to the studies on large scale, positive relation found in the court of religiosity and spirituality, and illustrated that strong religious beliefs have very strong impact on life satisfaction (Villani et al., 2019) evidences found similar results based on the sample from the Europe (Graham & Crown, 2014). Although other studies failed to found any link between life satisfaction and religiosity it's also questioning the relationship of religious belief and life satisfaction (Stavrova et al. 2013). apart from that some researches find mix results between the variables. Like religious beliefs and life satisfaction have weak relationship with each other (Kirkpatrick & Shaver, 1992; Mak et al., 2011), where othe empirical evidences represent positive impact related to religious beliefs and life satisfaction in a social structure too. (Diener et al., 2011; Lun & Bond, 2013), some operations like praying induce gratitude and positive state of mind (Lambert et al., 2009). Recent researches also explain self-emotions like love, forgiveness and hope mediate the relationship among religious belief and wellbeing (Van Cappellen et al., 2016), and also emphasize on the induction of positive effects and religious belief (Fredrickson, 2002).

It is quite evident that religiosity and spirituality plays an important role in individuals self-wellbeing, and impact and in health over the life (Fabricatore et al., 2000; Fry, 2000; Mueller et al., 2001; George et al., 2002; Levin & Chatters, 2008; Krause, 2011; VanderWeele, 2017). It can also be seen that construct like spirituality and religiosity is difficult to explain in literature (Pargament, 1997), because spirituality intends in a manner of particular belief, values identity and behavior that focuses the aspects that are related to religion (Cotton et al., 2006) ata given point religiousness seems as the institutional, out ward and formal expression. (Iannello et al., 2019) on the other point religious beliefs seems to be associated with a practice and believes related to particular religion (Zinnbauer et al., 1999; Benson and Roehlkepartain, 2008; Worthington et al., 2011). Spirituality is associated with the meaning of life and with the connection of reality and humanity it is also operational as the interconnectedness, introspection and with the meaning of life (King & Boyatzis, 2015), it can also be experienced by moving away from any religious concept (Benson et al., 2003).

After viewing and evaluating the empirical evidences its fairly clear that religious has a great impact on human life specifically in connection with wellbeing and life satisfaction. Moreover, studies on religious belief scale has been evaluated that gives the information that it is a very widely used scale, and gives a lot of information related to the religious beliefs of population. This

phenomenon is also need to evaluate in Pakistani population as well, and its connection with wellbeing and life satisfaction specifically in the current context of covid-19 pandemic in Pakistan.

Rationale of the Study

Religious behavior positively correlates with life satisfaction. But the point is our socio demographic factors like religious affiliation, gender, and age are also a power predictor of this relationship association. (Habib, D.G., Donald, C., & Hutchinson, G. 2018) With reference to that it can be advantageous to explore religious affiliation related with life satisfaction and wellbeing. As we live in Pakistan here diversity of religion do resides but the most prominent population divided in Muslim and non-Muslims. For that matter it is necessary to evaluate where life satisfaction, wellbeing and religious belief fall to get a better understanding.

By comparing both prospective it can be seen ambiguity and gap exists in findings and with relevant to researches in Pakistan not only on the matter of relationship but also on the matter of covid-19 pandemic. For that matter it's necessary to explore not only the nature of relationship between life satisfaction, wellbeing and religious belief but also exploration with relevant to religious affiliation needed too specifically in current situation of Pakistan.

Male and females are two different spices that differ In the context of appearance, role and in values with that gender also differ in beliefs for that matter research has been conducted in America that have explored gender difference in between them that suggested a significant difference between the variables of religious belief life satisfaction and wellbeing when it comes to gender. (Anne & McConatha, 2001), but as this study is based on Pakistani population there is no strong evidences has been maintaining with these variables yet, that create the gape in term of researches in Pakistan. For that reason, it is necessary to explore the difference between life satisfaction, wellbeing and religious belief in gender of Pakistani population and to get better understating with special reference to covid-19 pandemic.

Literature Review

In 1996 growing interest of wellbeing is being developed. which given rise to interest of research in psychological wellbeing. That not only demonstrate negative and positive affect are independent in nature but also explain that happiness build balance between these two also. That doesn't even alter the perception of wellbeing but also given new ways to examine wellbeing from different prospective (Bradburn's, 1969). Previous researches of psychological wellbeing is been objectified because of narrow prospective of positive functionality (Ryff, 1989a; Ryff& Keyes, 1995). Researchers given rise to expects of happiness but overlooked the expects of self-acceptance, self-realization and purpose in happiness in psychological wellbeing (Ryff& Keyes, 1995). Previous researchers pay great emphasis on psychological wellbeing with reference to interpersonal trust in relationship and love (Ryff, 1989a; Ryff& Keyes, 1995; Ryff& Singer, 2000a; Sellers et al., 2006; Sen, 1993).

By the time Researchers interest lead exploration of psychological wellbeing in depth with that Psychological wellbeing is been consider as an important realm of wellbeing (Alkire, 2013; Ryan &Deci, 2000; Ryff, 1985, 1989a, 1995, 2006). The key interest of the domain was to establish psychological wellbeing as an binary or separate realm through which various expects can be explored. For instance, (Winefield et al. 2012) explore distinguish expects of psychological wellbeing and distress. Findings suggested that both are not opposite to each other but continuum do exists between them.

Wellbeing has many domains that channel individuals thought process in that with psychological wellbeing Physiological wellbeing also play an important role. As per evidence it can be stated that high Physiological wellbeing has an good impact on personal wellbeing (Carlisle & Hanlon 2007; Chavez et al., 2005; Griffin, 2010; Penedo & Dahn, 2005; Reiner et al., 2013) and it's also related to better mental an emotional health (Allen, 2008; McCormick et al., 2009; Reiner et al., 2013).another research stated that physical wellbeing increase health and functional capacity along decrease risk of illness, diseases and injury. Increase immune system with speedy recovery. (Penedo & Dahn, 2005).

Researchers that examine aspects of exercise, Physiological wellbeing, mental health and physical activities stated on the bases of literature that it has an better effects on many realms of wellbeing specifically emotionally, socially and psychologically (Allen, 2008; McCormick et al., 2009; Reiner et al., 2013). Most of the researches across UK also stated that physical activities and exercise are related to better mental and psychological health results (Biddle et al., 2003; Callaghan et al., 2011; Reiner et al., 2013). but the data for researches mostly found from clinics. (Reiner et al., 2013; Trivedi et al., 2011) that has some short comings related to sample size and period (Callaghan et al., 2011).

Individual feels healthy when he or she has good immunity or healthy body with this concept research has been conducted that supported the idea that For Physiological wellbeing it is essential to have physical health. (Allen, 2008; Barnes et al., 2013; McCormick et al., 2009; Ward et al., 2012).Researches also stated that Physiological wellbeing point outs personal wellbeing (Allen, 2008; McCormick et al., 2009). it also identifies as guard against illnesses that increase functioning (Penedo & Dahn, 2005; Reiner et al., 2013; Scheier et al., 2006). With that it can be concluded that for being health it is essential to have good Physiological wellbeing with an healthy psychological conditions.

Religiosity, spirituality is interconnected that foster improvement in wellbeing with this idea Researches has been conducted that stated spirituality and religiosity are highly powerful mechanism that help in coping and also help in improvement of wellbeing. They also help individuals in making sense of support and control along with challenges of life. They also help in formulation of mutual support too (Clark &Lelkes, 2005; Graham et al., 2010; Shobhna, 2008; Koenig, 2008). Currently, while examining wellbeing and spirituality with data of 774 cancer patients it's been stated that its not only increase emotional wellbeing but also encourage resilience with positivity (Bartlett et al., 2003; Shobhna, 2008; Vilhena et al., 2014). For instance some contradiction also been found in systematic review of this relationship stated that religiosity/spirituality and wellbeing are not clearly link with each other (Hebert et al., 2006).

As religiosity and religious practices play a vital role in individual coping with that religious wellbeing is also need mention. In this manner researches state that church activities and wellbeing are related with each other (Clark & Lelkes, 2005; Cohen, 2002; Joshi et al., 2008). However, this affiliation positively associated with life satisfaction and happiness and a better anticipator of resilience in older adults that help them find meaning in events of life (Inglehart, 1990). Emotional wellbeing also not only related with adults but older adults too. In older adult its help them in dealing with their transition in life wellbeing in which religion play an important role (Okun& Stock, 1987, Donovan & Halpern, 2002; Joshi et al., 2008; McCullough et al., 2000). But, some researches also state that wellbeing and religion has relationship with each other that facilitate social standing. (Donovan & Halpern, 2002; Joshi et al., 2008; McCullough et al., 2000) another research stated that wellbeing and faith on Almighty positively relate with SWB. But it needs more clarification why it has more impact on older adults (Dolan et al., 2006, Dolan & White, 2007).

Religion not only help in coping but some researchers also states that it also gives a sense of meaning to life that foster social network in a role of support (Donovan & Halpern, 2002; Graham et al., 2010; Inglehart, 1990; McCullough et al., 2000).

Role of Gender

Gender difference also do exist in any realm of an human with that these social surroundings and environment also play an important role that shape and individual's emotionality. With this idea research has been conducted on Gender, socioeconomic status, environment, health, ethnicity and disability that stated that these all play an important role in shaping of emotional wellbeing.(Allen, 2008; Cameron, 1975; Clifton, 2009; Demakakos et al., 2010; Diener & Larsen, 1993; McCormick et al., 2009). Wellbeing and physical health is highly related to emotional wellbeing (Allen, 2008; Demakakos et al., 2010; Ostir et al., 2000, 2001).

Recently wellbeing researchers' great emphasis has been emerging to explore emotional wellbeing because of their relationship (Abdallah, 2012; Allen, 2008; Pahl, 2007). The reason may be aging individuals and there health conditions (Abdallah, 2012; Allen, 2008). Findings suggested that low level of emotional wellbeing and physical health are highly associated with each other (Abdallah, 2012; Allen, 2008; DoH, 2008; Morrison, 2019). this can be because of inequality of background. Those whom have poor background are more likely to have low emotional wellbeing rather than better background. (Allen, 2008; VAN HULST, 1996.). Because "poverty has a clear relationship with poor emotional wellbeing across the life cycle and worsening income inequalities compound that" (Allen, 2008:22).

Theoretical Orientation and Framework of Wellbeing, Life Satisfaction and Religiosity in Relation with various Demographic Variables:

With the clear understanding of wellbeing in an introduction it is essential to highlight the basis of wellbeing in the frame of theoretical orientation. Because it's explain and describe the theories of wellbeing along with it. Its explain and highlight the problem existing in the past studies. (Swanson, 2013). Along with this it's also help researcher to get deep understanding of interpretation of data (Jacard& Jacoby, 2010; Swanson, 2013). Its not enough even theoretical frame work also aid in new knowledge and in building of theoretical assumption (Swanson, 2013).

In an exploration of wellbeing it has been found that wellbeing needs increasingly to accommodate its role in other disciplines by research to get deeper understanding of its frame work and orientation (Clark & Gough, 2005; Gasper, 2004b, 2010) its gives deeper understanding of topic under study (Chavez et al., 2005).this theoretical frame work help in understanding of multi disciplinary approach of wellbeing that intersect with other disciplines (Chavez et al., 2005).

Life satisfaction not only important by itself but it also relates with other discipline that increase its credibility. According to research life satisfaction is an important ingredients for evaluation of subjective wellbeing.(Linley, Maltby, Wood, Osborne, & Hurling, 2009), and also relates to negative affects absenteeism and positive affects prevalence for instance it can be observe that "oft publicized global studies of happiness" have utilized LS and an important source to measure happiness all around the world. (Cummins, 1998; Tsai, 2009). United states have utilized LS as an indicator to evaluate wellbeing in US public in 2020, by setting tracking and benchmark programs. (Healthy People, 2011). However life satisfaction and happiness are interrelated but the synonymous of each other. But understanding those factors that relates to life satisfaction that makes a person happy is difficult. but life satisfaction is an important source for improvement of individual's life conditions. For example, subjective wellbeing and LS are relating with each other

in a manner in which morality reduce recent studies establish that wellbeing relates with reduction of morality (Chida& Steptoe, 2008). Low level of sleep deprivation compliance (Brand et al., 2010) and cognitive outburst (Haar& Roche, 2010). With relation to organizational gains, Ls leads to low level of turnover rate (Rode et al., 2007). Even researches supports that LS has more strong relationship with job performance in comparison of job satisfaction (Jones, 2006). Even LS and happiness is also been emerged at business level for example Abode, Zappos and Aol.com with respect to motivation of employees and customer services (Cook, 2011; Hsieh, 2010). Although reviews of life satisfaction as it relates to personality traits researches also provide evidence that LS also relates to demographics (Diener et al., 1999).and personality traits (Diener et al., 2003)

Life satisfaction is topic of discussion between many researchers from past decades. And now it's been taking a new image with changing focus of researcher from life satisfaction to why people are satisfied with their life and when they feel satisfied and process that are influencing it (Liu & Larose, 2008). Different researcher explains life satisfaction differently but they agree on the origin that LS relates to individual cognitive understanding of life as a whole or related to domain (Paolini, Yanez, & Kelly, 2006). LS seem with positive and negative effects in broader domain of SWB. But it changes over time depend on the level of individual happiness (Liu & Larose, 2008).

Ls is basically individual believe about their life rather what its actually is (Paolini, Yanez, & Kelly, 2006; Kitsantas, Gilligan, &Kamata, 2003) When individual think about their life they attach some certain expectation with that and by the time they rise. When their expectations are not fulfilled they face decrease in LS. Researches show that if individual want to maintain LS positively for that they need normal adaptation in life because negative adaptation not only risk their psychological and physical health but also trigger maladaptive outcomes inn life (Kitsantas, Gilligan, &Kamata, 2003)

Gender role is important with respect to LS because men and women perceive things differently and for that matter events affect them differently. Researches shows that women feel more satisfied with compare to men (Judge & Watanabe, 1993). However, such findings are somewhat inconsistent. Inconsistency between the findings has been observed by exploring more about this. For example, a survey has been conducted on men and women and questions regarding different life domains on the basis of specific domains the answers of male and female was different but in an questions regarding overall satisfaction shows no significant difference (Aguilar-Gaxiola et al., 1984) however, Male gets more satisfied with the things like, playing and watching sports, entertainment and listening music. Females feel more satisfied with parties, meeting with different people and with doing different things (Misra& Castillo, 2004). But women have conflict as they are responsible for raising children and parenting that infer with their socialization that effects their lifer satisfaction. Because these both things are time consuming do they are unable to do so (Aguilar-Gaxiola et. al., 1984).

For genders, multiple roles also play a significant part. Women's roles have been changing more rapidly over the past few decades than men's roles have. Females are expected to work and share the breadwinning responsibilities with their husbands. Because of the increase in women working, many also have been pursuing higher education while still trying to maintain their traditional roles

With respect to gender in recent years role of women has been changing many women's have started working and have started sharing responsibility with their spouse and many have been trying to be in their traditional role (Bailey & Miller, 1998). as many females have started joining work force with that they have be getting introduced by stressors related to work force along with it hey have to manage their traditional role of being an household.(Stewart & Salt, 1981). Women

that are more focused towards being in a role of house hold rather than bossiness activities have decreased level of satisfaction (Bailey & Miller, 1998).

Life satisfaction can be affected by different life event of individual either they are positive or negative through out there life. Person show feeling of satisfaction and happiness when they see things under control in their daily living. More specifically when these events resulting positively. Person tend to assume that they are the reason of occurrence of that event (Reich & Zautra, 1981). Life events includes getting married, divorced, graduating and facing lay off in the job along with other big issues that happen in person's life. Previous researches show that intimate and personal life issues, time pressure increase level of dissatisfaction in person's life more than any other life events.

Almost all previous researches shows that people tend to feel more satisfied while having in relationship in comparison singles. Research stated that married or an individual whom has been living with significant other feel more satisfied from life with relevant to divorced, widower or separated. But this is the fact that all relationships are not the healthier one but people with healthy relationship are more productive and attain their goals more accurately (Bailey & Miller, 1998). Satisfied married life tends to have more psychological positive outcome but people with unhealthy relationships have negative impact on their psychological wellbeing (Heller et al., 2004). People those are in long term relationship and are married feel more satisfied from their life because they have an idea that they have someone who can take care of them and can provide support to them.

Experiment has been conducted on university students with providing inform consent and have bounded participants for a month for exploration of life satisfaction and day to day emotions with the help of subjective questionnaire. Results of the study shows that positive emotions generated satisfaction in participants and its also help in generating the sources that help in dealing with daily life challenges. This study not only explored the relationship of negative and positive emotion with life satisfaction but also identified role of ego resilience with respect to positive emotion. Along with it this study also identified that growth can be generated not by avoiding negativity but by feeling good. (Cohn et al., 2009).

This study focus on life satisfaction in various cultures and for that matter study sample of 13,118 student's age range of 17-25 years from various universities of 5 different continents has been taken. Data has been collected by Questionnaire with inform consent. Study predicts that LS can be predicting with relation to finance, friends, family and self across all countries. And focus on single participant shows that LS can be predict by how an individual feel about self. This study also shows that college students across the nation are satisfied with their life and with their self (Diener&Diener, 1995)

This study explored the relatedness of life satisfaction and active life involvement. They predict that people who live active life generate more goals. Along with it assumption also been made that students that are not fully satisfied with their life have more constructed goals. With that students life approach also been taken under consideration and their performance in school also been examine with respect to LS. for that matter 243 students have been taken to evaluate with the help of questionnaire results shows that students are satisfied with their life and even feel more satisfied when they are in a role of responsibility. They also feel satisfied when they are in relationship and have good family relation too. (Bailey & Miller, 1998)

This study explores the relationship of sleep and life satisfaction for that matter sample of 212 student participants has been taken researcher have given them a questionnaire with inform consent and have asked them to fill it with accordance of five point likert scale and report their sleep time. Results shows that on average students sleep only 26.9 hours per day with that its been shown that less sleep in a day is the cause of generating less satisfaction with life and also has an impact on psychological health. (Kelly, 2004)

This study explores the need of cognition with respect to life satisfaction for that matter data of 157 students has been taken from age range between 17 to 49. Participants were asked to fill the questionnaire and inform consent. Results of the study shows that increase in need of cognition also increase satisfaction with life and those who like challenges feel more satisfied in their college life. (Coutinho et al., 2004)

This study explore the relationship between worry and life satisfaction prediction has been made that high score on worries increase dissatisfaction with life for that 160 students participants has been taken and survey base study has been used to evaluate the phenomena they result of the study supported the assumption that individual who score high on worries have less satisfaction with life and future conscious worries also decrease satisfaction with life (Paolini et al., 2006).

Life satisfaction is been studied by scholar on the basis of top down and bottom down approach because there isn't any single theory available that could examine life satisfaction comprehensively (Diener, 1984; Headey et al., 1991), on the basis of previously discussed variable.

According to top down approach life satisfaction is an stable trait. For instance many individual life satisfaction feel high level of satisfaction with life with compare to others it depends on E.G, meta-analysis of 249 researches have explain that big five personality scale shows 18% of variability in which trait openness least related as its.3, and neuroticism is highly related with -.38. other three traits are moderately related. (Steel et al., 2008) Another meta-analysis of 137 researches on life satisfaction and subjective wellbeing shows that trait of emotional stability and defensiveness are highly related with each other (Deneve& Cooper, 1998) but this approach doesn't negate situational factors that influence the situation in life and there events.(Diener,1996). Researches also show that SWB has mediating effects on personality while interpreting life events.(Brief et al., 1993) however another meta-analysis also shows that personality does get effected by LS when its been mediate by marital and job satisfaction.(Heller et al., 2004) However it can be stated that life satisfaction can be influence by life domain perception in top down approach.

This approach states that life satisfaction is influence by function of life domain (Heller et al., 2004; Pavot & Diener, 2008). Life satisfaction has many interactive domains. Like health, leisure, work and family. bottom up prospective states that life satisfaction is not an average state with relevant to life domains but every individual prospective varies with respect to their meaning of life because some denote life satisfaction as an leisure, some denote health is important and so on (Oishi et al., 1999). However individual who emphasis more on achievement and who more emphasis on relationship sees family and work satisfaction in a different manner while assessment of LS. (Wu, 2009). The way life satisfaction and wellbeing are related to each other in a manner of a humans to make them more productive a give them a sense of life. Likewise in the process of attainment of that satisfaction individual utilize various aspects to get more self-actualize in that religious affiliations, spirituality and religious beliefs play vital role. Because it gives an individual meaning of life and sense of direction to an individual to get morally fit in the society.

while thinking about spirituality so many things comes to mind as a concept like, meditation, wellness and health, connection with super power and life goals along with all. These can be one's personal expects but researches shows that spirituality is the understanding of an individual about its own life and living style along with it what values and meaning they give to life. (Muldoon & King 1995) another research shows that spirituality is much more than the concept of being scared this study also denote spirituality as "a quality that goes beyond religious affiliation, that strives for inspirations, reverence, awe, meaning and purpose, even in those who do not believe in any good" (Vaughn, 1991, p. 105).

Countless disciplines have defined spirituality. According to these discipline spirituality is "as the way in which people understand and live their lives in view of their ultimate meaning and value"(Muldoon & King, 1995, p. 336). "A subjective experience of the sacred" (Vaughan, 1991, p. 105). Spirituality is an experiential and individual religious belief system (Poulin et al., 2011, p. 234) "one's striving for and experience of connection with oneself, connectedness with others and nature and connectedness with the transcendent" (Meezenbroeketal., 2012). Some conceptual frame work base on past quantitative researches(Dyson et al., 1997; Cook, 2004; Chiu et al., 2004; Reed, 1992, Hungelmann et al., 1985; Fisher, 1998; Gomez & Fisher, 2003) highlighted the main factor related to spirituality and connectedness. The pannier and recognizer of spirituality have used more than 12 term to highlight these phenomena. And have used" connectedness" and "relatedness" (Meezenbroek et al., 2012).Connectedness can be define in different ways as self-information, authentication, inner peace, meaning of life and conscious. (Elkins et al., 1988; Young-Eisendrath& Miller, 2000; Hungelmann et al., 1985; Howden, 1992; Mahoney &Graci, 1999; Chiu et al., 2004). Cares, gratification, compassionating self are also factors of connectedness. (Meezenbroek et al., 2012).Connectedness is also the connection between individual and the thing that is not present on earth.(Meezenbroek et al., 2012). Like God and super natural power (Meezenbroek et al.,2012). Any individual can experience spritulaity like the one who seems him/her self as not an religious being.(Meezenbroek et al., 2012). It's really important to consider all the factors while generating the measurement tool on spirituality because it is broad in category and can be experienced by all beings (Meezenbroek et al., 2012). Spirituality is an "being concerned with the transcendent, addressing ultimate questions about life's meaning, with the assumption that there is more to life than what we see or fully understand"(Fetzer Institute, 2003, p. 267). With spirituality it has been seen that it has been greatly influenced by religiosity. For that matter it's a basic concern to explore it too.

Religiosity is the widely use term that elaborate about social and institutional expression of practices that are related to sacredness and connectedness. A research shows that religiosity is a term that relates to the social structure of religion (Poulin et al., 2002). Another study define religiosity as a principles of "institutional, formal, [and] outward" (Hill & Pargament, 2003) future exploration of past studies define that religiosity has three dimensions.1) organizational 2) non organizational 3) intrinsic. Organizational dimension of religion focus on the number of times an individual participated in religious activities (Koenig et al., 1997). Non organizational dimension of religiosity focus on the duration of time an individual utilize for that activity (prayer, meditation, worship etc.). Dimension of intrinsic focus on the individual practice of religion in daily living (Koenig et al., 1997). another study define religious believe as "a belief in a supreme being that sets standards of conduct, responds to prayer, and often assures the ultimate triumph of good over evil" Along with it another study state religious belief as "organized set of doctrines and rituals" (Koenig et al., 1997).

Every individual has its own stressors in daily living and different coping strategies that leads to build a life style. Somehow religion play vital role in this process of coping with this notion research has been conducted that stated that religiosity coping relates with positive emotion and reduction of negative emotions after depressive situation (Pouline et al., 2011). Many theoretical assumption supports the idea of religiosity coping and accept it as a mechanism however in which involvement towards religion play an important role through which individual find help in adjustment. (Ellison & George, 1994; Koenig & Larson, 2001; Pouline at al., 2011). another study support the idea that religious involvement like attending religious activities help in better wellbeing.(Ellison & George, 1994; Pouline et al., 2011).But with comparison to spirituality it's an different king of coping mechanism that interpret as an important domain while in adjustment.(McIntosh, 1995; Pouline at al., 2011). Spirituality help an individual to cope with an traumatic event by providing broader image or worldly view of the event that help in coping in short period of time.(McIntosh, 1995; Pouline et al., 2001). Spiritual coping is a mechanism that work cognitively by changing the mental frame work of an event in mind. (Pouline et al., 2011), That also lower desire of control and enable self control. (Pouline et al., 2011) with that it improves health and lower the level of stress. (Pouline et al.,2011).

In a recent year'sresearcher's extensive attention dragged towards sprtiuality and its role in mental wellbeing(Bullis, 1996; Favier, Engersoll et al., 2001; Fukuyama &Sevig, 1999, 2002; Kelly, 1995; W.R. Miller, 1999; Richards & Bergin, 1997, 2000; Sperry &Shafranske, 2005). this palyed an important role towards exploring the spiritual interest of adults. (Love, 2001; V.W. Miller & Ryan, 2001; Rogers and Dantley, 2001). past research shows that spiritual belifs play important role in developing positive impact on psychological wellbeing that not only increase performance but raise living standards along with marital stability (Seybold & Hill, 2001). in this context it has been seen by study that spirituality and religiosity has a positive relationship with physiological health and along with wellbeing too. (Burris et al., 2009). religiosity also links with positive emotions and lower incidental trauma. (Pouline et al., 2011). Religiosity was a antecedent of fewer reports of physician-diagnosed mental health illnesses, such as anxiety and depression religiosity is also an aspect that relates with diagnostic proces (Pouline et al., 2011). Spirituality and religiosity also has an impact on psychological wellbeing of an individual. Intervention base on spiritual health can play important role for the treatment of mental illness. (Burris et al., 2009).

Human is a social animal that relates with bundle of individuals in a day. In this context research has been conducted to relate religiosity and social help that stated that Social support system Religiosity greatly relates with Social support. In any religious community is an essential part in a manner of social groups or networks. (George et al., 2002; Ladd & McIntosh, 2008; Pouline et al., 2011). That helps in improvement of psychological wellbeing. (Cohen, 2004; House et al., 1988; Krause, 2006; Pouline et al., 2011) as with it religiosity also is a good predictor for gaining health (Pouline et al., 2011). another study supports this idea by stating that regular religious attendance helps in improvement of immunity. (Lutgendorf et al., 2004; Pouline et al., 2011). Religiosity also help in coping with negative affects along with it improve life style in an healthier way. Its also encourage moral support. (George, Ellison, & Larson, 2002; Krupski et al., 2006; Mytko, & Knight, 1999; Pargament et al., 1998). Even mentally or physically ill patients feels improvement after performing religious services. (George, Ellison, & Larson, 2002; Krupski, et al., 2006; Mytko, & Knight, 1999; Pargament et al., 1998).

To understand the spiritual development of an individual researchers has used Eriksons development theory of development many times. Because identity formation and spiritual identity both are parallel to each other. (Balswick, King, &Reimber, 2005; Capps, 1983; Gleason, 1975;

Loder, 1998; Worthington, 1989). According to identity development theory “it allows for individuals to successfully progress with life tasks, such as intimacy, generativity, and integrity” (Erikson, 1950, p.19). Another study suggests that this theory has two ways of application that researchers use, and in that process researchers use one process at a time. As Erikson theory base on the developmental process of an individual so in the phase of development of infancy during which an individual learn to trust ‘tale and Parker’ used this stages in which individual also learn to trust Almighty. To relate it with a spiritual identity because at that point spiritual infant is going to be a young adult. According to this research the phase of spiritual identity development is very uncertain in position and an individual has most of unfamiliarity with that. (Tale & Parker, 2007). Here care giver (spiritual authority figures such as pastors, spiritual mentors or guides, and therapists) play an important role in the development of spiritual identity. If the care giver is a spiritually connected and infant develop trust on care giver so that spiritual identity has chances to be developed in infant but if infant is unable to trust care giver then it has certain amount of possibility to rupture the identity process.

According to Erikson developmental stage of human are very much related to develop identity in human. In developmental phase of an adult, here (Spiritual caregivers, pastors, spiritual mentors, or therapists,) play important role to seek an adult towards spiritual identity and to develop trust on almighty.

While exploring past researches there is a strong association has been seen in between life satisfaction wellbeing and religiosity that impacts human in different ways. Even research report that people with religious identity feel happier and satisfied with life in a comparison of people with liberal religious belief regardless of their social group, affiliation or services (Green & Elliot, 2010). An study after extensive amount of 1200 researches supports the idea that happiness has an positive impact on spirituality along with it religiosity also help in improvement of mental health and mental stability. (Koenig et al., 2012). International studies also state that majority of population consider religious an important expect in their life to gain comfort and satisfaction. (Tay et al., 2014). Another literature base study concludes that religion also play an important part in regulation of emotions and wellbeing (Vishkin et al., 2014). Another study found positive relationship between different indicators like LS, self-importance, hope, meaningful life and wellbeing with religiosity and spirituality. This study also suggests that wellbeing play a role of mediation for positive affects (awe, gratitude, love, and peace) but not to delight and self-importance. (Van Cappellen et al., 2016) Research also stated that happiness and self-esteem also has an positive relationship with religiosity (Achour et al., 2017)

In this contrast Social norm theory stated that religious person in religious country get treated respectfully as compare to non-religious person they also score high on life satisfaction and wellbeing. Because in religious countries prejudice towards non-religious person mostly dominant (Stavrova et al., 2013).

Collectively it can be stated after exploration researches that in Christianity the relationship between these two variables is not consistent but for Muslims the relationship is totally positive. Research stated that Muslim has positive relationship in a context of religion with wellbeing but Christianity does have inconsistency. But other than that these two religions are mostly been explored for these variables as compare to other religion (Rizvi & Hossain, 2017)

As we can see past researches shows strong association between wellbeing and religiosity but the question here is what mechanisms drive this strong affiliation? In this context previous data stated 4 mechanisms, (1) ‘religious attendance enhances social integration and support’ (2) ‘a relationship

with a greater power helps to cope with stress' (3) 'religiosity gives meaning and purpose in life' (4) 'persons who hold religious beliefs have healthier lifestyles'. Along with it prayers also help in stress coping (Hill et al., 2000).

In a recent study all aspects of religions has been listed by the researcher to live well. Stated list was based on meaning of life, mechanism of coping with difficult situations and social group support. But generally Allah is the most merciful that give hope and peace to the believer. Religiosity also enhance positive attitude towards life and also improve helping behavior. (Kim-Prieto, 2014) Another study suggest that happiness has a strong association with religion because its related with purpose and meaning of life. So religion is the thing that help to find a meaning in life that why it contribute to wellbeing and happiness. (French & Joseph, 1999) term purpose of life is denoted as a life and its goals that give an individual way to live life (Kashdan & McKnight, 2009).

After such an extensive and all-embracing literature review it can be settled that wellbeing, life satisfaction and religiosity made a connection in realm of available psychology researches, these variables have been extensively studied and even need to explore further especially with specification of independent cultural context, the present research is the continuation of spreading the new knowledge reevaluated to Pakistani culture context during covid-19 pandemic regarding these variables in the field of psychology.

Hypothesis

Hypothesis 1: There would be significant relationship between religious faith, life satisfaction and psychological wellbeing among Muslim and NON-Muslim group during covid-19 pandemic in Pakistan.

Hypothesis 2: There would be a significant difference between gender on the variables of religious faith, life satisfaction and wellbeing during covid-19 pandemic in Pakistan.

Hypothesis 3: Religious faith would be a significant predictor for life satisfaction and wellbeing among Muslim and NON-Muslim group during covid-19 pandemic in Pakistan.

Methods

This part of the study is describing the exploration plan and overall method of research that has been utilized to discover the relationship and determinants of life satisfaction, religious belief and wellbeing in depth with relation to gender differences.

Participants: While conducting study researcher have collected the data from the sample of 210 participants, from various cities of Pakistan. Participant age range comprised of 16 - 60 with the division of 160 Muslims and 50 Non-Muslim with minimum qualification of matric. Moreover 115 males and 95 females were the part of study with different family structure and socioeconomic statuses.

Measures: In the current research three self-report measure name satisfaction with life scale, Santa Clara strength of religious faith Questionnaire (Urdu Version), Wellbeing scale Self-report questionnaire in Urdu language has been used for this research by taking proper consent from the and demographic form.

Inform Consent Form: Explanation about the study have given in the consent form briefly. Participant willingness to take part on voluntarily basis and their ethical right to refused to take part in the research at any phase were provided, and surety that all provided information and data would be reserved and confidential only for research purpose have given to all research participants.

Demographic Form: All participants of present research filled the form of demographic by providing information regarding their age, qualification, gender, socio economic status, marital status, religious affiliation in the current context.

Instruments/Scales

Satisfaction with Life Scale (SWL): Satisfaction with life scale by (schutte et al., 1998) were selected with the internal consistency of (0.87). The cronbach's alpha and test retest reliability was ($r = .60$, $p < .01$) 5-items with 5 point Likert scale response (1- Strongly Disagree, 2 -Disagree, 3- Nether Disagree or Not Agree, 4-Agree, Strongly Agree).

Santa Clara Strength of Religious Faith Questionnaire (SCSRQ): Santa Clara strength of religious faith Questionnaire designed by (Larkey, 1996). Alpha coefficients (.69-.80.30) Split half reliability of the scale is (0.90 to 0.96).items using 5-point Likert scale (1- Strongly Disagree, 2 - Disagree, 3- Nether Disagree or Not Agree, 4-Agree, Strongly Agree).

Warwick-Edinburge Mental Wellbeing Scale (WEMWBS): Warwick-Edinburge Mental Wellbeing Scale (WEMWBS) (Tennant, R., et al., 2006) a Self report questionnaire. It's Cronbach Alpha ($\alpha = 0.92$), retest reliability (0.83), using scale of 0 (seldom) 1 (sometimes) 2(regularly) 3 (often) 4 (always).

Procedure: As current research has been conducted in the presence and outbreak of Covid-19 pandemic, unfortunately like all over the world Pakistan also has gone under the extensive lock down where physical contact and meeting with peoples was not possible or prohibited by government or state as a policy to prevent outbreak of this pandemic (Covid-19) in Pakistan. In this critical troublesome period especially educational institutes were closed for extensive period in Pakistan. For that reason, online procedure for entire procedure for conducting this quantitative research has been utilized. Firstly,all research measures Santa Clara strength of religious faith Questionnaire designed by (Larkey, 1996), Satisfaction with life scale by (schutte et al., 1998), Warwick-Edinburge Mental Wellbeing Scale (WEMWBS) (Tennant, R., et al., 2006) including inform consent and demographic form generated by using google form and a link has generated and have been sent to targeted participants by using snowball sampling techniques via WhatsApp/Email/Facebook for online administration on selected participants. After online collection of data scoring has been completed by following the standard method provided accordance with all measures.

Ethical Considerations

- The permission has taken from all authors and copy right holder of all the scales have been used in the research through proper channel and by fulfilling all the prerequisites.
- All research participants were informed by researcher that they are participating in this research voluntarily, any information of the participants will not be disclosed, as well confidentiality matters have been assured to the all participants.

Statistical analysis: After that researcher has scored all the collected data on SPSS, standard statistical analysis was applied for testing the research hypothesis. T test for analyzing gender difference between religious belief, life satisfaction and wellbeing among Muslim and non-Muslim participants, correlation to check the relationship between religious belief, life satisfaction and well-being and regression to analyze predictive relationship of religious belief with life satisfaction and wellbeing was applied to find out the results for the research.

Operational Definition of Various Terms

Variables that has been used in the study operationally define as,

Life Satisfaction: It is a construct that has been as an enjoyment level, satisfaction of an individual with their own life activities and wellbeing (Diener, et al., 1985).

Religious Faith: Religious faith is used to assess the general role of faith or a higher being in one's life (Plante & Boccaccini, 1997a)

Well-Being: Wellbeing define as a concept of individual good, benefits, pleasure, quality of life and interest. (Burris, et al., 2009).

Gender: Gender define as a behavior that has been expected from individual in given culture. (Matsumoto & Juang, 2013).

Results

Table 1: Descriptive Statistics

Variable	N	%
Gender		
Male	115	54.8
Female	95	46.2
Religion		
Muslim	160	76.2
Non-Muslim	50	23.8
Qualification		
Metric	9	4.3
Intermediate	23	16.7
Graduation	123	58.6
Masters	43	20.5
Occupation		
Government	18	8.6
Private	58	27.6
Student	116	55.2
Unemployed	18	8.6
Marital status		
Married	46	22.9
Unmarried	162	77.1
City		
Abbotabad	2	1.0
Attock	11	5.2
Azad Kashmir	1	.5

Bahawalpur	5	2.4
Di khan	1	.5
Faisalabad	2	1.0
Goteborg	1	.5
Gujranwala	2	1.0
Hassanabbdal	1	.5
Hyderabad	6	2.9
Islamabad	9	4.3
Karachi	120	57.0
Khan bella	1	.5
Lahore	5	2.4
Lakki marwat	1	.5
Larkana	1	.5
Liaqatapur	1	.5
Malamjaba	1	.5
Mansehra	3	1.5
Mardan	1	.5
Mirpur mathelo	4	1.9
Multan	1	.5
Muzzafarabad	1	.5
Narowal	1	.5
Okara	1	.5
Patoki	3	1.5
Peshawar	2	1.0
Quetta	2	1.0
Rahim yar khan	5	2.4
Rawalpinidi	3	1.5
Sialkot	1	.5
Sukkur	1	.5
South Waziristan	1	2.9
Sawabi	6	.5
Sawat	1	.5
Tunssa shareef	1	.5
Zhob	1	.5

Table 5 illustrates descriptive statistics of the sample that shows number of participant's demographic information.

Table 2: Correlation among Religious Belief, Life Satisfaction and Wellbeing

	Cronbach' alpha	Santa Clara Religious Faith Questionnaire (SCRBQ) Urdu Version	Satisfaction with Life (SWL)	Warwick-Edinburge Mental Wellbeing Scale(WEMWBS)
Santa Clara Religious Belief Questionnaire(SCRB	.004		.199**	.301**

Q)		
Satisfaction with Life (SWL)	.000	.364**
Wellbeing(WEMWB S)		

There is weak positive relationship between religious belief and life satisfaction, $r = .199$, $n = 210$, $p = .004$.

This means that religious belief doesn't have strong relationship with life satisfaction yet the relationships between these two variables do exist.

There is weak positive relationship between religious belief and subjective wellbeing, $r = .301$, $n = 210$, $p = .000$.

This means that religious belief doesn't have strong relationship with wellbeing yet the relationships between these two variables do exist.

There is weak positive relationship between life satisfaction and subjective wellbeing, $r = .364$, $n = 210$, $p = .000$.

This means that life satisfaction doesn't have strong relationship with wellbeing yet the relationships between these two variables do exist.

Table 3: Analysis of T test among male and female on Santa Clara Religious Faith Questionnaire(SCRFAQ)Urdu Version

Santa Clara Religious faith Questionnaire(SCRFAQ)	Gender	N	Mean	SD	t	df	Sig.
	F	95	32.6316	5.17575	-3.371	208	.001
	M	115	35.1478	5.54921			.001

There is significant difference between the scores of male ($M = 35.1478$, $SD = 5.54921$) and female ($M = 32.6316$, $SD = 5.17575$) upon religious belief; $t(208) = -3.371$, $p = .001$. These results indicate that religious belief does have difference when it comes to gender and male scored higher on religious belief than females.

Table 4: Analysis of independent t- test between male and female on Satisfaction with Life Scale(SWL)

Satisfaction with life scale (SWL)	Gender	N	Mean	SD	t	df	Sig.
	F	95	20.22	7.272	-.140	208	.889
	M	115	20.34	4.866			

There isn't any significant difference has been found between the scores of male ($M = 20.34$, $SD = 4.866$) and female ($M = 20.22$, $SD = 7.272$) upon life satisfaction; $t(208) = -.140$, $p = .889$. which means that there isn't any difference between gender when it come to life satisfaction.

Table 5: Analysis of independent t- test between male and female on Warwick-Edinburge Mental Wellbeing Scale (WEMWBS)

WEMWBS	Gender	N	Mean	SD	t	df	Sig.
	F	95	46.62	8.263	-4.359	208	.000
	M	115	51.40	7.602			

There is significant difference between the scores of male (M=51.40, SD=7.602) and female (M=46.62, SD=8.263) upon wellbeing; $t(208) = -4.359, p = .000$. Which mean that wellbeing does have difference when it comes to gender.

Table 6: Regression Analysis for prediction of Religious Belief, Life Satisfaction and Well-Being

Predictor	R	R Square	Adjusted R Square
	.316 ^a	.100	.091

Table 7: Regression Analysis of ANOVAs for prediction of Religious Belief, Life Satisfaction and Well-Being

Model	SS	Df	Mean Square	F	Sig.
Regression	634.731	2	317.365	11.479	.000 ^b
Residual	5723.250	207	27.649		
Total	6357.981	209			

Table 8: Regression Analysis of Coefficient for prediction of Religious Belief, Life Satisfaction and Well-Being

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	B		
(Constant)	23.425	2.250		10.410	.000
SWLTotal	.094	.064	.103	1.462	.145
WEMWBSTOTAL	.176	.047	.263	3.717	.000

($R^2=.100, F(11.479)=2, p<.000$) it was found that religious belief signigicantly predict wellbeing ($\beta = .263, p<.000$) And life satisfaction($\beta=.103, p<.000$).

Limitations and Implication of the Study

There are many factors that effects the generalizability of the present research, due to covid-19 pandemic all data administration was done via online, that questioned the credibility of genuine responses of participants. Beside this sample was not representative all over the Pakistan although it was tried best to taken data from each and every city of Pakistan to make sure repetitiveness of population but hardly it was achieved. Moreover, sample from Muslim and non-Muslims were also not comparable due to unequal number of participants of selected sample, similarly uneven numbers of male and female participants also lacks the generalizability of results regarding gender

differences, inclusion and exclusion criteria of the participant was also not clearly maintained due to online collection of data in the present research.

Findings of the study highlight the importance of religion and benefits of religion with contribute to the practitioner and therapist that practice religion more can help better to cope with their daily life stressor and to improve their wellbeing with increase in satisfaction in life.

Conclusion

By concluding that finding of the current study shows significant relationship between religious belief life satisfaction and wellbeing along with the significant difference between male and female upon religious beliefs and wellbeing but data shows similarity of results between male and female when it comes to life satisfaction with that current findings. Moreover, states that religious belief is a significant predictor of better wellbeing and life satisfaction upon the age range between 16 to 60. as this study is been conducted on the large scale of Pakistani population but lack in the equivalence and representative of data future study to analyze these variables with overcoming this limitation could be suggested.

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