

Religiosity/Spirituality, Social Anxiety, and Vocational Interests in a University Counseling Setting

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Brief Literature Review

- The Center for the Study of Collegiate Mental Health (CSCMH; 2009) found that 80% of students reported a religious or spiritual preference. In addition, 40% reported that their religious or spiritual preference played a very important or important role in their lives.
- Johnson and Hayes (2003) examined 5,472 college students and found 26% of participants reported at least a moderate amount of distress from religious or spiritual problems. Additionally, in a subgroup ($N=2,754$) of college students who sought counseling at university counseling centers, 19% reported religious or spiritual concerns.
- Faith can play a critical role in the career decision-making process, especially for those individuals committed to spirituality and religion (Duffy & Dik, 2009).

Measures

- Counseling Center Assessment of Psychological Symptoms-70 (CCAPS-70)
 - Subscales: Religiosity/Spirituality and Social Anxiety
 - Important note: high scores on religiosity/spirituality subscale reflect low levels of religiosity/spirituality
- Strong Interest Inventory (SII)
 - Six dimensions: Realistic, Investigative, Artistic, Social, Enterprising, and Conventional

Results – Demographic Frequencies

	N	Percent		N	Percent		N	Percent
<i>Year in School</i>			<i>Gender</i>			<i>Religion</i>		
Freshman	27	22.0	Male	56	45.5	Catholic	12	9.8
Sophomore	40	32.5	Female	67	54.5	Jewish	1	0.8
Junior	27	22.0				Hindu	1	0.8
Senior	25	20.3				Protestant	55	44.7
Graduate Student	4	3.3	<i>Race</i>			Baptist	12	9.8
			African American	47	38.2	Lutheran	2	1.6
<i>Age</i>			Asian American	1	0.8	Methodist	4	0.3
18-19 years	44	35.8	Caucasian	73	59.3	Non-denominational	35	28.5
20-21 years	47	38.2	Hispanic	1	0.8	Pentecostal	2	1.6
22-23 years	20	16.3	Biracial/Multiracial	1	0.8			
24 years and older	11	8.9						

Results – Bivariate Correlations

Religiosity/spirituality – Social vocational interest ($r = -.23^{**}$)

Social anxiety – Enterprising vocational interest ($r = -.27^{**}$)

Results – T test analyses

Gender (Male/Female)

- Males more likely to be Realistic
- Females more likely to be Social
- Males more likely to be Conventional

Religion (Protestant/Catholic)

- Protestants more likely to be religious/spiritual

Religious concerns (Yes/No)

- Those with religious concerns more likely to be Social

Religious affiliation (Yes/No)

- Those with religious affiliations more likely to be religious/spiritual
- Those with religious affiliations more likely to be Conventional

Race (Caucasian/African American)

- No significant differences between Caucasians and African Americans

Year in school (Underclassmen/Upperclassmen)

- No significant differences between underclassmen and upperclassmen

Results – Z score analyses

Gender (Male/Female)

- Males who are socially anxious more likely to be Investigative ($r = .32^*$)
- Females who are Realistic more likely to be Artistic ($r = .54^{**}$)

Religion (Protestant/Catholic)

- Catholics who are socially anxious more likely to be Realistic ($r = .79^{**}$)

Religious concerns (Yes/No)

- Those with religious concerns who are religious more likely to be Enterprising ($r = -.76^{**}$)

Religious affiliation (Yes/No)

- Significant difference between social anxiety and Conventional but correlations are not significant
 - Religious affiliation – positive relationship; No Religious affiliation – negative relationship

Race (Caucasian/African American)

- African Americans who are religious more likely to not be socially anxious ($r = .32^*$)
- Significant difference between social anxiety and Artistic but correlations are not significant
 - Caucasian – positive relationship; African American – negative relationship
- African Americans who are Social more likely to be Conventional ($r = .57^{**}$)

Year in school (Underclassmen/Upperclassmen)

- No significant differences between underclassmen and upperclassmen