



# **Level of Religiosity on Perceptions of Adulthood Among College Students**



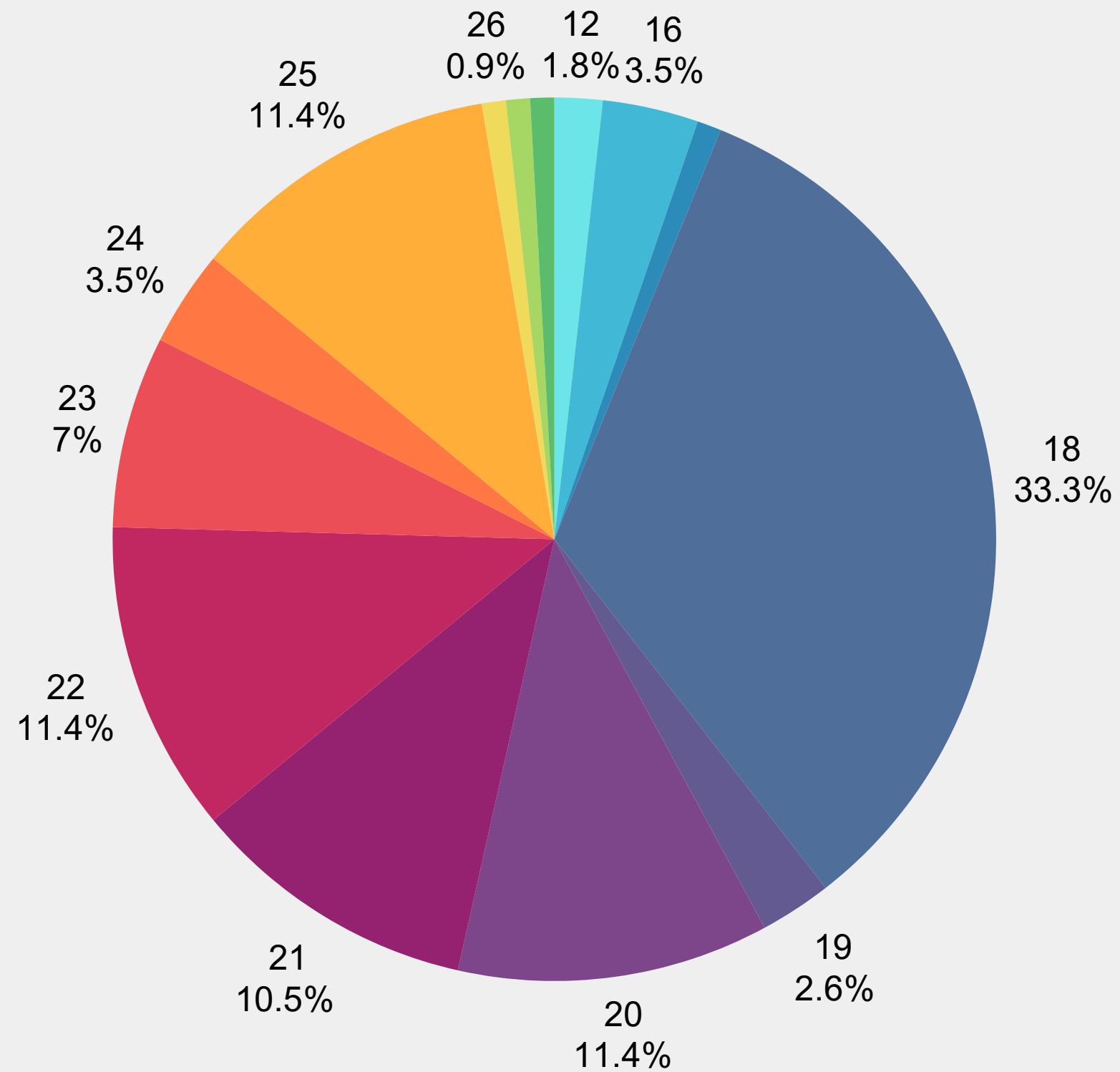
Presented by Dorothea Prech

# About me

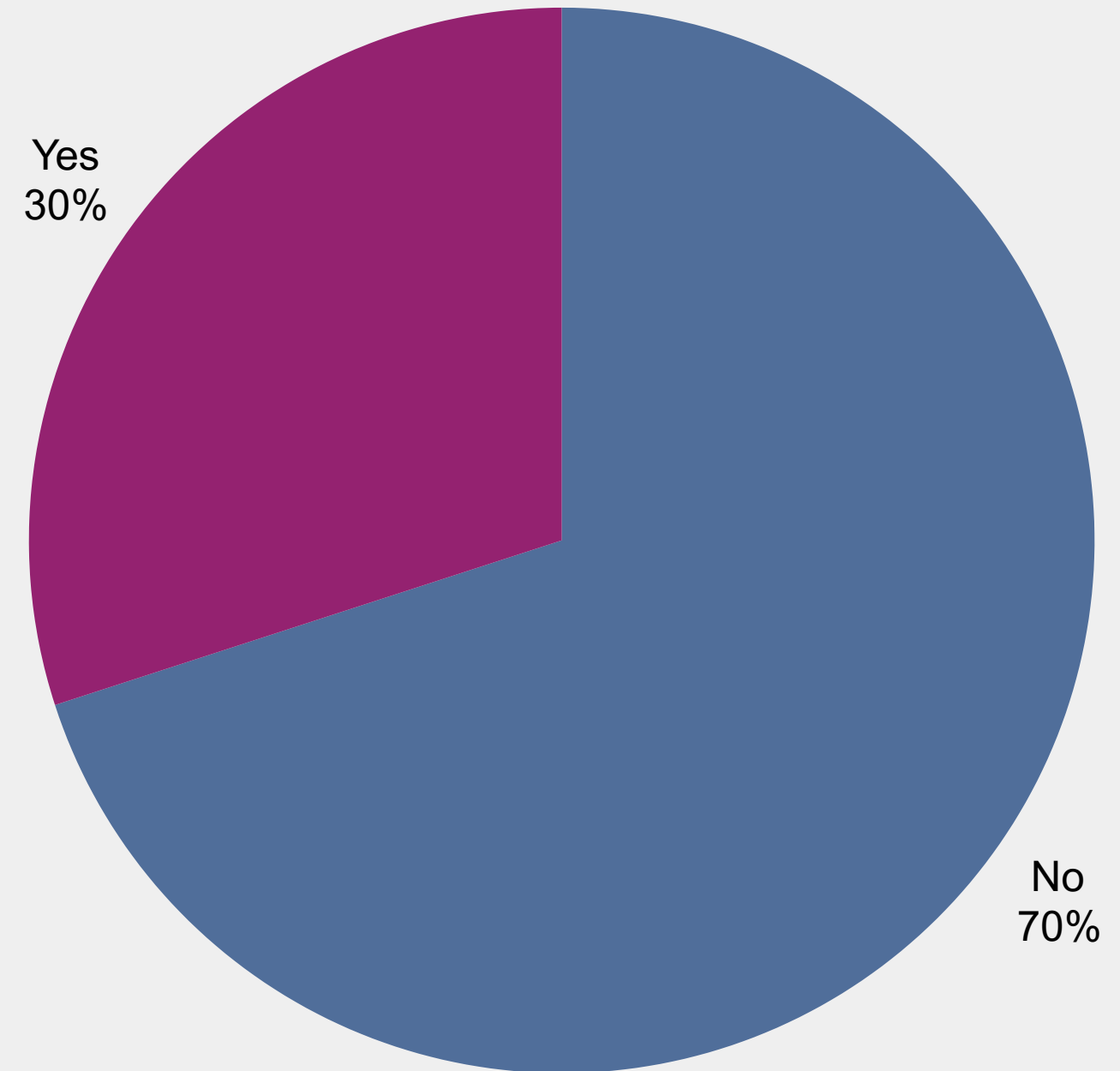


- Psychology major
- From Cleveland Heights, Ohio
- Involved in Ukirk, Wooster Christian Fellowship, Worthy Questions

# Introduction



What age does adulthood start?



Do you feel you have reached adulthood?



# Framework



## Why emerging adulthood?

- New concept
- Relevant in college context
- Changing economic and social
- Relevance to psychology

## Why religion?

- Worldview
- Positive mental health outcomes
- Different priorities related to family formation and career orientation



# Hypothesis

## Religiosity and definition of adulthood

Greater religiosity correlates to a more defined view of adulthood. While lower religiosity correlates to a less defined, more fluid view of adulthood.



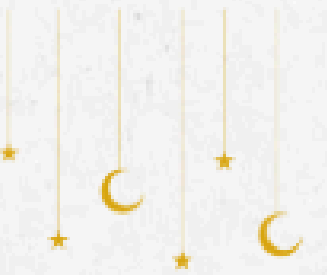
# Methodology

## Data collection

Anonymous self-reported survey sent out through Qualtrics via posters and a SONA advertisement.



## Religious or spiritual beliefs on perceptions of adulthood

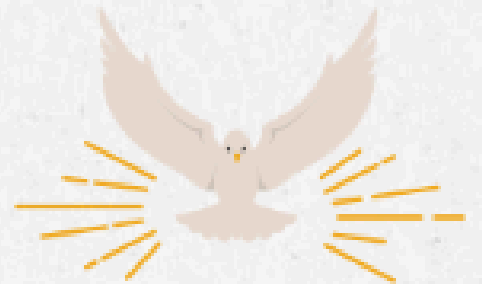


### What is this survey about?

My name is Dorothea Prech, I'm a senior psychology major. For my Independent study I'm interested in **how religious beliefs and practices affect perceptions of reaching adulthood.**

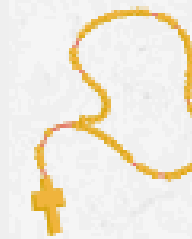
If you're interested in participating, fill out a brief 5-10 minute survey below.

Your responses will be anonymous and confidential. Participants must be at least 18 years old, no religious background needed!



**Thank you for participating!**

For more information you can find me by email at [dprech25@wooster.edu](mailto:dprech25@wooster.edu)



The following questions will measure religious and/or spiritual strength. Respond with the degree of agreement you find describe your current religious and/or spiritual beliefs.

Religion is important to my day-to-day life

☐ Strongly disagree

☐ Somewhat disagree

☐ Neither agree nor disagree

☐ Somewhat agree

☐ Strongly agree

Prayer/meditation help me cope in times of stress

☐ Strongly disagree

☐ Somewhat disagree

☐ Neither agree nor disagree

☐ Somewhat agree

☐ Strongly agree

I believe a Higher Power(s) protect me

☐ Strongly disagree

☐ Somewhat disagree

☐ Neither agree nor disagree

☐ Somewhat agree

☐ Strongly agree

The following questions will measure beliefs about criteria that is important and/or necessary for reaching adulthood. Indicate how important this criteria is to achieving adulthood. To clarify, you are not being asked if you personally have achieved the below criteria.

Supporting self financially

☐ Very unimportant

☐ Unimportant

☐ Neither important nor unimportant

☐ Important

☐ Very important

Move out of parents' household

☐ Very unimportant

☐ Unimportant

☐ Neither important nor unimportant

☐ Important

☐ Very important

Finish education

☐ Very unimportant

☐ Unimportant

☐ Neither important nor unimportant

☐ Important


☐ Very important






# Literature Review

- Change in modernity
  - Trends in religiosity
  - Historical context of emerging adult
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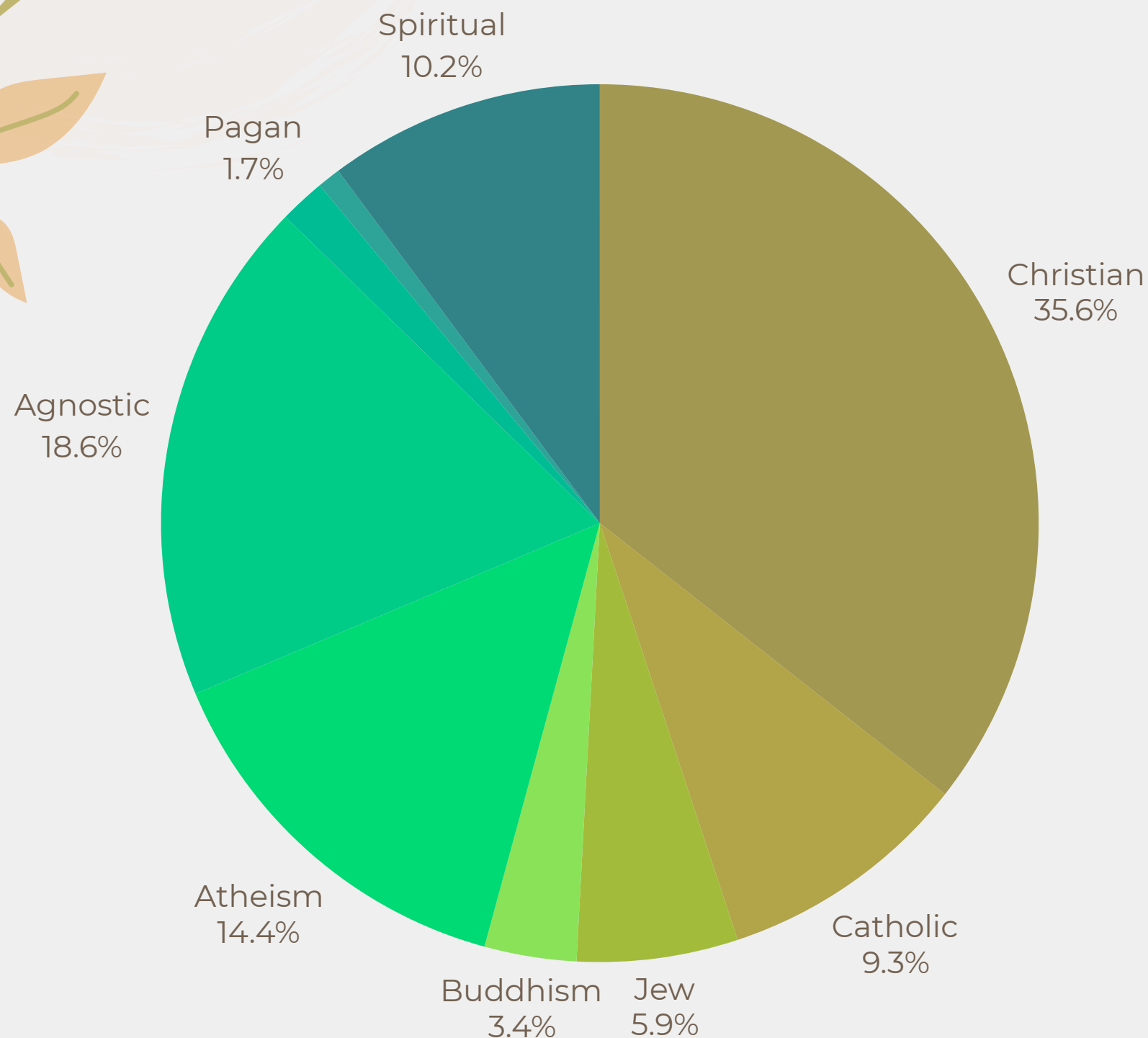
- Physical development of emerging adults
  - Critique on emerging adulthood
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- Empirical research of religion and emerging adulthood
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- Religion and risk behaviors
  - Higher education setting
  - Relational implications of emerging adulthood religiosity
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# Results



- Representative of population
- As Belief and Practices scores increased, so did Criteria for Reaching Adulthood scores
  - $r(119) = .422, p < .001$
- Therefore strong religiosity = higher criterion of milestones for adulthood vs something fluid
- No significant differences among sex with Belief and Practice scores but there were among Criteria for Reaching Adulthood scores



# Conclusion

- Implications and limitations
- Significance of age group
- Understanding stereotypes
- Achieving American dream harder
- How this impacted me?







# Acknowledgements



## Advising and writing center

Support of my advisor. The staff at the writing center. Previous psychology professors.

## Research

Arnett's research on emerging adulthood. Barry and Nelson's research on religiously affiliated colleges.



# Thank You So Much!

Dorothea Prech | College of Wooster

