

Role of Personality and Spirituality in Nonviolent Behavior in Young Adults

Rida Ashraf and Iram Fatima*, Ph.D

Institute of Applied Psychology, University of the Punjab, Lahore,
Pakistan

This research intended to investigate the role of personality and spirituality in nonviolent behavior of students ($N = 210$; men = 105 & women = 105) enrolled in universities, between age of 18 and 20 years. Assessment measures included the Teenage Nonviolence Test (TNT; Mayton et al., 1998), Spiritual Attitude Scale (Amjad, 1996), Neo Five Factor Inventory (Costa & McCrae, 1992) and a demographic questionnaire. Series of moderated regression analyses were used to find out the predictors of five aspects of nonviolent behavior in men and women. Overall, the results revealed spirituality predicted all dimensions of nonviolent behavior, i.e., physical nonviolence, psychological nonviolence, helping behavior, search for wisdom and self-suffering behavior in both men and women. Extraversion predicted helping behavior, search for wisdom, and self-suffering similarly in both men and women. Agreeableness predicted physical nonviolent behavior in both men and women while psychological nonviolence behavior in only women.

Keywords. Nonviolent behavior, personality, spirituality