



RELIGIOUS COMMITMENT AND ITS RELATIONSHIP WITH SELF-ESTEEM AND EMOTIONAL INTELLIGENCE

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By

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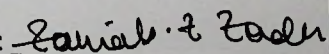
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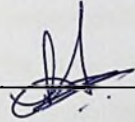
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*I certify that the research work presented in this thesis, to the best of my knowledge, is my own.
All sources used and any help received in the preparation of this thesis have been acknowledged.
I hereby declare that I have not submitted this material, either in whole or in part, for any other
degree at this or any other institution.*

Signature: _____

A handwritten signature in black ink, consisting of several loops and a long horizontal stroke, written over a solid horizontal line.

ACKNOWLEDGEMENT

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Abstract

The research aimed to explore the relationship between religious commitment, self-esteem and emotional intelligence in Muslims, Christians and Hindus. Seventy-five participants in the age range of 18-24 were selected, with twenty-five participants from each religious denomination. Religious commitment was measured through the Religious Commitment Inventory – 10 (Worthington et. al 2012). Self-esteem was assessed using the Rosenberg Self-Esteem Scale (Rosenberg, 1965) while Emotional Intelligence was tested through the Schutte Emotional Intelligence Scale (Schutte, Malouff, & Bhullar, 2009). Convenience sampling was used to select Muslim participants while snowball sampling was used to select Christians and Hindus. A linear regression analysis showed that a significant relationship ($p=.002$) exists between religious commitment and emotional intelligence, however a significant association was not found for religious commitment and self-esteem ($p=.997$). The study demonstrates the usefulness of religious commitment in everyday life.