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AFRICAN AMERICAN WOMEN, PSYCHOLOGICAL WELL-BEING,
RELIGIOSITY, AND STRESS (97 pp.)

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The current study examined the moderating ability of intrinsic religiosity on the association of stress and psychological well-being for African American women. It was conducted in Northeastern Ohio and investigated the extrinsic religiosity, intrinsic religiosity, psychological well-being, and stress of African American women ages 18 to 65. A causal comparative, cross-sectional study was conducted that explored the effects between the variables in a nonexperimental setting. Data are from three instruments and one demographic survey completed by 143 African American women from two Northeast Ohio churches. Participants completed four questionnaires: a demographics questionnaire, the Perceived Stress Scale (Cohen et al., 1983), the Religious Orientation Scale (Allport and Ross, 1967), and the Psychological Well-Being Scale (Ryff, 1989). Bivariate correlations focusing on moderation were used to analyze the data results. Extrinsic religiosity was found not to be associated with psychological well-being. Intrinsic religiosity was found to positively influence psychological well-being. Stress was found to negatively influence psychological well-being. Neither extrinsic nor intrinsic religiosity was found to be a moderator of the relationship between stress and psychological well-being.