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# Sabbath Keeping Internalization: Well Being and Need Satisfaction

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# Sabbath Keeping Internalization: Well Being and Need Satisfaction.

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## ABSTRACT

In this study I examine a possible correlation between Sabbath-keeping experiences and well-being as a function of religious internalization levels. I also ask whether that relationship is mediated by need satisfaction. My sample included Seventh-day Adventist community church goers. I surveyed a small Midwestern congregation about their Sabbath-keeping experiences, need satisfaction, and overall well-being. To ensure that my sample consisted of church goers, I only surveyed members at the church service. I predict that a higher level of religious internalization of Sabbath-keeping practices and fulfillment of need satisfaction will be more conducive to well-being.

## INTRODUCTION

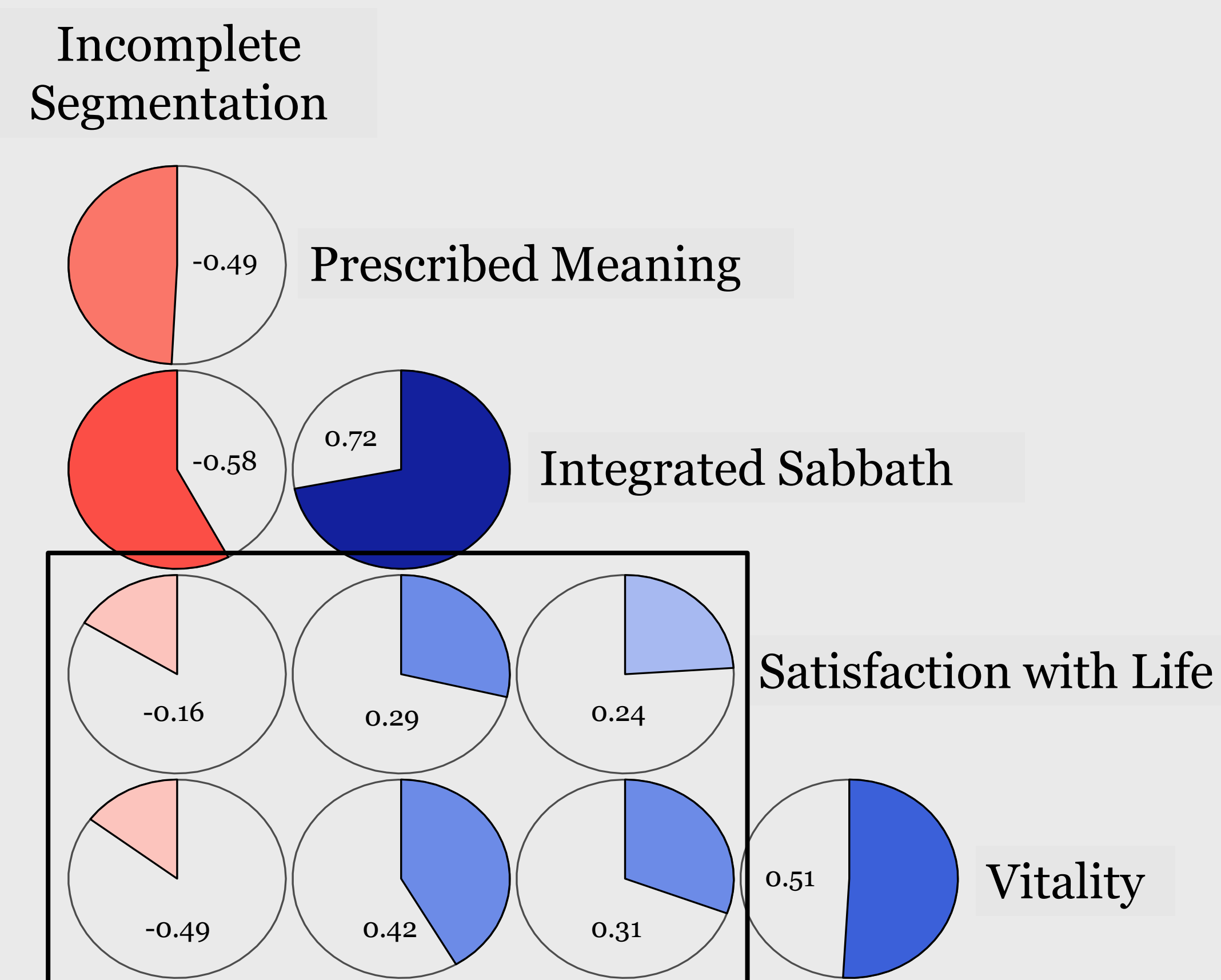
In Self-Determination Theory, humans need continual nourishment from three psychological nutrients to develop well-being and maintain overall health: autonomy, competence and relatedness (Deci & Ryan, 2000). Diddams, Surdyk and Daniels' (2004) theoretical model suggests that Integrated Sabbath-keeping fulfills these needs. This model has held true in college samples. In this study, I am testing it within multigenerational church communities.

## METHODOLOGY

The survey was willingly taken by 60 members of a Midwestern Seventh-day Adventist church.

Instruments included: Sabbath Keeping Internalization (Bailey & Emanuel, 2014), Subjective Vitality Scale (Ryan & Frederick, 1997), the Satisfaction with Life Scale (Diener et. al, 1985) and the Need Satisfaction coding method (Philippe et. al, 2011).

I am reporting partial data. The figure below shows the correlations between models of Sabbath keeping internalization (SKI) and well-being. Upon gathering more surveys, I will run a confirmatory factor analysis to examine whether the SKI instrument has the same structure in church samples and an analysis of whether need satisfaction mediates the relationship between SKI and well-being.



## RESULTS

The following results replicate the previous work with college students:

- A strong, negative correlation between incomplete segmentation and the other Sabbath keeping models.
- A strong, positive correlation between prescribed meaning and integrated Sabbath.
- A moderate, positive correlation between prescribed meaning and well-being variables.
- A small, negative correlation between incomplete segmentation and well-being.

This study extends what we know about SKI and well-being:

- A moderate to strong positive correlation between well-being variables - subjective vitality and satisfaction with life.
- Integrated Sabbath is more strongly correlated with vitality than satisfaction with life.

## DISCUSSION

The results support previous findings:

- When church members are not fully integrating the Sabbath into their lives, they have lower levels well-being.

Our new finding suggests:

- Keeping the Sabbath is more related to feeling like you are really *living* (vit.) than feeling like you lived the right way (sat. with life).