

Abstract

The current study focused on investigating the relationship of religious coping and meaning in life with posttraumatic growth in individuals who were exposed to some kind of trauma in their lives. The sample comprised of 223 individuals aged above 18, both men and women from general population with at least one trauma six months prior to study, recruited through non probability convenience sampling. It was hypothesized that a) there is a significant relationship among religious coping, meaning in life, and posttraumatic growth in individuals with trauma exposure, b) there is significant gender difference in religious coping, meaning in life and posttraumatic growth in individuals with trauma exposure, c) religious coping and meaning in life significantly predict posttraumatic growth in individuals with trauma exposure, and d) meaning in life will act as a moderator between religious coping and posttraumatic growth in individuals with trauma exposure. Assessment tools included demographic questionnaire, brief Religious Coping Scale (brief-RCOPE), brief Personal Meaning Profile (PMP-B), and Post Traumatic Growth Inventory- short form (PTGI-SF). Results showed a highly significant positive relationship among religious coping, meaning in life, and posttraumatic growth. Meaning in life proved more statistically significant than religious coping in predicting posttraumatic growth. It was also revealed that meaning in life was a statistically significant moderator between religious coping and posttraumatic growth and it increased the posttraumatic growth as compared to religious coping alone. The study will help psychologists and social workers to use religious coping strategies and meaning in life for making it possible to achieve psychological growth after trauma in individuals with trauma exposure.