

Hope College

Hope College Digital Commons

22nd Annual Celebration of Undergraduate
Research and Creative Activity (2023)

The A. Paul and Carol C. Schaap Celebration of
Undergraduate Research and Creative Activity

4-14-2023

Humbly More Religious: The Role of Humility in Religious Change

Chloe Swanson
Hope College

Hannah Fuller
Hope College

Carmen Casper
Hope College

Isabella Brady
Hope College

Follow this and additional works at: https://digitalcommons.hope.edu/curca_22



Part of the [Psychology Commons](#)

Recommended Citation

Repository citation: Swanson, Chloe; Fuller, Hannah; Casper, Carmen; and Brady, Isabella, "Humbly More Religious: The Role of Humility in Religious Change" (2023). *22nd Annual Celebration of Undergraduate Research and Creative Activity (2023)*. Paper 38.

https://digitalcommons.hope.edu/curca_22/38

April 14, 2023. Copyright © 2023 Hope College, Holland, Michigan.

This Poster is brought to you for free and open access by the The A. Paul and Carol C. Schaap Celebration of Undergraduate Research and Creative Activity at Hope College Digital Commons. It has been accepted for inclusion in 22nd Annual Celebration of Undergraduate Research and Creative Activity (2023) by an authorized administrator of Hope College Digital Commons. For more information, please contact digitalcommons@hope.edu, barneycj@hope.edu.

Humbly More Religious: The Role of Humility in Religious Change

Chloe Swanson, Hannah Fuller, Carmen Casper, Isabella Brady

Faculty Mentor: Dr. Daryl Van Tongeren



Introduction

- Previous research places emphasis on **how** beliefs are held, with curiosity on what role they play in one's well-being ¹
- Intellectual humility is being willing to revise one's own ideas and beliefs and open to the viewpoints of others
- Further, *intellectual humility about existential issues* (IH-E) is the modesty or openness to existential concerns or issues
- **Research Questions:**
 - How does humility affect religious well-being?
 - What role does humility play in religious change?

Method

- Individuals (n = 240) who attended an *ex-vangelical* conference were surveyed on their intellectual humility at two time points (1 year apart)
- Surveys were administered as a year-long longitudinal study (2019-2020)
 - Focusing on religious change, religious deconstruction, and intellectual humility surrounding existential issues (IH-E)

How intellectually humble are you?

Follow this QR-code to investigate your own intellectual humility



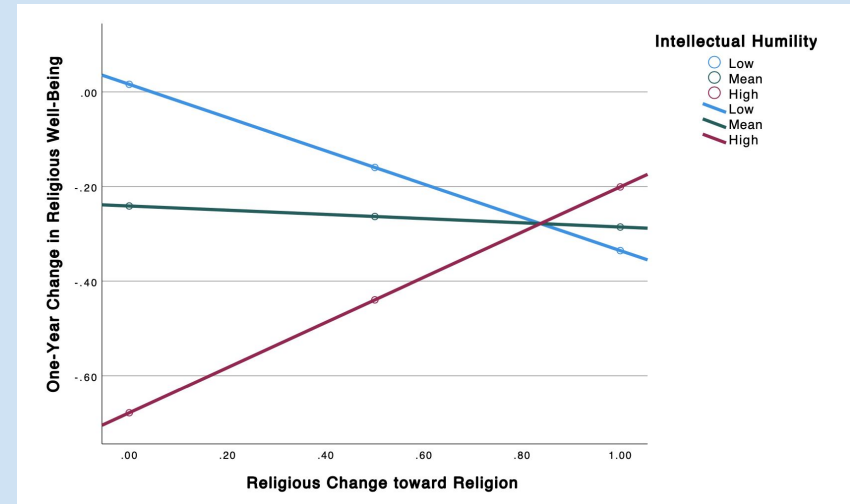
Hypothesis

We explored the role of intellectual humility in religious well-being when undergoing religious change

Discussion

- When moving toward religion, individuals with intellectual humility report greater religious well-being, whereas those with lower intellectual humility report lower levels of religious well-being one year later
- Religion is said to provide answers surrounding these existential concerns ², yet there is a catch?
- One's religious well-being (their ability to find peace surrounding existential concerns) is dependent on their ability to stay humble—intellectual humility may help people navigate religious change
- **Future research:** we look to advance our research by investigating the relationship between humility and religious deconstruction more broadly.

Results



Results revealed a significant interaction between religious change (moving toward religion) and intellectual humility (IH-E) around existential concerns on change in religious well-being ($b = .77$, $SE = .27$, $t = 2.82$, $p = .006$).

Interested in learning more?

