

**LEVEL OF INTRINSIC MOTIVATION, SPIRITUALITY LEVEL, AND LIFE  
SATISFACTION OF MIDDLE AGED NUNS IN SELECTED  
CONGRAGATION OF TAGAYTAY CITY  
AND SILANG, CAVITE**

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## ABSTRACT

**ANTIOQUIA, CHRISTINE L. and ELARDO, MONALIZA R. Level of Intrinsic Motivation, Spirituality Level, and Life Satisfaction of Middle Aged Nuns in Selected Congregation of Tagaytay City and Silang, Cavite.** Undergraduate Thesis. Bachelor of Science in Psychology. Cavite State University. April 2014. Adviser: Ms. Mary Joyce B. Eyaya.

The study was conducted to determine the level of intrinsic motivation, spirituality level and life satisfaction of middle aged nuns in Congregations of Tagaytay City and Silang, Cavite. Specifically, it aimed to determine; (1) the level of intrinsic motivation of the respondents; (2) the level of spirituality of the respondents in terms of connectedness with nature, human compassion, and inner-connectedness; (3) the life satisfaction level of respondent in terms of autonomy, environmental mastery, personal growth, positive relation with others, purpose in life, and self – acceptance; and (4) significant relationship between level of intrinsic motivation and life satisfaction, and level of spirituality and life satisfaction.

The study made use of descriptive-correlational method of research and purposive sampling technique was used to determine the target sample of the study. It was found that the middle aged nuns possessed an intrinsically motivated level. Spirituality levels of middle aged nuns in terms of the three categories were on the high level. Also, life satisfaction of middle aged nuns in terms of the six dimensions was evident and found to be at high satisfaction level; however, they manifested low satisfaction in personal growth and purpose in life.

Further, it can be seen in this study that level of intrinsic motivation and life satisfaction were not significantly related. Spirituality level and life satisfaction were also



not significantly related which indicates that middle aged nuns show that they independently were satisfying their lives and spirituality.



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