

What Problem do Women Seek Spiritual Help for?

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ABSTRACT Available literature showed that large proportions of attendees of spiritual houses are women and they attend these spiritual houses to seek help on diverse issues. The objective of this study is to investigate the problems that African women (particularly Yoruba women) seek spiritual help for. Using an ex post facto design and multistage sampling, 320 participants were drawn from the population of women help-seekers from 8 spiritual houses within Ibadan metropolis. Of this sample, 150, (50%) were singles, 90, (26.6%) were married, 50 (13.3%) were widowed; and 30, (10.1%) separated. Their ages ranged between 20–60 years, with lowest educational qualification being secondary school leaving certificate and highest educational qualification being Ph.D. Validated scale was used to collect data. SPSS was used to carry out a one way ANOVA and Scheffe's Post-Hoc statistical analysis of the data collected. Result of analysis revealed that topmost among the problems women seek spiritual help for is family problems, followed by health problem, career, finance and persecutory problems. Deriving from above, professionals should begin to focus on the development of therapeutic measures that will address specific problems as identified above and consideration should be given to the inclusion of spiritual therapy in their help-giving process.