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Spiritual Intelligence and resilience among young adults

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Abstract

Spiritual intelligence is associated with a deep understanding of the inner self and the feeling of connectedness with a supreme self. Spiritual intelligence has been associated to well-being since a very long time and has been established through existing literature. Resilience is one such integral part of our well-being. Resilience, in general terms relates to the ability to bounce back from stressful and adverse situations. This ability is crucial to every human being and especially at the young adult stage where the presence or absence of resilience works manifold. This study aimed at understanding if there is any relationship between spiritual intelligence and resilience among 70 college going students. Through statistical analysis, Pearson's correlation (0.282) at 0.05 significance level suggested positive correlation between spiritual intelligence and resilience.

Keywords: Spiritual Intelligence, resilience, young adults, correlation

Introduction

Zohar in 1997 created the concept of spiritual intelligence (SI) and gave it a name in her book *Re Wiring the Corporate Brain*. According to her, our integrity and wholeness are provided by our intelligence. It is the intelligence of the deep self, the intelligence of the soul. It is the intellect that allows us to rephrase our responses and ask basic questions.

Amram (2007) listed SI's seven main topics. As follows: Living in accordance with the sacred, expressing love for and trust in life; experiencing significance in daily activities through a sense of purpose and a call to service, including in the face of pain and suffering; transcending the separate egoic self into an interconnected wholeness; and living in open acceptance, curiosity, love for all creation (all that is), a sense of freedom within in tandem with wise action and surrendering to the higher self (be it God or true nature).

The influence of spiritual intelligence on human behaviour is significant. Numerous studies have indicated that the SI has a favourable effect on a person's psychology and significantly changes the personality of followers. (Samanta and Satpathy, 2020) ^[3]. Higher degrees of spirituality and religious belief have been linked to more adaptable coping mechanisms, greater stress resistance, a more positive outlook on life, more perceived social support, and lower levels of anxiety in those in recovery. Although there are different definitions of resilience, psychologists generally concur that it is a multifaceted term made up of both the ability to deal with adversity and the flexibility with which we may react. Some researchers go further, identifying the following three factors as essential to resilience (Boniwell & Tunariu, 2019) ^[13]: Boniwell and Tunariu, in their book on *Positive Psychology* (2019) have given three factors as essential ones for resilience. Recovery which means coming back to normal life stage which existed before the stressor. Resistance that corresponds to a healthy life after the stressor stage and Reconfiguration which means to adjust to change in various circumstances and gaining stability. Spiritual Intelligence and resilience can thus be assumed to possess some degree of similarity or relationship between each other and it is also a topic intensely researched upon. Another research study by O'Sullivan, L., & Lindsay, N. (2022) ^[6] was conducted with an aim to focus on the Western population. The findings showed that, but not for anxiety, spiritual intelligence was substantially related to improved resilience and decreased emotions of stress and depression. However, resilience scores totally moderated the association between spiritual intelligence scores and the sum of sadness, anxiety, and stress scores, indicating that spiritual intelligence per se may not directly affect wellbeing. Barmi B *et al.* (2019) ^[5] conducted a study to understand the connection between resilience and spiritual intelligence of rehabilitation staff.

The resilience of rehabilitation professionals and spiritual intelligence were significantly correlated ($r = 0.38$). The findings suggested that resilience might be raised through raising spiritual intelligence.

The research studies reviewed above have provided or rather a set a base for further studies trying to reveal a relationship between spiritual intelligence and resilience for most researches have established that there is a significant relationship between the two variables. However, there are countable researches done on college going students of Indian population.

Significance of the study

Indian education system is vast and comprehensive. Students who fall under the category of young adults face several challenges during their course of university or college education. Being the crucial years, they might be faced with distance from families for education purpose, academic pressure, mental pressure of building and working towards a career and challenges with respect to handling relationships. Under such circumstances, resilience becomes a key component which could be influenced by several aspects and as research suggests, spiritual intelligence can be a potential one. This research thus attempts to fill the existing gap and pave way for further studies in this realm.

Method

Research Design

The present research aims to study the relationship between spiritual intelligence and resilience among college going young adults. Correlational research design has been used to study if there exists a relationship between the variables.

Objectives

- To assess the level of spiritual intelligence and resilience among college going young adults
- To study the relationship between spiritual intelligence and resilience among college going young adults

Hypothesis

H₀: There is no significant relationship between spiritual intelligence and resilience among college going young adults

Sample: The sample size for this research is 70 from the population of college going young adults from India. The age group considered is 18-25. The data was collected online through Google forms. Simple random sampling technique was used. Basic demographic details along with two questionnaires was included in the form and circulated.

Variables: Spiritual Intelligence and Resilience

Tools: Spiritual Intelligence Self-Report Inventory 24 (SIRSI-24). King, D. & DeCicco, T.L. created the Self-Report Inventory (SISRI-24) to test spiritual intelligence on four dimensions: Critical Existential Thinking (CET), Personal Meaning Production (PMP), Transcendental Awareness (TA) and Conscious State Expansion (CSE). The dimensions CET and TA have 7 items each and PMP and CSE have 5 items each making it a total of 24 items in the scale. The statements are responded based on a Likert Scale ranging from '0 – Not at all true of me' to '4 – Completely true of me'. One of the items (Item No. 6) is reverse coded. The total score determines the overall spiritual intelligence

of the individual. King (2008) carried out validation and reliability from the original item of the 84-item questionnaire, which was reduced to 24 items of study on 305 university students, 231 of whom were female and 74 of whom were male, and attained Cronbach's alpha 0.92. Several other psychological measures like Meaning of Life and Emotional Intelligence Scale were employed in order to validate the SISRI-24. The results supported construct validity, divergent validity, and convergent validity. Brief Resilience Scale A self-assessment tool called the Brief Resilience Scale that evaluates a person's capacity to overcome stress and adversity was used in this study. Six statements-three favourably worded and three negatively-are included, and the respondent assesses each one on a 5-point Likert scale: "strongly disagree" to "strongly agree". The possible scores range from 1 (poor resilience) to 5 (great resilience). The total score ranged from 5 – 30. One of the research studies conducted a review of over 140 papers demonstrating the validity, reliability, and consistency of the BRS in relation to mental health and other significant factors.

Inclusion Criteria

- Participants falling under the age group of 18-25 (young adults) were only considered.
- Participants must be Indian and should be studying in India.
- Participants must be currently pursuing education from any registered institution or college.

Result and Discussion

Table 1: Showing the descriptive data including the sample size, Mean, Median and Standard Deviation

Variables	N	Mean	SD
Spiritual Intelligence	70	77.61	38.847
Resilience	70	3.08	0.682

The Mean value for spiritual intelligence and resilience is 77.61 and 3.08 respectively that represents the center of the data. SD value for spiritual Intelligence and resilience is 38.847 and 0.682 indicating the spread of the data. the spiritual intelligence data is well deviated from the mean while the resilience data is not much deviated indicating that data is clustered around the mean.

Table 2: Showing the correlation between spiritual intelligence and resilience

Correlation Matrix	N		Spiritual Intelligence	Resilience
Spiritual Intelligence	70	Pearson's r	1	
Resilience		Pearson's r	0.282	1
		p-value	0.018*	—

Table 2 denotes whether there is a correlation between Spiritual Intelligence and Resilience among young adults. It is found that there is significant relationship between Spiritual Intelligence and Resilience ($r = 0.282$, $p = 0.018$). The results were statistically significant at 0.05 level. Therefore, the hypothesis is rejected which states that there is no significant relationship between Spiritual Intelligence and Resilience. Hence, the results denote that there is significant relationship between Spiritual Intelligence and Resilience. The Pearson r value suggests positive correlation

amongst the variables which means higher level of spiritual intelligence is related to higher level of resilience. Marzban, A. *et al.* (2022) ^[11] conducted a study on family caregivers of patients with chronic mental disorders that revealed that there is significant and positive relationship between spiritual intelligence and resilience among the family caregivers. Although the relationship between the two variables is established through research, few studies also reflect on other factors being more strongly associated with resilience in comparison to spiritual intelligence. One such research was conducted by Keshavarzi, S., & Yousefi, F (2012) ^[12] to study the relationship between emotional intelligence, spiritual intelligence and resilience among college students. The results suggested that emotional intelligence was a stronger predictor of resilience in comparison to spiritual intelligence.

Table 3: Showing the Correlation coefficient values of linear regression

Model	R	R ²
1	0.282	0.0795

Since, correlation was found between spiritual intelligence and resilience, simple linear regression analysis was done to examine the extent of prediction.

Table 3 shows R value (0.282) which is the coefficient of correlation between spiritual intelligence and resilience. A low value of R depicts weak positive correlation between the variables. R² value (0.0795) determines that 7.9% of resilience can be explained by the predictor i.e., Spiritual Intelligence.

Conclusion

The major purpose of this study was to examine the relationship between spiritual intelligence and resilience among college going young adults. According to the results of the study, there is significant and positive relationship between Spiritual Intelligence and Resilience among college going young adults and 7.9% of resilience can be predicted by spiritual intelligence.

Limitation of the study

The study was limited to only the age group of young adults (18-25). The samples size was limited to 70 and gender was not counted for study. The study was limited to the literate individuals in the age group of young adults and does not include others for data collection.

Suggestions for future research

- This research can be implemented on a large population in future.
- The relation between spiritual intelligence and resilience can be understood among different populations.
- The other influencing predictors of resilience could be studied.

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