



## ROLE OF SPIRITUAL INTELLIGENCE ON RESILIENCE AND MENTAL HEALTH

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### Abstract

**Background:** Previous studies stated that Spiritual Intelligence is a factor that helps an individual in personal development, life satisfaction and to find meaning and purpose in life which helps to deal with various conflicting ideas in day-to-day life.

**Objectives:** This study was carried out to investigate the mediating role of spiritual intelligence with resilience and mental health among young adults.

**Methodology:** A purposive sample of 100 young adults between 18 – 35 was identified. The sample consists of 50 males and 50 females. An attempt was made to collect socio-demographic variables including age, gender, and location of the samples. Spiritual Intelligence Self Report Inventory (SISRI), Brief Resilience Scale (BRS), and Mental Health Continuum Short Form were administered. The statistical technique used for analyzing data was a correlation method.

**Results:** The results indicate that spiritual intelligence has a positive correlation with resilience and mental health among young adults.

**Conclusions:** Young adults in the modern world face a lot of stressors that can induce a negative effect on their resilience and mental health. Developing Spiritual intelligence through various methods like Meditation (observing your thoughts), Yoga (shifting your awareness from mind to body and notice what your body tells you about your emotional and mental state) can help people to cope with everyday stressors.

**Keywords:** Spiritual Intelligence, Resilience, Mental Health.

### I. Introduction

Stress can be defined as any event or situation in the environment that contributes to or causes a disruptive experience; that event or situation is called a stressor. The lifestyle of the person can influence stress experiences. Spiritual intelligence combines spirituality and intelligence structures within a new structure (Emmons, 2006). The concepts that have been evoked the global interest of psychologists. Spiritual intelligence makes use of multiple ways to recognize, understand and deal with various stressors effectively. Spiritual intelligence can be enhanced in anyone irrespective of gender, race, and age.

#### 1.1 Spiritual Intelligence

The concept of spirituality and the spiritual evolution of man has been studied by mental health professionals in the past few decades. Spiritual intelligence is a term used by some philosophers, psychologists, and developmental theorists to indicate spiritual parallels with IQ (Intelligence Quotient) and EQ (Emotional Quotient). Stivenz (1966) introduced the concept of spiritual intelligence and then Emmons (2000) developed it. Danah Zohar coined the term "spiritual intelligence" and introduced the idea in her book - Rewiring the Corporate Brain in 1997. World Health Organization considers the spiritual aspects as some existential aspects of the human beings, considering it as a dimension, namely the spiritual aspect in human growth and development after physical, mental, and social dimensions (World Health Organization, 2005). Studies of various psychologists like Zohar & Marshall, 2000; Vaughan, 2002; Young & Koopsen,

2005; King, 2007 shows that spirituality may substantially affect the well-being of the people. In step with Hoseini et al. (2010), spirituality may be a sort of intelligence which will predict the performance and adaptableness of people and equips people with abilities and skills to unravel problems and achieve their goals. (Hassan & Shabani, 2013) viewed spiritual intelligence together of the foremost factors affecting psychological state and improvement of lifestyle. Spiritual intelligence may be a resource that helps people to contemplate the implications of their actions, define their goals and borders, and live a meaningful life. In line with Amram a Dryer (2008) spiritual intelligence is an enriching quality of daily performance and health.

### 1.2 Resilience

Resilience is the capacity to "bounce back", cope with, overcome, or become stronger by experiencing the issues or damages. As per Rutter (1999), resilience can be an interaction between risk factors and protective factors. In keeping with Masten, resilience refers to an adaptation despite risk and adversity. Carle and Chassin reported that individuals with high levels of self-reported resilience are expected to use positive emotions to "bounce back" from adverse experiences. Empirical evidence suggests that resilience is grounded during a varied array of genetic, biological, psychological, and environmental factors. Although resilience resources can have an immediate effect on health and well-being outcomes, the experience of stress act as protective mechanisms in ways in which influence physical health, functional status, subjective well-being, and psychological well-being.

Hence resilience may be viewed as a multidimensional construct that varies with context, time, age, and living conditions. Resilience isn't a trait. It involves behaviors, thoughts, and actions that may be learned and developed across the lifespan. A resilient person develops the capacity to create realistic plans and take steps to hold them out, possesses a positive view of themselves, and has confidence in their strengths and skills, and problem-solving. The capacity to manage strong feelings and impulses are characteristics of spiritual intelligence. Hence this implies a path towards developing spiritual intelligence.

### 1.3 Mental health

Mental health includes our emotional, psychological, and social well-being. It affects how we predict, feel, and act. It also helps us to see how we handle stress and make choices. Mental state is important at every stage of life, from childhood and adolescence through adulthood. Spirituality and spiritual growth of humans and its role in several phases of life. In recent decades, the concept of spiritual intelligence has been increasingly considered by psychologists and mental health professionals. It seems that these days, most of the people within the world appeal to spirituality and spiritual issues quite in past decades. This global attention and desire for spiritual issues have led WHO to introduce spirituality as the fourth dimension in human growth and development (Shahidi and Shirafkan, 2003).

Positive mental health allows people to realize their full potential, cope with the stresses of life, work productively and make meaningful contributions to their communities. Mental state can affect the functioning of lifestyle, relationships, and even physical health. Mental health also includes an individual's ability to achieve a balance between life activities and efforts to realize psychological resilience.

### 1.4 The Aim of the Study

The study is intended to examine the role of spiritual intelligence with resilience and mental health and also to identify the gender differences in young adults.

## II. Methods

### 2.1 Hypotheses

H<sub>1</sub>: There will be a positive correlation between Spiritual Intelligence and Resilience

H<sub>2</sub>: There will be a positive correlation between Spiritual Intelligence and Mental Health

### 2.2 Sample

The data were collected from 100 young adults between the age group of 18 – 35 obtained through purposive sampling. The sample consists of 50 males and 50 females. Socio-demographic variables including age, gender, and location of the samples were also collected.

### 2.3 Measures

**2.3.1 Spiritual Intelligence Self Report Inventory (SISRI):** The 24-item scale constructed by King David in 2008 was accustomed to assess the spiritual intelligence of the sample population, which has an overall reliability value of .921. the values of each construct are considerably high. The items lie under four dimensions – Critical Existential Thinking, Personal Meaning Production, Transcendental Awareness, and Conscious State Expansion.

**2.3.2 Brief Resilience Scale (BRS):** A 6 item scale used to assess the resilience of the sample. The scale shows adequate reliability of .83 and incremental validity of .980.

**2.3.3 Mental Health Continuum Short Form (MHC-SF):** 14 item scale used to assess the mental health of samples which has three components- emotional, social, and psychological well-being. The scale has shown test-retest reliability of .68 over three successive months and .65 over nine months.

## 2.4 Methods of data collection

Data from the samples were collected by using the above-mentioned instrument. To fill up the questionnaire, the samples were each given the choice of completing the questionnaire independently or having the questions read to them by the researcher. If they chose the primary option, they got verbal instructions and told to ask the researcher if they were unsure of the meaning of any of the statements or words within them.

## III. Results and Discussion

The collected data were analyzed using SPSS. The relationship between Spiritual Intelligence -Resilience and Spiritual Intelligence -Mental Health are given below.

**Table 1**

Mean, SD, Pearson's Correlation between Spiritual Intelligence Resilience and mental health

GROUP	N	M	SD	CORRELATION
Spiritual Intelligence	100	58.84	14.617	.735
Mental health	100	54.10	8.430	1
Resilience	100	17.73	3.284	1

The results indicate that Spiritual Intelligence has a positive correlation with Resilience and Mental health among young adults. Consistent with the review of literature, it seems that the majority of the conducted studies are in line with the findings of this study. For instance, Mosthafa Dehghani (2014) study on spiritual intelligence and mental health, Keykhosrovani et al., (2012); Keshavarzi and Yousefi(2012); Sedighi et al., (2014) studies on spiritual intelligence and mental health are supporting this study.

## IV. Conclusion

The correlational statistics between Spiritual Intelligence – Resilience and Spiritual Intelligence – Mental Health features a positive relationship among the variables. The findings of the study suggest promoting the application of spiritual intelligence among young adults as a part of their lifestyle by practicing yoga or other meditation forms for efficient resilience and mental health. Most young adults are conditioned to remain motivated through various extrinsic factors, on which we have less control. The enhancement of Spiritual Intelligence will be an effective internal resource in everyday life. Limitations of the study should be taken into consideration in future studies. Population range can be expanded, and detailed study could be done by exploring different places, cultures, and such factors that classify population. Larger sample size would have increased the generalizability of the result. Further, studies can be done on each dimension of spiritual intelligence or focus on more variables.

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