

Spiritual Intelligence, Resilience and Life Satisfaction in young adults: A Descriptive Study

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ABSTRACT

Spiritual Intelligence is another form of intelligence that is multidimensional in nature. It impacts several crucial aspects of human well-being. The present study is intended to examine the relationship between spiritual intelligence, resilience and life satisfaction in young adults. A descriptive study was conducted on 100 adults selected randomly who fall in the age range of 18 to 25 years. The tools used were Spiritual Intelligence Scale Self Report Inventory (SISRI; King, 2008), Satisfaction with Life Scale (SWLS; Diener et al., 1985), Connor-Davidson Resilience Scale 10 (CD-RISC-10; Connor & Davidson, 2003). The data was analysed using SPSS software and statistical measures like mean, standard deviation, Pearson's correlation coefficient and linear regression were interpreted. The findings of the study have shown that there exists a significant positive relationship between spiritual intelligence, resilience and life satisfaction in young adults. The research paper has also highlighted limitations, implications and suggestions for future studies to be undertaken in the similar domain.

Keywords: *Spiritual Intelligence, Resilience, Life Satisfaction*

The concept of intelligence was largely surrounded around the objective measurements of Intelligence Quotient (IQ) and Emotional Quotient (EQ) since decades. The lack of empirical evidences that could justify the adequacy and objectivity of spiritual intelligence had kept behind the curtains the concept of spiritual intelligence for years now. But with increasing focus on the relevance of spirituality the view towards spiritual intelligence as the third and ultimate kind of ability in humans has emerged. Several philosophers, psychologists and theorists have examined and defined the components and nature of spiritual intelligence.

'Intelligence' is a controversial term to define. Researchers have identified various mental and cognitive capacities that fall under the dimension of intelligence as a measure to evaluate an individual's level of intelligence. Eminent researchers have worked towards developing highly objective and standardized measurement instruments, some of which are revised and utilized even today for the purpose of evaluation of intelligence. Intelligence is a

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Received: June 06, 2021; Revision Received: September 11, 2021; Accepted: September 26, 2021

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complex cognitive ability that helps human to learn, understand, reason, comprehend, judge, decide and deal with day-to-day challenges.

Spiritual Intelligence

The term “*spiritual intelligence*” was coined for the first time by Danah Zohar and the idea was further introduced in her book “rewiring the Corporate Brain” in 1997. In today’s time most of the measurement tools available for spiritual intelligence assessments include self-reports that can be unreliable.

According to Covey (2004), ‘spiritual intelligence represents our drive for meaning and connection with the infinite.’ While defining the concept of spiritual intelligence it is believed that spirituality and religiosity are two differing concepts. It is treated as existential intelligence when examined as a psychological construct. SI is a widely used phrase to describe perceptions, motivations, capabilities, abilities and cognitions (Emmons, 2000).

Amram (2007) defined SI as “the ability to apply, manifest and embody spiritual resources, values and qualities to enhance daily functioning and well-being.”

David B. King defined the concept as a set of adaptive mental capacities based on non-material and transcendent aspects of reality, specifically the ones: “those contribute to the awareness, integration, and adaptive application of the non-material and transcendent aspects of one's existence, leading to such outcomes as deep existential reflection, enhancement of meaning, recognition of a transcendent self, and mastery of spiritual states.”

The four major dimensions are classified as:

- **Critical Existential Thinking:** The ability to be able to view and regard the nature of reality, existential/metaphysical issues, non-existential issues etc in context to one’s existence.
- **Personal Meaning Production:** It refers to the ability to extract meaning and purpose of one’s life by all kinds’ experiences that are physical or mental in nature.
- **Transcendental Awareness:** The ability to identify oneself and others and the physical world around in relation to spiritual realm.
- **Conscious State Expansion:** It refers to the ability to enter and exit higher states of consciousness at one’s own discretion.

The self-report questionnaire viz. *Spiritual Intelligence Self-Report Inventory (SISRI-24)* was developed by King, D. & DeCicco, T.L. for the measurement of spiritual intelligence on above mentioned four dimensions.

The 12 principles given by Zohar are: self-awareness, spontaneity, being vision and value led, holism, compassion, celebration of diversity, field independence, humility, tendency to ask fundamental ‘why’ questions, ability to reframe, positive use of adversity, and sense of vocation.

Humans have a complex adaptive system and to change those systems we need to change behaviors. Motivations that drive behaviour needs change for the goal of real transformations. Application of these 12 principles can foster spiritual intelligence and generate positive emotions and perspective.

Resilience

Life is full of ups and downs. When an individual is faced with challenges and difficult events, it is then the strength and coping ability is tested. Adversity is a part of life, the state of equilibrium is managed through useful positive adaptations in the hour of stressful life events. The stock of resources maintained by an individual helps them better understand and interpret the situation that elicits adverse conditions. The intensity and experience differs from one individual to another, and so is the response to stress.

Psychological resilience is defined as the ability to cope up both mentally and emotionally by utilizing mental processes and behaviour's to overcome adverse stressful situation and bounce back to normal healthy way of functioning. An individual is said to have high resilience when they are productively capable of handling negative situations by successfully employing the available resources.

Resilient response is more likely to be witnessed when any event is assessed or evaluated as predictable, controllable and explainable (Antonovsky, A. 1979). The earliest studies in the domain of resilience were done in 1970s. Werner, E. noted that resilience played a role in success of children and families. Since the onset of researches on resilience the researchers have continuously made efforts to understand the protective factors that were predictive of adaptation to adversity. Several factors were identified that could play a vital role in inculcating positive behavioural and psychological capabilities in an individual, namely attachment styles, family situations both economically and emotional, parenting styles etc.

Resilience as a process can be understood better rather than treating 'resiliency' as a trait of the individual. Resilience is a process to harness resources to sustain well-being (Panter-Brick & Leckman, 2013). The cycle of resilience states that when an individual acknowledges an adverse event or situation, he/she may approach in three possible ways:

1. Erupt with anger
2. Implode with overwhelming negative emotions, go numb, and become unable to react
3. Simply become upset about the disruptive change.

The approach that provides most healthy way of dealing with a difficult event is the approach three. It states an individual's capacity to respond effectively rather than react on impulses. Adopting approach one and two would develop blaming and instinctive reaction which is not helpful for successful coping. Certain emotions and thoughts are evoked by any event that takes place. Negative emotions require more conscious and rational approach to be dealt with. Negative emotions involve anxiety, fear, jealousy, hopelessness, guilt, distress etc. they weakens an individual's resilience power unless identified and effectively managed. The coping strategies that are used by an individual are based on one's past experiences and observations, resources availability, environmental and protective factors.

Related Factors

There are several factors responsible for the development and sustenance of resilience.

- Ability to manage and control impulses.
- Effective communication and problem-solving skills.
- Self- knowledge and capability to evaluate strengths and weaknesses.
- Realistic plan and strategies.
- Positive self-image and resolved sense of self.
- Maintaining healthy intrapersonal relationships.

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A study in 1995 concluded three protective factors as predictors of resilience, viz. personal attributes, the family and the community.

Social support, individual differences and demographic information are also listed to be some of the chief factors in predicting resilience in individuals. Positive emotions are thought to portray a direct relationship with bouncing back from adversity. They play an important function in adaptive coping and enhance personal well-being. Feeling positive emotion helps not only in physiological balance but also emotional stability and growth.

Life Satisfaction

The concept of subjective well-being is inclusive of the concept of life satisfaction. Subjective well-being (SWB) is composed of life satisfaction (LS), positive affect (PA) and negative affect (NA) (Diener, Emmons, Larsen & Griffin, 1985). A person is said to high on SWB when he/she experiences more life satisfaction and positive affect (i.e., joy, optimism), and less of negative affect state. Positive psychology has set stones for the shift of focus from mental illness to seeking growth and attaining highest potentials. Often it is found that the concept of life satisfaction is interchangeably used with the term happiness. Indeed, both are separate. Life satisfaction is a cumulative concept that focuses on the experience of life as a whole, whereas happiness is evaluation of momentary state. Life satisfaction involves global assessment of life rather than specific point in life. “A positive evaluation of the conditions of your life, a judgment that at least on balance, it measures up favourably against your standards or expectations (Summer, 1966).”

Diener has defined the concept as: “An overall assessment of feelings and attitudes about one’s life at a particular point in time ranging from negative to positive.”

Factors affecting life satisfaction: Personality, age, life events and experiences, perspective about one’s life, self-esteem, values, culture, family, and career are among the most important.

The Big Five Factor model of personality suggested five core dimensions that made an individual’s personality. Those are openness to change, consciousness, extraversion, agreeableness and neuroticism. Neuroticism was the strongest predictor of life satisfaction. Individual differences in capability to deal with negative emotions, heritability of certain traits, and presence of supportive social group, effective emotional regulation and socialization certainly effects individual life satisfaction (Deneve and Cooper, 1998).

The state of homeostasis wherein a person realizes one’s own worth, visualizes oneself and others action in a positive light, driven to achieve life goals and motivates himself/herself to deal with difficult times rationally etc. is said to have more satisfactory life. According to Seligman, happier people are less likely to orient their focus on negative events and thoughts. Hope and optimism both involve cognitive processing that are linked to generate positivity and in turn lead to higher satisfaction. Experiences both acute and chronic influence the satisfaction with life. When a person acknowledges any event as being positive or negative, it forms a basis for building up their view of life, people and surroundings. Positive and rational evaluation of events helps in developing a healthy and broader perspective that set base for long-term well-being.

Age is another factor that has proven to impact life satisfaction. Older people are found to be more satisfied with life than young people. Research states the reason that youth years are

more contained with insecurities, failures that are encountered for the first time and more disagreement and conflict with parental figures. Older people are more thoughtful and reflective in approach about people and events, and thus more acceptable, wiser and experienced.

Personal values also play vital role in deciding how satisfied an individual is with life. Values could differ from one person to another on the basis of materialism and non-materialism. It is found that people oriented towards attaining material possessions tend to remain in a constant state of craving for one after another whereas non-materialistic values like creativity, cultural and religious values, value for interpersonal relationships and family tend to generate more life satisfaction.

Deeply ingrained social values and beliefs are said to define a culture that is prevalent in any society. Individualism and collectivism are two broader types of practices being observed across societies. Individualism promotes involvement within oneself and collectivism works on the principle of unity and value for others. Culture impacts well-being and thus effects life satisfaction. Also, the choice of career influences life satisfaction. It can be understood that when an individual feels secure financially, regulated emotionally, working productively and balanced effectively in all the major aspects of life then they are said to have achieved higher life satisfaction than others who operate distinct on this.

REVIEW OF LITERATURE

Srivastava, P. (2016) published a research paper in the International Journal of Multidisciplinary Research and Development. The title of the paper was “*Spiritual Intelligence: An overview*”. This research is an attempt to understand the concept of spiritual intelligence from the psychological viewpoint. The study defines, analyses as well as critically examines the concept of spiritual intelligence. It concludes that in educational and in general settings spiritual intelligence is utterly beneficial for growth and betterment of society.

Brar, S.K. (2017) conducted a study on the topic “*Study of adjustment among adolescents in relation to spiritual intelligence*” on a sample of 300 college students in Ludhiana, Punjab. The tools used were Adjustment Inventory by Dr. Penny Jain (1990) and Spiritual Intelligence Scale by Santosh Dhar and Upinder Dhar (2010). The descriptive statistics analysis stated that there exists a significant difference in spiritual intelligence with respect to gender. Correlation analysis depicted a positive relationship between spiritual intelligence and adjustment.

Darvishzade, K., & Bozorgi, Z. D. (2017) conducted a research study on the topic “*Relationship between the Resilience and Psychological Hardiness with the Spiritual Intelligence in a Sample of Female Students*”. The sample was 200 female students from Iran. Convenience sampling method was used. The tools used were Connor-Davidson Resilience Scale (2003), Psychological Hardiness of Ahvaz (1998), and Spiritual Intelligence Questionnaire by Abdollahzadeh (2008). The findings suggested a positive relationship among the variables.

Srivastava, P.S. (2016) did research on the topic “*Conceptual input of spiritual intelligence with respect to Indian philosophers.*” The study focuses on the viewpoint of Indian philosophers that stands as an essential milestone in the development of the concept of

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spiritual intelligence. The educational philosophy of Vivekananda, Sri Aurobindo, Mahatma Gandhi and Tagore is explored through this paper.

Khosravi, M. & Nikmanesh, Z. (2014). Relationship of Spiritual Intelligence with Resilience and Perceived Stress. The sample consisted of 307 students. The tools used in the study were The Connor–Davidson Resilience Scale (CD-RISC), the Spiritual Intelligence Self-Report Inventory (SISRI) and the Perceived Stress Scale (PSS). The results reveal a positive relationship between SISRI and CD-RISC, whereas a negative relationship between SISRI and PSS.

A study published in the Journal of psychosocial research by *Archana K., Updesh S. & Rohtash (2014). Resilience and Spirituality as predictors of Psychological well-being among University students.* A sample of 186 students between the age range of 21- 24 years was taken for the purpose of research. Multiple Regression analysis found out that psychological well-being is predicted by both resilience as well as spirituality among students.

Dutta, U. & Singh, A.P. (2017) published a research paper on the topic “*Studying Spirituality in the context of Grit and Resilience of College-going Young Adults.*” The sample consisted of randomly selected 32 females and 28 males in the age range of 18 to 23 years from Bhopal city. The results suggested a significant positive correlation between spirituality, resilience and grit.

Campbell-Sills, L. & Stein, M. B. (2007) examined the psychometric properties of Connor-Davidson Resilience Scale (CD-RISC). The title of the study was “*Psychometric Analysis and Refinement of the Connor–Davidson Resilience Scale (CD-RISC): Validation of a 10-Item Measure of Resilience.*” The resultant 10 item scale with factor analysis demonstrated good internal consistency and construct validity making the CD-RISC 10 a valid tool for the measurement of resilience.

Dev, R. D. O.et.al. (2018) conducted a study on the topic “*Emotional Intelligence, Spiritual Intelligence, Self-Efficacy and Health behaviors: Implications for quality health.*” The sample consisted of 400 undergraduate students selected through stratified random sampling method. Significant correlation was found between the variables under study. The study interpreted that spiritual intelligence can boost positive health behavior and is also associated with emotional intelligence and self-efficacy.

Ebrahimi, A., Keykhosrovani, M. et.al (2012) conducted a study on the topic “*Investigating the Relationship between Resiliency, Spiritual Intelligence and Mental Health of a group of undergraduate Students.*” The sample consisted of 100 randomly selected male and female students from Hormazgan University in Iran. The outcome of the study stated a positive meaningful relationship between the variables and no significant difference on the basis of gender. Mental health and spiritual intelligence plays a vital role in predicting resiliency.

Vitale, R. A. (2015) published a research study titled “*Spirituality, Resilience, and Social Support as predictors of Life Satisfaction in young adults with a history of childhood trauma.*” The sample constituted of 340 men and women in the age range of 18 to 30 years. Multiple regression analysis was used for analysis of data. The study demonstrated that several protective factors like resilience, given and received emotional social support, educational level, involvement in healthy romantic relationship etc contribute to positive outcome of life satisfaction in young adults.

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Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985): SAISFACTION WITH LIFE SCALE. The research paper highlights the statistical analysis and psychometric properties, also it provides questionnaire for the measurement of life satisfaction.

Anbugeetha, D. (2015) conducted a study on “An analysis of the Spiritual Intelligence Self Report Inventory (SISRI).” The reliability study is an effort to analyze the scale and its dimensions, developed by King in (2008) in India scenario. Obtained statistical estimates suggested acceptable reliability. For supporting validity evidence spiritual intelligence was studied in relation to work performance, to which significant relationship was attained.

Rationale of the Study

There is overwhelming evidence in several research studies that suggests the relationship between the constructs taken into study. Most of the data being collected and examined isn't studied in depth on to the Indian sample of young adults. The purpose of conducting this study is to provide in-depth empirical evidence in the domain of spiritual intelligence and its existing relationship and predictability of resilience and life satisfaction.

The lack of researches on the variables (i.e., spiritual intelligence, resilience and life satisfaction) studied under this study is an effort to fill in the gap that has been existing in scientific realm in the field of psychology. Spiritual Intelligence is a less explored concept due to the outweighed importance and emphasis of other more objective measures of intelligence, viz. Intelligence Quotient (IQ), Emotional Quotient (EQ).

RESEARCH METHODOLOGY

Aim: To study the relationship between spiritual intelligence, resilience and life satisfaction in young adults.

Objectives

1. To determine the relationship between spiritual intelligence and resilience.
2. To determine the relationship between spiritual intelligence and life satisfaction.
3. To examine the association between spiritual intelligence, resilience and life satisfaction.

Hypotheses

H1: There is a significant and positive association between spiritual intelligence, resilience and life satisfaction.

H2: There is a significant and positive relationship between spiritual intelligence and resilience.

H3: There is a significant and positive relationship between spiritual intelligence and life satisfaction.

Variables

- Spiritual Intelligence
- Resilience
- Life Satisfaction

Sample: In the present study a total of 100 participants were taken as sample for the purpose of data collection, using simple random sampling method. The target age ranged from 18 to 25 years.

Inclusion Criteria:

- Both male and female were included.
- Subjects who were cooperative.
- Healthy subjects in the age range of 18 to 25 years.
- Basic class 12th pass educational qualification was asked.

Exclusion Criteria:

- Subjects who lack understanding of Basic English language.
- Subjects with some major physical, organic and psychiatric illness.
- Subjects who weren't cooperative or unwilling to participate.

Instrumentation

The tools used in the current study for the purpose of data collection are:

- **Spiritual Intelligence Scale Self Report Inventory (SISRI; King, 2008).**
- **Satisfaction with Life Scale (SWLS; Diener.et al., 1985).**
- **Connor-Davidson Resilience Scale 10 (CD-RISC-10; Connor & Davidson, 2003).**

Procedure

The process began by selecting the appropriate topic of interest to be studied. The variables were refined and a review of literature was carried out to extract the previously available researches in the similar domain. The tools to measure the variables were selected by looking at the standard psychometric properties and dimensions of what the scale is measuring. Research methodology was decided. The sample was randomly selected. The self report questionnaire was circulated both in electronic mail and hard copy format for the purpose of data collection. The participant's informed consent was taken and necessary demographic details were obtained which was followed by filling up of a set consisting of three questionnaires each measuring a different variable viz. spiritual intelligence, resilience and life satisfaction. After obtaining the response sheet from the subjects the raw scores were calculated and listed on an excel sheet. For data analysis SPSS software was used. Correlation and regression analysis was carried out and results were obtained. In the end result tables were used to interpret and test the hypothesis.

Statistical Analysis:

The descriptive co relational survey study used several statistical measures for the purpose of data analysis. The data was analyzed using SPSS software.

1. Pearson's correlation coefficient.
2. Regression analysis of variance.

ANALYSIS OF RESULTS

Table 1: Correlations

| Variables | SI | Resilience | Life satisfaction |
|--|----------------|----------------|-------------------|
| SI Pearson Correlation Sig. (2-tailed) | 1 | 0.45** 0.00 | 0.37** 0.00 |
| Resilience Pearson Correlation Sig. (2-tailed) | 0.45** 0.00 | 1 | 0.45** 0.00 |

** Correlation is significant at point 0.01 level (2-tailed)

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The result table depicts that the value of Pearson's correlation coefficient or $r = 0.45$ for SI and resilience, $r = 0.37$ for SI and life satisfaction and $r = 0.45$ for resilience and life satisfaction. This states that there is a positive and significant relationship between the variables, viz. spiritual intelligence, resilience and life satisfaction.

Table 2: Regression analysis of SI and resilience

Model Summary

| Model | R | R Square | Change Statistics | | |
|-------|--------|----------|-------------------|------|------|
| | | | F | T | Sig. |
| 1 | 0.45** | 0.203 | 24.93 | 4.99 | 0.00 |

** Predictors: (Constant), SI

The obtained values of linear regression analysis between the independent variable SI and dependent variable resilience shows the value of $R = 0.45$, R square = 0.23 and significance of $F = 0.00$, thus it can be concluded that spiritual intelligence is a predictor of resilience and the values showcase 20% (i.e., R square value) variance in independent variable on dependent variable.

Table 3: Regression analysis of SI and Life satisfaction

Model Summary

| Model | R | R Square | Change Statistics | | |
|-------|--------|----------|-------------------|-------|------|
| | | | F | T | Sig. |
| 1 | 0.37** | 0.137 | 15.59 | 3.949 | 0.00 |

** Predictors (Constant), SI

The result suggested by analysis of variance through linear regression states that the independent variable Spiritual Intelligence (SI) is the predictor of dependent variable life satisfaction. The value of $R = 0.37$, R square = 0.137 and significance of F is 0.00, these values of R square suggest that there is a 10% (0.137) variance in SI can be explained by life satisfaction.

A significant relationship is found between the variables.

DISCUSSION

The purpose of the current research was to examine the relationship between spiritual intelligence, resilience and life satisfaction in young adults. The study undertaken is an attempt to determine, analyse, scrutinize and explain the constructs and interpret the existence of any kind of association or relationship among the variables. Spiritual intelligence is a less explored concept in the context of intelligence.

The findings of the study have led to acceptance of all the hypothesized statements. The independent variable i.e., spiritual intelligence has come out to be a strong correlative and predictive factor of two dependent variables viz. resilience and life satisfaction. Also, it has been witnessed from the analysis using Pearson's correlation coefficient that there exists a positive and significant association between spiritual intelligence, resilience and life satisfaction.

Hypothesis 1: There is a significant and positive association between spiritual intelligence, resilience and life satisfaction.

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The result table 1 shows the values of correlation in which it is seen that the value of Pearson's correlation coefficient of SI and Resilience is ' $r = 0.450^{**}$ ', value of SI and life satisfaction is ' $r = 0.370^{**}$ ', value of resilience and life satisfaction is ' $r = 0.453^{**}$ ', and all of them are significant at 0.01 level.

Pearson's correlation coefficient resultant positive values of ' r ' showed that there exists a positive association between SI and resilience, SI and life satisfaction, and between resilience and life satisfaction. Also, it is observed in the values obtained from analysis that the independent variable spiritual intelligence and dependent variables resilience and life satisfaction, share a significant relationship i.e., at 0.01 level (P value is less than or equal at 0.01 level shows statistically significant). This suggests that there is only a probability of 1% that the null hypothesis is correct and thus accepts alternate hypothesis. It indicates strong evidence against the null hypothesis.

A study by *Bagheri, H.et.al, (2014)* examined the spiritual intelligence, resilience and social adjustment in junior high school students. They reached a similar conclusion by stating that all three variables have a significant and positive relationship to one another.

Hypothesis 2: There is a significant and positive relationship between spiritual intelligence and resilience.

The result obtained from the analysis using Pearson's correlation coefficient and regression analysis of variance have led to acceptance of the above stated hypothesis. Regression analysis states the predictability of variables and it checks whether there is any effect of one variable on the other. Spiritual intelligence is the independent variable that is checked with the dependent variable resilience. Through the correlation values it was already understood that the association between both these variables is positive and significant. It explains that both move in the same direction i.e., higher the spiritual intelligence, higher is the resilience. When linear regression is calculated the values obtained in the table where as follows: R value is $.450^{**}$, value of F is 24.930, and significance is at 0.000 level. This concludes that spiritual intelligence is a predictor of resilience and the relationship of variance is that of significance. Thus, hypothesis is accepted.

Khosravi, M. & Nikmanesh, Z. (2014) concluded similar outcome in their study that stated a positive and significant relationship between spiritual intelligence and resilience, the result showed that R of this relationship was 0.313. The finding also indicated that the SISRI predicts 0.10 of the CD-RISC variances. The study supports the hypothesized statement.

Hypothesis 3: There is a significant and positive relationship between spiritual intelligence and life satisfaction.

The results of data analysis have led to acceptance of above stated hypothesis 1 and 2. The objective of the study was to examine and determine the relationship among the variables. Employing regression as the method of data analysis has generated expected outcomes. The third hypothesis also assumed the existence of significant and positive relationship between spiritual intelligence and life satisfaction. The value of ' r ' from Pearson's correlation method has proven the positive association and significant relationship among the variables. The independent variable spiritual intelligence and the dependent variable life satisfaction are tested on linear regression analysis. The obtained F value is 15.591 and significance at 0.000. These values suggest that spiritual intelligence is a predictor of life satisfaction and

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the relationship among them is positive and significant, i.e., higher the spiritual intelligence suggests higher predictability of more life satisfaction. Life satisfaction is a broad construct that is influenced by a range of factors. Spiritual intelligence effects how satisfied an individual with life, thus among the various other factors if a person is able to find meaning and purpose in life then the quality of life and relationships can be enhanced. Thus, the hypothesis statement is accepted.

Studies relative to the conclusion would prove as strong empirical evidence that can support the validation of above hypothesized statements. *Mirzaaghazadeh, M., Farzan, F., Amirnejad, S. (2015)* conducted research on national team of athletes to determine the relationship between spiritual intelligence and life satisfaction. They reached a similar finding that both the variables hold empirically positive and significant relationship.

Dodmani, K. & Kor, N.M. (2015) did a study on national hockey team players of Iran to see the relationship among spiritual intelligence, mental health and resilience. The study led to results that showed positive correlation in spiritual intelligence and resilience.

Thus, the above discussed result analysis and data interpretation along with quoting of supporting literature states the fulfillment of research purpose. The results obtained have led to an acceptance of all three hypothesis statements. The values of Pearson's correlation coefficient and regression analysis of variance have helped in quantitatively justifying the relationship among all the variables under study.

SUMMARY AND CONCLUSION

Looking back at the research aim and hypothesis it can be said in conclusion that most of the expectations from the research purpose have been fulfilled along with generation of findings that support the previously stated assumptions. The results have stated the presence of significant and positive relationship between the independent and dependent variables. Employing methods of correlation and regression analysis generated quantifiable values of significance. The examination of review of literature on studies that worked with similar constructs stood as supporting evidences for the current study.

In conclusion it is to be noted that for spiritual intelligence to be mainstreamed as a relevant and enriched kind of intelligence we need further focus and examination.

Limitations

The current study has several limitations that are to be noted.

- The study sample consisted of unequal distribution i.e., more data being collected from female subjects that could generate gender indicative results instead of neutral, unbiased outcome. Also, such a finding is less generalizable.
- The current study has not focused on demographic variables and protective factors that could be suggestive of significance and relationship among variables.
- The size of sample and the selected population i.e., 100 subjects within the age group of 18 to 25 years are less to be conclusive of any statement regarding the variables, thus reducing its wide scope.
- The study is conducted within a period of three months that is a limited time span for in-depth analysis of minor details that could have added to knowledge stock.

Suggestions

- A large-scale comparative study could be conducted for developing a better understanding of the concept of spiritual intelligence, resilience and life satisfaction in relation to diverse population.
- The findings are suggestive of positive relationship among the variables which can further be considered for the purpose of providing interventions in counseling services. Several intervention plans can be inclusive of techniques that can promote and enhance the level of spiritual intelligence among all generations to induce well-being, resiliency and life satisfaction.
- The wide scope and relevance of spiritual intelligence can be useful in studying and contributing to the branch of existential psychology.

In summary, the present descriptive survey aimed at studying the relationship between spiritual intelligence, resilience and life satisfaction in young adults within the age range of 18 to 25 years (N= 100). A review of literature for the previous research studies with similar variables was done to enhance the knowledge relative to the current study. Research design was formulated. The method of data collection was self-report questionnaire being given to randomly selected sample. The data was analyzed using Pearson's correlation and regression analysis of variance. SPSS software was used for the purpose of statistical analysis. The values obtained were significant which led to validation and acceptance of all the previously set hypothesis statements. The results obtained were recorded and the discussion and interpretation of values was carried out. Relevant studies supporting the present study were quoted. The current study had some limitations that were notified for future studies to broaden their scope and dimension. Also, some implicative and suggestive measures were provided at the end.

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Acknowledgement

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Shukla M. (2021). Spiritual Intelligence, Resilience and Life Satisfaction in young adults: A Descriptive Study. *International Journal of Indian Psychology*, 9(3), 1749-1761. DIP:18.01.167.20210903, DOI:10.25215/0903.167