

Effect of Spiritual Intelligence on Identity Formation Among Adolescents

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ABSTRACT

Spirituality is the broad idea of a faith in something beyond the self. Spiritual intelligence (SQ) is our ability for creating significance, vision and worth. An identity is a person's sense of self defined by a set of physical, psychological, and interpersonal qualities which is not entirely shared with someone else. This study aims to establish the effect of spiritual intelligence on identity formation. Adolescent stage is important step for mental and social development. Identity crisis in this stage can lead to psychological problems in adolescents. During the teenage time, many teenagers face problems related to their identity, they feel confused about who they are, what moral values are ethically right for them or what they should adopt, which future career path best suits them, where do I suited or fit in the society and many plethora of questions like this arise in their mind. At this stage they also trying to cope up with the changes in their body images which take place at this stage. It is essential for adolescent to make their identity. But many people face problems and wrestle during this phase, many of them able to discover their true identity and rest got in to identity crisis. A sample of 100 adolescents was taken between the age group of 16-18 years through convenience sampling method. Two psychological tools were used: Spiritual Intelligence Questionnaire by Abdollahzadeh (2009) and Aspects of Identity Questionnaire (AIQ-IV) by Cheek, J. M. & Briggs, S. R.(2013). Findings from the study suggest that there is no significance between these two variables.

Keywords: *Spirituality, Spiritual Intelligence, Identity Formation*

Spiritual intelligence (SQ) is our ability for creating significance, vision and worth. It permits people to dream and to endeavor. It underlies the things we trust in & the job our convictions and qualities play in the moves that we make. The higher our SQ, the more we are really ourselves, aware of our being and not taking cover behind receptive feelings nor conditioned conviction frameworks. Spiritual insight is gotten by getting to our internal knowing through instinct - isolating our heart (cherishing fundamental nature associated with higher self or soul) from mind (bogus dependent on creature body fears) and social molding (engraved from others' perspectives forced).

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Effect of Spiritual Intelligence on Identity Formation Among Adolescents

Without mindful knowledge, we react rather than respond. We regret the past and stress over what the future may hold, rather than being completely included and careful in the present. It is more earnestly to hold passionate insight: we experience the ill effects of excruciating sentiments, dissatisfaction and low confidence. We become unaware of our caring internal identity and its common experiences into generally accepted fact.

Identity

Identity is a person's sense of self defined by a set of physical, psychological, and interpersonal qualities which is not entirely shared with someone else. Such a sense is gotten from one's body sensations, one's perception about own body and the inclination that one's experiences, objectives, qualities, desires, and convictions have a place with oneself. and it is also known as personal identity.

The theorist Erik Erikson who gave the conceptual view of identity crisis experienced several such crises of his own. He talked about the eight psychosocial stages of personal development. One of its stages are "Identity Cohesion versus Role Confusion" where he explained about the identity crisis. According to Erikson, adolescents between age 12 – 18, is the stage where we should meet & resolve crisis of our basic ego identity. This is the point at which, we form our self - image and the coordination of our thoughts or ideas about ourselves and about what others consider us. If this process settles satisfactorily, the outcome is reliable, consistent and congruent picture.

Shaping or forming an identity and then accepting it is a really difficult task, usually filled with anxiety. Generally, adolescents experiment with different ideologies and roles and then try to figure out the most compatible fit. Erikson also suggested that adolescents was a hiatus between childhood and adulthood, basically it is a necessary psychological moratorium in which it gives individual time and energy to play different roles and live with different self - images.

People who resolve this process satisfactorily, emerge from this stage with a strong sense of self identities are equipped to face their adulthood with confidence and certainty. And people who are unable to achieve cohesive identity, experience an identity-crisis and they will display a confusion of roles. They will not be able to determine what or who they are, where they belong, what they want to become or where they want to go. They may leave the normal life sequence that is education, job, marriage and indulge in crimes and drugs which is negative identity.

Spirituality and Identity

The spiritual journey includes first healing and affirming the conscience so certain optimistic states are experienced; with secure confidence, faith in self-esteem and a limit with respect to love and liberality, an individual turns out to be less obliged by personality protections. An opening of the heart is a basic part of genuine otherworldliness. In such manner one may scrutinize the spiritual idea of masochistic strict practices, for example, self-whipping, which depends on a faith in the insidiousness inborn in the body instead of on any genuine association with, and subsequently empathy for, the body. This represents the way that religion doesn't generally serve the advancement of otherworldly turn of events however may get derailed rehearses that make pride, feelings of superiority and so on or, in all likelihood lead to an individual getting stalled in dishonor, blame and disgrace - all of which feelings are regularly endured by mental patients. So, religion will be taken up by an

Effect of Spiritual Intelligence on Identity Formation Among Adolescents

individual in a manner that unavoidably mirrors their own degree of advancement and development.

REVIEW OF LITERATURE

Nurmaini, N., Wahidi, K. R., & Pamungkas, R. A. (2021) investigate the Work Life Quality Role as A Variables of Knowledge Mediation, Spiritual Intelligence, And Attitudes Towards Nurse Performance in Applying Patient Safety (SKP). The results showed that Attitude, spiritual intelligence & knowledge had a significant effect together on the quality of work life and their impact on nurse performance.

Malekzadeh, M., Nooryan, K., Afroughi, S., & Zoladl, M. Khoshdeli, Z. (2020). A Randomized Clinical Trial Study examined the impact of spiritual intelligence training on medical science students' anxiety. Trait and state anxiety levels were considerably lower in the intervention group one month after the intervention than they were in the control group at the same time, as well as when compared to these levels before the start of the study (p 0.05).

Seena, N., Sundaram, Suresh., (2018) assess the connection between spiritual intelligence, psychological resilience, emotional intelligence and subjective well-being. Intercessions given to the experimental gatherings incorporate CBT, IPT, Yoga (likewise super cerebrum yoga), contemplation and gathering advising, over a time of a quarter of a year. It improves SQ and EQ through all-encompassing intercessions and indispensable view of life.

Emamverdi, S., Andam, R., & Bhageri, H., (2018) attempted to discover the part of spiritual intelligence and identity styles on work association among sports volunteers in thirteenth Iranian colleges sports social Olympiad. The findings suggest that the spiritual intelligence has decidedly and by implication impact on work inclusion by intervening of character styles. Therefore, spiritual intelligence improvement can expand work association of game volunteers through progress in identity things.

Cisheng, W., Jamala, B., (2017) Assess the role of spiritual intelligence on the relationship 1 between identity formation and emotional intelligence in children. Results indicate that spiritual intelligence is moderately related with both identity formation and emotional intelligence. Findings were, students who had high level of spiritual intelligence and low level of emotional intelligence had healthy identity than those 6 who have low level of spiritual intelligence.

METHODOLOGY

Aim

To study the effect of spiritual intelligence on identity formation among adolescents.

Objective

1. To study the significance of spiritual intelligence and personal identity among adolescents.
2. To study the significance of spiritual intelligence and relational identity among adolescents.
3. To study the significance of spiritual intelligence and social identity among adolescents.
4. To study the significance of spiritual intelligence and collective identity among adolescents.

Effect of Spiritual Intelligence on Identity Formation Among Adolescents

5. To study the significance of Spiritual Intelligence in male and females among adolescents.
6. To study the significance of Identity formation in male and females among adolescents.

Hypothesis

1. There will be a significant relationship between spiritual intelligence and personal identity among adolescents.
2. There will be a significant relationship between spiritual intelligence and relational identity among adolescents.
3. There will be a significant relationship between spiritual intelligence and social identity among adolescents.
4. There will be a significant relationship between spiritual intelligence and collective identity among adolescents.
5. There will be significant differences in Spiritual intelligence among male and females among adolescents.
6. There will be significant differences in Identity Formation among male and females among adolescents.

Sampling and its selection

A sample of 50 males and 50 females were selected through a convenience sampling method. The sample was chosen from school going students. The data collection was done through online forms via Google. The study was conducted in Delhi, India.

Tools used

Spiritual intelligence questionnaire by Abdollahzadeh. Et.al (2009). It is a 29-item scale, developed to measure the spiritual quotient. Reliability is 0.89 and Content validity higher than is .03.

Aspects of Identity Questionnaire (AIQ-IV) by Cheek, J. M. & Briggs, S. R. (2013). This is a likert scale, consist of 45 items. Test-retest reliability in all of its sub-scales, with ranging from 0.60 to 0.82. It has 4 dimension which are Personal identity- 0.71, Relational identity- 0.63, Social identity – 0.82, Collective identity- 0.60. A good convergent validity as they confirm the hypothesised relationship between AIQ and other validated scale.

Procedure

All participants were sent the link to the online form to be filled. It was reassured to them that all details provided by them will be kept confidential. It was also made sure that the participants were first asked if they wanted to take part in the research. A total of 100 responses were collected. The questionnaires were then scored as per the scoring keys provided along with the Questionnaires. The data was then analysed using Pearson's correlation coefficient and T Test to study the relation between variable Spiritual Intelligence and Identity Formation to study the difference between male and female adolescents for Spiritual Intelligence and Identity Formation in adolescents respectively.

Statistical Analysis

It comprises of calculating Mean & Standard Deviation (SD); Pearson's Correlation and independent sample t- Test for comparison.

RESULT

Table 2: Mean values and Standard Deviations of Males, females and total for Variables- Spiritual intelligence and identity formation.

Questionnaire	Gender	N	Mean	SD	Total
Spiritual Intelligence Questionnaire	Female	50	92.78	26.368	Mean – 90.81 SD – 24.023
	Male	50	88.84	21.512	
Personal Identity	Female	50	31.72	9.989	Mean- 31.66 SD – 8.390
	Male	50	31.6	6.515	
Relational Identity	Female	50	31.46	9.775	Mean- 31.45 SD- 8.580
	Male	50	31.44	7.293	
Social Identity	Female	50	21.68	7.071	Mean- 21.4 SD- 5.964
	Male	50	21.12	4.740	
Collective Identity	Female	50	25.22	7.949	Mean- 24.49 SD- 6.444
	Male	50	23.76	4.428	

Table 3: Correlation between Spiritual intelligence and Personal Identity

Correlation:

		Total Spiritual Intelligence	Total Personal Identity
Total Spiritual Intelligence	Pearson correlation Significance (Two- tailed) N	1 100	0.065 Insignificant 100
Total Personal Identity	Pearson correlation Significance (Two- tailed) N	0.065 Insignificant 100	1 100

Table 4: Correlation between Spiritual intelligence and Relational Identity

		Total Spiritual Intelligence	Total Relational Identity
Total Spiritual Intelligence	Pearson correlation Significance (Two- tailed) N	1 100	0.11 Insignificant 100
Total Relational Identity	Pearson correlation Significance (Two- tailed) N	0.11 Insignificant 100	1 100

Table 5: Correlation between Spiritual intelligence and Social Identity

		Total Spiritual Intelligence	Total Social Identity
Total Spiritual Intelligence	Pearson correlation Significance (Two- tailed) N	1 100	0.013 Insignificant 100
Total Social Identity	Pearson correlation Significance (Two- tailed) N	0.013 Insignificant 100	1 100

Effect of Spiritual Intelligence on Identity Formation Among Adolescents

Table 6: Correlation between Spiritual intelligence and Collective Identity

		Total Spiritual Intelligence	Total Collective Identity
Total Spiritual Intelligence	Pearson correlation Significance (Two- tailed) N	1 100	0.086 Insignificant 100
Total Collective Identity	Pearson correlation Significance (Two- tailed) N	0.086 Insignificant 100	1 1

Table 7: T – Test values for gender difference in Spiritual Intelligence, Personal Identity, Relational Identity, Social Identity and Collective Identity among adolescents.

T- TEST

VARIABLE	T - TEST VALUE
Spiritual Intelligence	0.414955 Insignificant
Personal Identity	0.943427 Insignificant
Relational Identity	0.990772 Insignificant
Social Identity	0.64112 Insignificant
Collective Identity	0.259362 Insignificant

DISCUSSION

The present study aims to investigate the effect of SI on Identity formation among adolescents. There were certain objectives and hypothesis created for the study in which relationship between SI and the identity formation in adolescents was interpreted. The major findings of a study represents that there exists no correlation between spiritual intelligence and identity formation in adolescents. (Khalajani, S., Farhangi A., 2017).

1. First hypothesis is ‘There will be significant relationship between SI and personal identity among adolescents.’ Is been rejected as there is no correlation coefficient which is been seen between these two variables. Hence through table no. 3 it could be seen that there exists no significant correlation between SI and personal identity.
2. Second hypothesis is ‘There will be significant relationship between SI and relational identity among adolescents.’ Is been rejected as there is no correlation coefficient which is been seen between these two variables. Hence through table no. 4 it could be seen that there exists no significant correlation between SI and relational identity.
3. Third hypothesis is ‘There will be significant relationship between SI and social identity among adolescents.’ Is been rejected as there is no correlation coefficient which is been seen between these two variables. Hence through table no. 5 it could be seen that there exists no significant correlation between SI and social identity.
4. Fourth hypothesis is ‘There will be significant relationship between SI and collective identity among adolescents.’ Is been rejected as there is no correlation coefficient which is been seen between these two variables. Hence through table no. 6 it could be seen that there exists no significant correlation between SI and collective identity.

Effect of Spiritual Intelligence on Identity Formation Among Adolescents

Along with the relationship between SI and identity formation, the difference between genders in both variables was also studied.

5. Fifth Hypothesis is “There will be significant difference of SI among male and female among adolescents.” It was seen that there is no significant difference found between the genders for Spirituality intelligence.
6. Sixth hypothesis is “There will be significant difference of Identity Formation among male and female among adolescents.” Identity formation was interpreted on the basis of different dimensions which are Personal Identity, Relational identity, social identity and Collective identity. It was found that there is insignificant difference between the genders for all the dimensions, which can be interpreted that there is insignificant difference between the genders for identity formation. A reason for not finding a significant difference between the genders could be that everyone is so busy with their daily lives and rarely get time to themselves to understand these subtle aspects that have a tremendous effect on one's lives. For the present study, a significant difference couldn't be found might be because, in today's time, nobody, be it, man or woman, don't give much time to themselves to understand the importance of spiritual intelligence & identity formation and the huge impact that it have on one's lives. (Babelan, A., Moeinikia, M., 2012).

CONCLUSION

Prior studies elaborated that spiritual intelligence can enhance with training. Adolescence is a vital period for spiritual intelligence training. The spiritual intelligence provides a general premise to the person to have the capacity to consider his looking for objectives and significance in life, and to pursue the aims which are personally meaningful. It helps the person in coordinating his/her worries to the more extensive picture and in concentrating, consciously, his/her exercises in a setting that is more extensive. After examining findings from the study, suggest that there is no significance between these two variables. For the present study, a significant difference couldn't be found. It might be because, Adolescents are so busy in their studies and other activities that they do not have time to do research on these topics. In today's time, nobody, be it, man or woman, don't give much time to themselves to understand the importance of SI and identity formation and the huge impact that it has on one's lives.

Limitations of the study

- Firstly, the sample size was very small which might have been the reason for insignificant results. Future studies should be conducted on a larger sample.
- Secondly, the study is a cross sectional study which has been done in the on-going pandemic which has had an adverse effect which might also be a factor that might have had an influence on the responses as given by the participants.
- Another limitation of the study is that the data was collected through online mode wherein there wasn't much interaction with the participants which might have affected the way of approach to the questionnaires as well.

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Effect of Spiritual Intelligence on Identity Formation Among Adolescents

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Conflict of Interest

The author(s) declared no conflict of interest.

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