

Relationship Between Life Satisfaction and Spiritual Intelligence of Married Working and Non-Working Women

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ABSTRACT

This research paper explores the concept of spiritual intelligence (SQ) in married working and non-working women, aiming to investigate the relationship between spiritual intelligence and life satisfaction. The research aims to achieve several outcomes: (1) to explore the level of spiritual intelligence among working and non-working women; (2) to explore the level of life satisfaction among married working and non-working women; (3) the relationship between life satisfaction and spiritual intelligence. A sample of 60 working and 60 non-working women was collected. From this study, there is a positive correlation between life satisfaction and spiritual intelligence; Working women have more life satisfaction and spiritual intelligence than non-working women.

Keywords: *Relationship, Life Satisfaction, Spiritual Intelligence*

The present study is to investigate the relationship between Spiritual Intelligence and Life Satisfaction of married working and non-working women.

Spiritual intelligence is the Independent Variable and Life Satisfaction being the dependent variable.

Spiritual Intelligence will be the continuous variable as the scores can be calculated using the Spiritual Intelligence Scale and Life Satisfaction Scale.

Working and Non-working women will make up the categorical variables.

Not all women work because they have no choice. Some people have jobs because they are young and single. For certain people, family and socioeconomic position affect whether or not they look for work. For instance, married women without children are more likely to work than moms, while mothers with older children may be more involved in their jobs than mothers with younger children. Similar to this, educated people from liberal familial backgrounds have a better probability of finding employment. To manage her time effectively while carrying out these simultaneous roles as a wife, mother, and worker, a woman must manage her time well to avoid role conflict.

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There is a segment of society that still thinks that even if a woman has a high level of education, her primary and only duty in life is to care for her family, despite the modern revolution in the sex and vocational roles of women. This calls to mind the other group of women, known as "Housewives," who do not work outside the home. Given the nature and divine creation of women, as well as their capacity to emotionally connect with children, it is thought that they bear the primary duty for motherhood and childrearing. On the other hand, women must participate in social and cultural activities. Some women lack the motivation to work outside the house.

It is essential to know about the life satisfaction of women and how it is different in working and non-working women while relating it to their spiritual intelligence.

IQ, EQ AND SQ

Being more acutely aware of your immediate surroundings than normal is only one aspect of presence. That is only one outcome of presence. The transition from the subject to the object polarity of attention, or presence, causes a similar change from the ego to the soul. Itself rather than your body and mind. Greater mental clarity is one of the outcomes, but the transformation from ego to soul is the essence of the present.

Spiritual intelligence is IQ and EQ used in a presence-based manner.

By living as your soul, SQ therefore helps you reach your greatest potential and changes the course of your life, which would otherwise be determined by your ego.

There are mainly three types of Intelligence:

1. IQ- Rational Intelligence, includes thoughts.
2. EQ- Emotional Intelligence, includes feelings.
3. SQ- Spiritual Intelligence, who we truly are.

IQ is the material capital whereas EQ is the emotional capital and SQ is the spiritual Capital.

Importance of Spiritual Intelligence

The use of spiritual intelligence can help to alleviate war anxiety and anxiety related to religion. Additionally, spiritual intelligence aids individuals in evaluating their own spiritual development.

Development of spiritual intelligence benefits not only the person but also their families, communities, and the organisations they work for. It is the instrument that helps an individual to know where they are and where they want to go about spiritual development. It is crucial for us to recognise our points in common and work together to achieve our shared objective, which is to achieve peace and love. These similarities can be sorted out by spiritual intelligence.

Measuring Spiritual Intelligence

Self-reporting is used to gauge spiritual intelligence. Many academics with expertise in this area worked hard to create a tool to assess spiritual intelligence.

The Spiritual Intelligence Scale is a self-report inventory developed by Dr. R.K. Mishra. It has total of 42 items.

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Life Satisfaction

A human being is an impartial being who constantly assesses his circumstances. He won't feel content until he accomplishes his objectives. Perhaps it is true to say that every person's ultimate goal is to realise his or her life satisfaction.

Life pleasure results from the accomplishment of objectives and ambitions. Life satisfaction is therefore the key component of human welfare. It is the ultimate aim, and everyone works for it throughout their lives.

The term 'Life satisfaction' is the combination of two different terms 'Life' and 'Satisfaction'. Term 'Life' is defined as "the state of functional activity peculiar to organized matter and especially to the portion of it such as, constituting on animal or plant before death (Oxford Dictionary, 2005). According to Bartlett (1977) Life is what one's thinking makes it, one makes it human or hell through one's thinking. Life can be defined biologically as "an organismic state characterized by capacity for metabolism, grow, reaction to stimuli and reproduction" (Merriam- Webster Dictionary).

The condition of being that starts with generation and ends with death is another definition for it. Life is also defined as the period of time during which this condition persists. Another way to define life is, "The condition in which all or any of an animal or plant's organs are capable of carrying out all or some of their activities."

The a fore mentioned definitions of life paint a similar image as a semantic assignment to the traditional Hindu tale of the six blind men who were tasked with recognising an elephant by touching just its tail, trunk, or leg. Each concept offers a radically different explanation of how life works. The researcher defined the 5 life as follows notwithstanding some agreement between these definitions.

General definitions of the term satisfaction include gratifying of needs, sentiments, or the expression of joys, as well as happiness, contentment, and optimism.

Is the ability to balance any bad with a good. The surroundings, quality, behaviour, and personality of an individual completely determine their level of satisfaction.

The intellect is more important than the physical environment to it.

Thus, life satisfaction refers to a mental condition in which a person believes that all of his or her wants, needs, and desires have been fully met.

The way a person assesses his or her life and how that person thinks about where that life is heading in the future is referred to as life satisfaction. It is a gauge of wellbeing that may be evaluated in terms of mood, contentment with interpersonal relationships and goals attained, self-concepts, and other factors.

Factors Affecting Life Satisfaction

1. Personal factors- The fulfilment of needs (physiological, psychological, and social needs), education, the nature of one's employment, pastimes, marital status, participation in sports, and physical and mental well-being. Health, emotional openness, coping skills, ego identity, financial situation, personality, etc.

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2. Environmental factors encompass everything that is in and around us. It is a significant aspect that affects both our good social behaviour and a variety of psychological features. Setting that is calm and kind promotes a balanced living. healthy interpersonal connections with neighbours. Other sources of life happiness include coworkers and social interaction. Included are social connections and friendships, contentment with friends, and time available to spend with them. Physical/geographical environment, good housing amenities, occupational amenities (such as promotion, recognition, freedom, compensation, job security, work itself, job status, friendliness of head, interaction with employees, achievement and working conditions), community environment, etc.

Importance of Life Satisfaction

It is a state of experiencing pleasure in an organism, which is what all humans strive to accomplish throughout their entire lives. There is discord between the inner and exterior selves when there is no life fulfilment. It results in sensation of meaninglessness, emptiness, and unease in life. This contradictory circumstance causes a crisis of character, values, and productivity. The ability to appreciate life is a requirement for life fulfilment. The happier we are, the more we can appreciate what we already have. High life satisfaction is a sign of happiness and better life adjustment, and vice versa.

When we talk about life satisfaction, we may gauge how much a person believes their life is significant. We may use it to evaluate societal issues.

Life satisfaction research allows us to keep track on social development. Individual life happiness within a community reveals the significance of life, but as contentment dwindles, this suggests potential issues.

Measuring Life Satisfaction

Life satisfaction may be characterised as a feeling of serenity and happiness resulting from little discrepancies between one's perception of their surroundings and a standard they set for themselves. The extent of Life satisfaction depends on how well one's circumstances meet the criterion. To appreciate one's experience with a certain amount of enthusiasm, one must have a positive outlook on their life as a whole rather than just their current emotions. It is a metric of wellbeing that can be evaluated in terms of the desire to change one's life, satisfaction with the past, future, and significant other's perceptions of one's life, as well as satisfaction with relationships with others and with accomplished goals and experiences, self-concepts, and self-perceived ability to cope with day-to-day life, economic standing, and level of education.

Life Satisfaction Scale by Prof. Hareo Ojha is used for the study. It's a self-report inventory and has 20 items.

Evaluation Of Life Satisfaction

What occurs in a person's mind while they assess their life?

One of the main themes in the early philosophers' investigation of happiness was speculation on such topics. This topic has attracted a lot of attention.

Reemerging interest in the twenty-first century. The reasons for increasing interest in the "black box" go well beyond simple curiosity about its contents. They include the significant

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ramifications that result from considering many viewpoints on how to make more people happier.

Happiness was defined by utilitarian philosophers as the "total of joys and sufferings," calculated in a "mental calculus." The appraisal procedure is still seen from this perspective today. According to popular belief, life satisfaction analysed in a manner similar to how accountants determine profit. We would tally up our advantages and disadvantages before striking a balance. An overall judgement is subsequently reached through a "bottom-up" process in which evaluations from all facets of life are merged. Following this lead, Andrews and Withy (1976) proposed that contentment with many parts of life is used to determine satisfaction with life as a whole.

Significance of Problem

Opportunities for work have increased significantly as a result of liberalisation, privatisation, and globalisation for both men and women. The psychological well-being of women and their ability to adjust to many facets of life are both impacted by their newly discovered social standing.

Working women hold dual responsibilities of work and family. Non-working women are also required to take care of all household responsibilities. So, involvement of married women in spirituality can have a significant impact on their life satisfaction. Life satisfaction may differ in working and non-working women.

Statement of Problem

“A study of Spiritual Intelligence and Life satisfaction among married working and non-working women.”

REVIEW OF LITERATURE

Working women frequently face pressures at home and at work, which are typically the primary sources of success and pleasure for any person. Working women encounter many difficulties every day as they attempt to balance their home and professional lives.

It's important to manage emotional stimulations brought on by daily tensions if you want to advance and be successful at work.

Studies Related to Life Satisfaction

A state of mind is satisfaction. It is a critical assessment of anything. The phrase is used to describe both "contentment" and "enjoyment." It encompasses both cognitive and emotive judgements as a result. Satisfaction might be fleeting or lasting and consistent over time. Currently, "happiness" and "subjective well-being" are used as synonyms for life satisfaction. In particular by philosophers, the word "happiness" is sometimes employed to denote an objective good.

Agarwal (2001) According to Agarwal's study on life satisfaction among working and unemployed women, there is a substantial gap between the two groups. Working women reported better life satisfaction than non-working women, according to research.

Arshad et al. (2015). The findings indicate that working women are more content than non-working women. Another investigation was made to contrast the marital quality, stress level,

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and life satisfaction of working and unemployed women. Results show that these stay-at-home women are less stressed than working women and have better marital adjustment.

Keyes (2011) said that the ability to reflect on one's own life and develop a sense of purpose in it, as well as the freedom to select the purpose of that life, are both blessings and curses for humans. Life is a long-term investment, just like employment is a correct investment of time and effort may improve "customer" satisfaction, productivity, and retention. Humans who have a strong sense of purpose in life are less likely to commit suicide, are more socially active, and are happier in general. Because it meets the Kierkegaardian issue that life is lived forward into uncertainty, a compelling purpose also helps with the "problems of living" of the twenty-first century. To build the spiritual foundation for maturity, an authentic purpose is required given the lengthening lifespan, shifting societal norms, and increasing responsibility for personal decision-making. Therefore, a distinctively contemporary problem for the partnership of the social and theological sciences—which seek to comprehend and elevate the human situation in order to promote the perception of life as worthwhile—is the creation and preservation of real purpose throughout maturity.

Kumari et al.,(2013) did a research on 200 managers, mostly from Sonbhadra in Uttar Pradesh, who were employed by the National Thermal Power Corporation (NTPC) organisation in India. Participants range in age from 22 to 42. (Mean=30.80, SD=4.21); 200 of the participants were men.

Employees' levels of life satisfaction account for 5% of the variation in emotional commitment. The outcome showed that emotional attachment to organisational commitment, daily activities, good self-images, a pleasant and upbeat perspective, and feelings of accomplishment in reaching goals were all factors that affected how satisfied people were with their lives. The writers came to the conclusion that managers are more content with their employment because of their emotional attachment and sense of positive attachment.

Niharika and Kiran (2014) assessed life happiness in relation to a person's financial situation, level of education, experiences, place of residence, and a wide range of other factors. The goal of this investigation was to influence how happy bank workers are with their lives. This study looked at life satisfaction among Lucknow district bank personnel in the private and nationalised sectors. A questionnaire schedule was used to collect data from 120 male and female bank workers from the commercial and public sectors. In the current investigation, a multi-stage random sampling approach was used. The current study was carried out throughout the city of Lucknow. In contrast to private employees, the results revealed that nationalised bank employees were quite content with their lives. Additionally, there was a positive, substantial association between the independent factors and contentment with life. The sort of bank has a considerable impact on the life happiness of bank personnel. It has also been discovered to be related to both hierarchy and job experience. The main factor contributing to nationalised bank workers' higher life satisfaction scores than private bank employees across all metrics is determined to be their employment stability.

Yeun et al., (2013) did a study to determine the relationship between hospital nurses' life happiness and their supervisors' support, emotional weariness, and personal success. The information was gathered from 499 nurses who worked at by the use of a standardised questionnaire at the university hospital. The scale comprised nine items, each of which was rated on a Likert scale with five possible responses. Using a t-test, an ANOVA, a post hoc

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Scheffe's test, and Pearson's correlation coefficient, general features, the supervisor's support, emotional weariness, personal accomplishment, and life satisfaction were examined. The findings revealed that emotional tiredness was negatively impacted by supervisor assistance ($r=-.085$, $p=.048$), but life satisfaction ($r=.150$, $p=.001$) and self-actualization ($r=.169$, $p=.001$) showed a positive correlation. A personal accomplishment and life satisfaction both had a negative link with emotional weariness ($r=-.177$, $p=.001$) and ($r=-.332$, $p=.001$). The findings showed that better life happiness is a result of greater personal success, greater supervisor support, and less emotional tiredness. When nurses feel confident and accomplished in their profession, they are more likely to stick with it even when it's challenging and report higher levels of life satisfaction.

Studies Related to Spiritual Intelligence

In the first and second millennia, the idea of spiritual intelligence was nebulous and superficial. As a branch of behavioural science, the idea was created as a field in the third millennium. Wang Yangming, a participant in the Neo-Confucian scholars known as "Ymeigaku" (Japanese:), who flourished in the early Edo era, recognised the existence of spiritual intelligence in human minds. The individual person, according to Banzan (1619-1691), is separated into a physical body and a spiritual intellect, with the latter being the most important.

Yuan, a Confucian philosopher who lived from 1635 to 1704, claimed that only the spiritual intellect has the ability to hear the voice (of God).

Maheshwari (2015), spiritual intelligence was useful in determining the meaning of life. It assisted in reducing the harmful impact of perceived job stress. The research done to comprehend the occupational and understanding the spiritual intelligence of the occupants and how it relates to their level of occupation commitment was the topic of 70 commitment of women occupants in India. Workplace spirituality was a profound feeling of purpose that boosted corporate efficiency and employee enthusiasm. According to this study, spirituality fosters inhabitants' greater devotion to their jobs. As a result of spirituality's contribution to the development of tolerance, adaptability, and caring, the inhabitants were better able to comprehend their surroundings and maintain their composure and concentration.

Babanazari et al., (2012) High school aged adolescents were studied in regards to their spiritual intelligence and contentment. 221 high school students who took a spiritual sensitivity course made up the research sample. General Health Questionnaire and a scale of 64. According to the study's findings, spiritual wisdom and happiness are significantly correlated.

By offering a framework for articulating life's events and as a result producing a feeling of integrity and existential connectivity, spirituality helps to enhance mental health. Adolescents in high school were investigated in terms of their satisfaction and spiritual intelligence.

Animasahun (2010) The extent to which IQ, emotional quotient, and spiritual quotient might jointly and significantly predict prison-adjustment among Nigerian convicts was examined by Animasahun. Participants included from five prisons in Nigeria, 500 inmates were chosen at random. They consist of forty-two girls and four hundred and fifty-eight men. Expost facto correlational research design was used in the study. This study clearly demonstrated that, compared to the previously over emphasised intelligent quotient, emotional intelligence and

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spiritual intelligence are significantly more crucial to the adjustment process and success in life. Therefore, anybody in a position of authority, including parents, teachers, leaders, corporate executives, and others, should always support, motivate, and reaffirm anyone who shows a high degree of spiritual and emotional intelligence, which are the true indicators of life success and general adjustment. Therefore, it was determined that intellectual quotient is far less significant than emotional intelligence and spiritual intelligence abilities. Therefore, rather of emphasising intelligence more, let's support students and those who exhibit high levels of emotional intelligence and spiritual intelligence.

Saidy et al. (2009) The National Education Philosophy's emphasis on emotional and spiritual intelligence was examined by in relation to secondary school students' language proficiency. One's degree of intelligence is not just determined by their intellectual capacity. In actuality, a student's level of accomplishment also depends on emotional and spiritual intelligence, which is regarded as a factor.

Ronel and Gan (2008) In their 2008 essay, Ronel and Gan attempted to emphasise the role of spirituality in a comprehensive understanding of intelligence and the study of human potential. According to a theistic perspective, spiritual intelligence is seen as the capacity to comprehend. God-centeredness is viewing the world and oneself in relation to Him, and living one's life accordingly. Here, I want to show spirituality as a fundamental trait from which certain abilities or skills may be developed. Spiritual wisdom is demonstrated in interrelated qualities include integrative aptitude, emotional control, morality, and moral behaviour as well as faith, humility, and thankfulness.

Sisk (2008) Spiritual intelligence, which involves adopting a multimodal method to access one's inner wisdom to address global challenges, was cited by Sisk (2008) as a potential integrating topic to foster global consciousness among teachers and students. As elements of spiritual intelligence, high awareness, completeness, presence, and inner directedness have been seen to be significant for the workplace. The lack of a correlation between social intelligence and this study's findings may be due to the fact that salaries and benefits in education are much lower than those at universities or other institutions.

Studies Related to Life Satisfaction and Spiritual Intelligence

Tanmoy Satpathy and Susmita Samanta (2022) The goal of the study was to determine whether spiritual intelligence affects a person's level of life happiness and to validate the scales in our setting. Reserachers examined the proposed model with the aid of structural equation modelling (SEM), and then discovered concrete proof that the proposed model demonstrated an acceptable range of goodness of fit with elicited data. This demonstrated how a person's spiritual intelligence affects their level of life pleasure, which is necessary in today's culture.

Ahmad M. Alghraibeh and Amal M. Alotaibi (2017). The validity and reliability of the spiritual intelligence and life satisfaction tests were established by the authors. The participants were 57 talented students from the province of At-Ta'if (29 men and 28 women). Significant differences in spiritual intelligence variables were associated with gender, favouring the female participants. Spiritual IQ and life pleasure were found to be directly and significantly connected.

Peter Varghese (2016) The goal of the study, "Impact of Spiritual Intelligence on Job Satisfaction and Life Satisfaction of IT Employees in the Selected Four Cities of South India,"

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was to assess the levels of spiritual intelligence, job satisfaction, and life satisfaction among IT employees (operational, middle, and top level managers) in Bangalore, Chennai, Hyderabad, and Kochi.

The term "Spiritual Intelligence" (SI) is relatively new, and philosophers, psychologists, and management theorists use it to describe spiritual similarities between IQ and EQ (Emotional Quotient). The concept of "Spiritual Intelligence" was first presented in 1997 by Zohar in her book "Rewiring the Corporate Brain," for which she later created the phrase. There aren't many thorough research on the employee's existence in relation to his life, work, and spirit.

Prashant Kumar Dubey (2015) said every educational system depends on its teachers. The purpose of the educational system cannot be fulfilled without teachers. Given that education instills knowledge. The teacher's position is consequently far more important since it develops students' knowledge, abilities, and attitudes and prepares them for their duties. The National Knowledge Commission also acknowledged higher education as a tool for social change in its 2007 report, "National Knowledge Commission: Report to the Nation," which stated that "there is only one instrument, through education, that can be used to achieve this change on a grand scale without violent revolution." Teachers deliver education to students. Consequently, the educational system requires dedicated instructors. Additionally, it is commonly recognised that only contented teachers are devoted. dissatisfied educators who are not happy with.

Anshu Chauhan (2015) The purpose of this research was to compare life satisfaction levels between working and unemployed women. 40 women made up the sample—20 of them were employed and 20 of whom were not. The 30- to 50-year-old age bracket. Data gathering employed random sampling. Data was gathered using Life Satisfaction scale by Hardeo Ojha created the Satisfaction Scale to measure life satisfaction in both working and non-working women. We'll employ mean, SD, and T test.

Alrashidi et al., (2022). A multi-stage selection procedure was used to choose the participants, who were nurses working in government hospitals. 1121 nurses in total (75% response rate) took part in the study. The collection of data was place between July and September 2022. The participants' life satisfaction level was judged to be high. They scored well for spiritual intelligence (90/120), and their overall well-being was better (10/15).

Nandu Shivaji Kumawat and Dr. Parmeshwsar Abhiman Puri (2019) The study set intended to determine the connection between young people's life satisfaction and spiritual intelligence. For the current study, 100 male and female participants were chosen by purposive sampling from Dr. Babasaheb Ambedkar Marathwada University in Aurangabad. Data were gathered using the Spiritual Intelligence scale and the Life Satisfaction scale. Life satisfaction and spiritual intelligence are key phrases. Spiritual intelligence is the capacity to discriminate between our other spiritual resources and talents and to address existential and pragmatic issues. Problem-solving and decision-making are aided by spiritual intelligence, which also supports each person's capacity for these tasks. Thus, one of the qualities that set humans apart from other organisms is spiritual intelligence.

Aydın Söylemez and Mustafa Koç (2019) Relational screening approach was used because research was descriptive in nature. The research team comprised 388 adults with bachelor's degrees and undergraduate students from Istanbul, Kocaeli, and other places plus Zonguldak. Data were gathered using measures for spiritual intelligence, meaningfulness, and life

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satisfaction. The research's data were analysed using statistics as well as correlational and regression analysis. The findings showed that meaningfulness and spiritual intelligence are positively and significantly related.

Dharvinder Singh and Karuna Gupta (2021) Study looked at the connection between young adults' life happiness and spiritual intelligence and mindfulness. The data were analysed using stepwise regression and Pearson product moment correlation. The findings showed a strong correlation between spiritual intelligence, mindfulness, and life happiness in young adults, but only spiritual intelligence substantially predicted life satisfaction.

Isfahani Nobakht (2013) argued that spiritual intelligence played a fundamental role in a variety of sectors, especially in the support and supply of mental health and the other social services. On the other side, the psychology's top goals were social involvement, efficiency, physical health, and the impact of happiness on mental health. The study looked at the connection between worker satisfaction and spiritual intelligence. Employees of the Golpayegan Petrochemical Company in Iran made up the statistical population, and data were gathered via a questionnaire. The justifiability of a questionnaire is assessed formally. 94% of Cronbach's alpha dependability was validated. Transcendental awareness, spiritual experience, tolerance, and forgiving are all aspects of spiritual intelligence. The staff satisfaction variable and the spiritual intelligence variable were shown to be significantly correlated. Results pertaining to the first primary hypothesis revealed that Staff satisfaction and the spiritual intelligence measure exhibited a significant positive connection with a coefficient of 501/0 and a significant p-value of 0.05. Therefore, the primary research hypothesis is supported. The results of a correlation test between staff happiness variables and variables related to transcendental consciousness, spiritual experiences, patience, and forgiveness reveal a significant correlation between 104 staff happiness variables and variables related to transcendental consciousness, forgiveness, and spiritual experiences.

Koohbanani et al., (2013) conducted a correlation-based study with 123 talented female high school students in Birjand, Iran. The Morgan Table was used to determine the sample size. The overall count of 260 students participated in the study, and 123 samples were chosen. For sampling, the Simple Random Method was examined.

Aydın Söylemez and Mustafa Koç (2019) The capacity of a person to discover purpose in life is referred to as spiritual intelligence, one of the several forms of intelligence. The study's goal was to discover how spiritual intelligence affects life fulfilment and purpose. They used a relational screening approach because our research was descriptive in nature. The research team comprised of 388 adults with bachelor's degrees and undergraduate students who lived in the cities of Istanbul, Kocaeli, and Zonguldak. Data were gathered using measures for spiritual intelligence, meaningfulness, and life satisfaction.

METHODOLOGY

An attempt was made to evaluate earlier research on spiritual intelligence, life satisfaction, and their predictors in Chapter 2. The aims of this study's methodology and strategies are described in detail in this chapter.

Definitions of important terms used in the present study

- **Spirit:** In contrast to its constituent parts, the physical organism's spirit—also known as it's crucial principle or breath of life—is what gives it life.

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- **Intelligence:** A description of the cognitive sphere's efficiency, including how rapidly someone can learn, how effectively they can assess and reason, and other factors.

Research Methodology

The objectives of the current study, factors taken into account in the current investigation, hypotheses developed for testing in the study, data collecting process, sample and sampling methodologies, and sample size determination are explained in the section that follows.

Aim

To investigate the relationship between spiritual intelligence and life satisfaction among married working and non-working women.

Objectives of the study

Reviewing prior studies makes it evident that spiritual intelligence and life satisfaction are both researched independently as well as in connection to one another and any other variable, such as work satisfaction, happiness, stress, etc. The association between spiritual intelligence and life happiness of married working and non-working women explicitly has not been explored in any studies to far.

Variables of the study

DEPENDENT VARIABLE	INDEPENDENT VARIABLE
Life Satisfaction	Spiritual Intelligence

Statement of hypothesis

Hypotheses are developed for the current study on the basis of the theoretical framework presented in Chapter 1 and the review of previous studies provided in Chapter 2.

H1: There will be a significant relationship between spiritual intelligence and life satisfaction of married working and non-working women.

H2: There will be a difference in spiritual intelligence and life satisfaction of married working and non-working women.

Data Collection

Data were collected through standardized questionnaires on spiritual intelligence and life satisfaction developed by K.S. Mishra (2014) and Hardeo Ojha (2015) respectively. Data on spiritual intelligence were gathered through spiritual intelligence scale and data on life satisfaction were collected through life satisfaction scale. A sample of 120 women were collected.

Sampling technique

Convenience Sampling was done to collect the desired data of married working and non-working women. A sample of 120 women above 30 years till 45 years is collected. Out of 120, 60 are working women and 60 non-working.

Sample size

Sample of 120 women, working and non-working was collected.

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Inclusion and Exclusion criteria

INCLUSION CRITERIA

- Gender- Women
- Age- 30 to 45 years
- Working and non-working women
- Relationship- Married

EXCLUSION CRITERIA

- Gender other than women
- Age group before 30 years and beyond 45 years.
- Relationship other than married.

Description of tools used in the study

Two tools are used in the study. Life satisfaction scale to study the satisfaction level and spiritual intelligence scale to study the spiritual intelligence of an individual.

Statistical Analysis

The acquired data were analysed using sophisticated statistical methods. Data on married working and non-working women's spiritual intelligence and life satisfaction were gathered.

The relevant z-scores were created from the raw scores. The information gathered from the survey questions was inputted and stored on the statistical software SPSS.

Two statistical tests were run on the acquired data:

- ***Correlation***

The correlation analysis quantifies how closely related the variables under study are to one another. The correlation index, also known as a correlation measure, condenses the direction and strength of connection into a single number. The approach gauges how closely the variables are related to one another. Correlation, then, is a statistical instrument that aids in the analysis of the co-variation of two or more variables. It is necessary to have some form of relationship that groups the observations into pairs, with one observation in each pair representing a value for each of the two statistical variables, in order to identify and analyse correlation (also known as co-variation) between two variables.

- ***T-test***

Using data from two samples, the researcher may determine the mean difference between two groups with the use of the independent samples t-test. It is assumed in all inferential statistics that the dependent variable matches a normal distribution. This test is performed when none of the two populations being compared has any prior information. The independent samples t-test is a statistical test used to examine if a sample mean difference between two populations actually exists or if it is solely the consequence of sampling error.

Correlation	To find out the relation between life satisfaction and spiritualintelligence.	
T-test	To find out the difference in spiritual intelligence and lifesatisfaction of married working and non-working women.	
	Categorical data	Continuous data
	Working/Non-workingwomen	Life Satisfaction score Spiritual Intelligence score

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The rationale for the study

Spiritual intelligence plays a significant role in mental peace, satisfaction and gives a sense of fullness. Spiritual intelligence varies from person to person. Some might find spirituality in meditating whereas others may find in practising a prayer procedure. To consider the life satisfaction of women; especially non-working and married as the income aspect isn't there and that might affect their thinking towards themselves.

RESULT AND ANALYSIS

In accordance with the concepts and methods outlined in the preceding chapter, the researcher gathered the necessary information from 120 married women, working and non-working. Following a statistical organisation of the data, the requisite coding and scoring were completed in accordance with the test design. Also, the information was entered into computer programmes that were programmed to carry out the statistical calculations required to test each of the hypotheses.

Abbreviations for the following tables.

- LS: Life Satisfaction
- SI: Spiritual Intelligence
- N: Sample size

MEAN

Data on married working and non-working women is collected. After organizing the data on excel mean of both the variables, is calculated.

Descriptive Statistics

Working	N	Mean
LS	60	1.8187
SI	60	1.6925
Valid N (listwise)	60	

Descriptive Statistics

Non-Working	N	Mean
LS	60	.6067
SI	60	.6883
Valid N (listwise)	60	

Table 1.1 MEAN SCORE

The mean of spiritual intelligence of working women is 1.69 whereas the mean of non-working women is 0.60.

The mean of life satisfaction of working women is 1.81 whereas the mean of non-working women is 0.68.

After collecting data on life satisfaction and spiritual intelligence, raw scores were converted to z- scores and the mean was calculated for the same.

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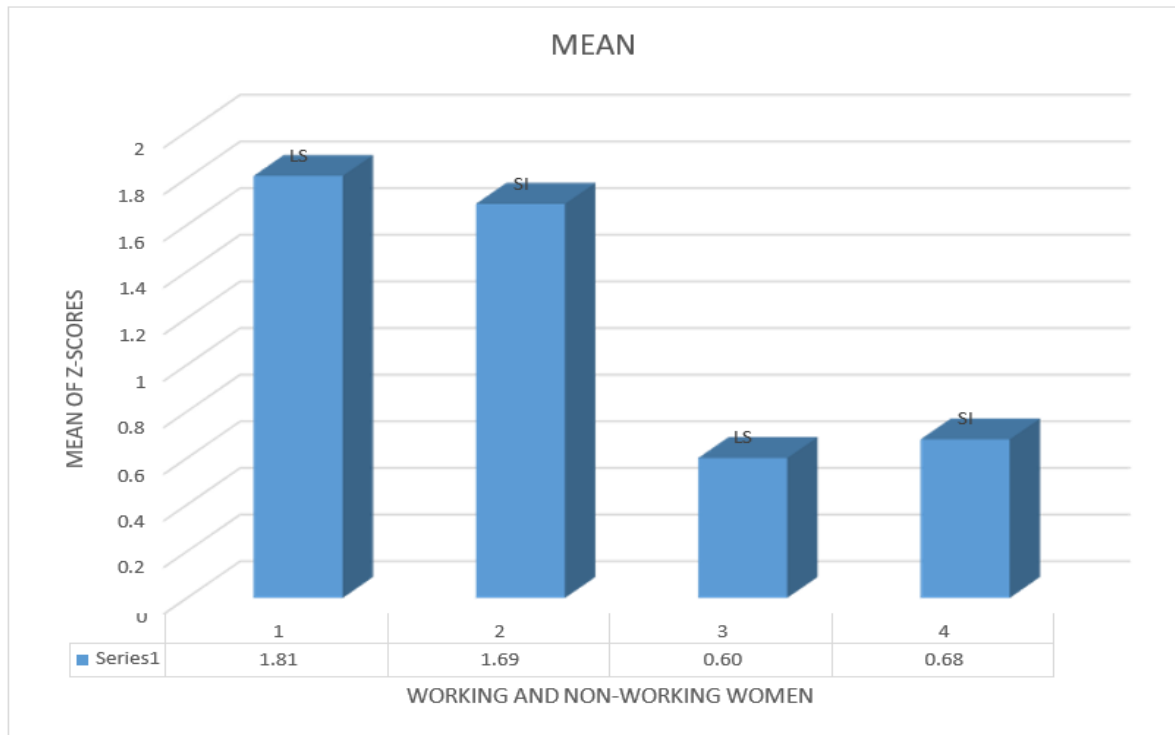


Figure 1.1 MEAN SCORES OF WORKING AND NON-WORKING

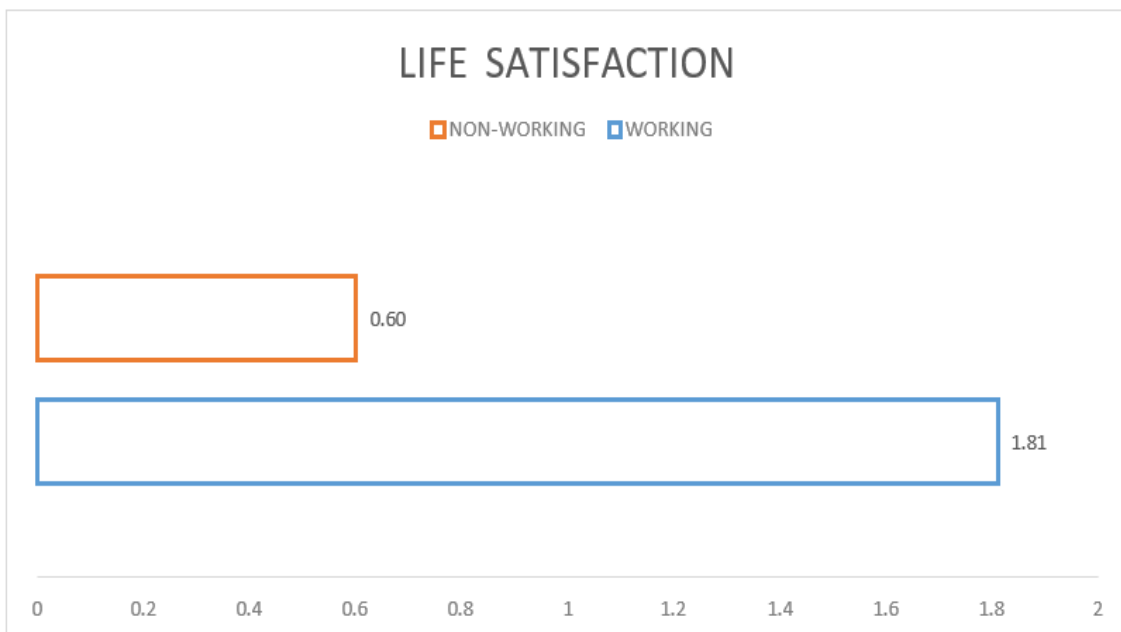


Figure 1.2 LIFE SATISFACTION (MEAN), WORKING AND NON-WORKING

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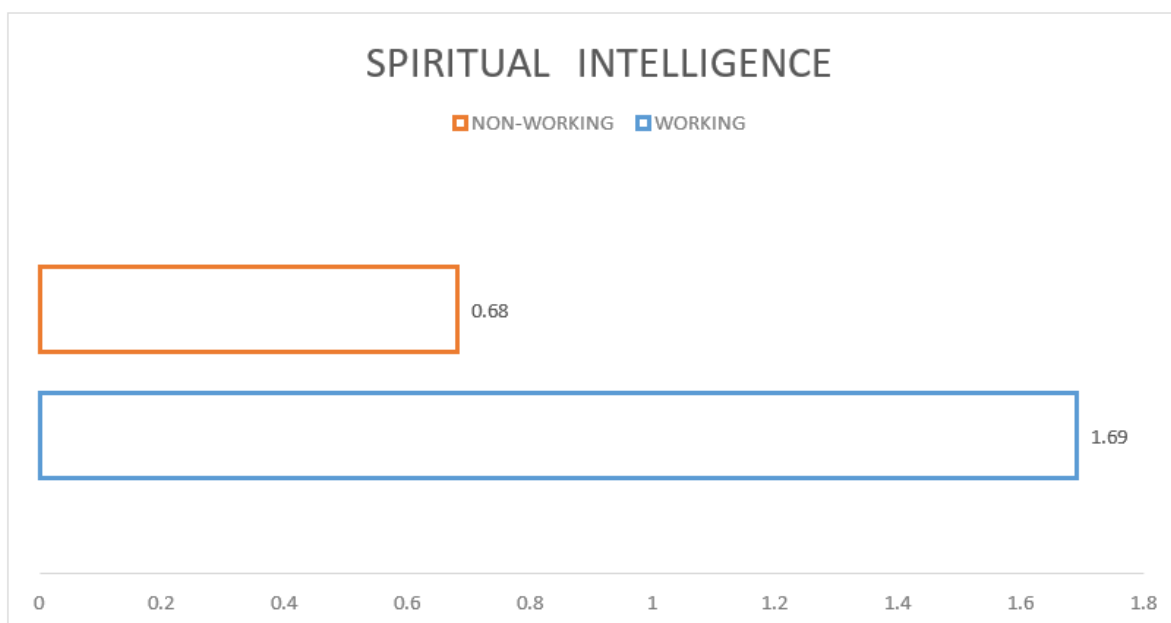


Figure 1.3 SPIRITUAL INTELLIGENCE (MEAN), WORKING AND NON-WORKING

STANDARD DEVIATION

Descriptive Statistics

Working	N	Std. Deviation
LS	60	.60233
SI	60	.54912
Valid N (listwise)	60	

Non-Working	N	Std. Deviation
LS	60	1.01245
SI	60	1.01114
Valid N (listwise)	60	

Table 1.2 STANDAR DEVIATION OF SI AND LS

The standard deviation of life satisfaction of married working women is 0.60 whereas that of non-married working women is 1.01.

The standard deviation of spiritual intelligence of working women is 0.54 whereas that of non-working women is 1.30.

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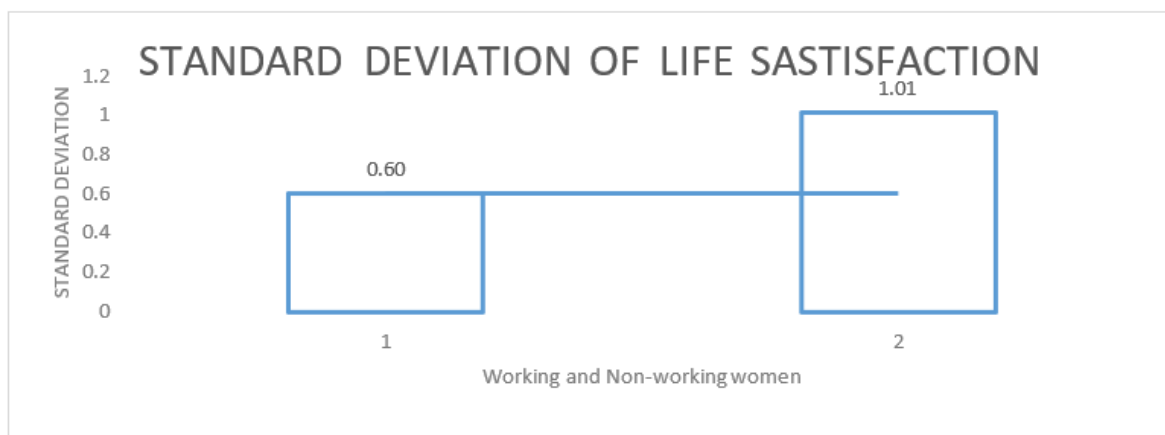


Figure 1.4 STANDARD DEVIATION OF LIFE SASTISFACTION

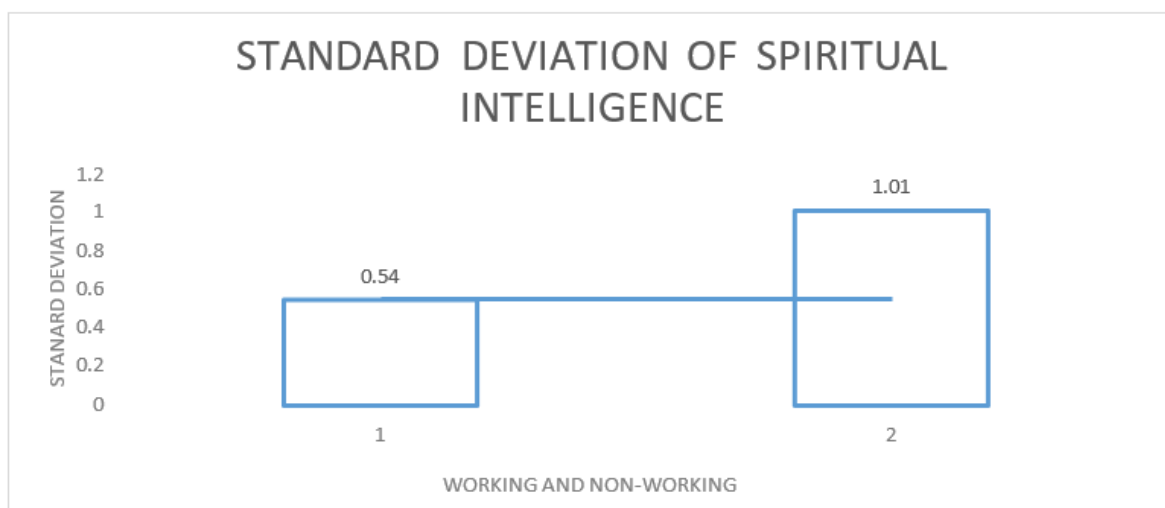


Figure 1.5 STANDARD DEVIATION OF SPIRITUAL INTELLIGENCE

CORRELATION

The correlation between spiritual intelligence and life satisfaction of working women is 0.75 whereas the correlation coefficient of non-working women is 0.79. Overall Correlation of Spiritual Intelligence and life satisfaction is found to be significant at the 0.01 level, correlation value 0.84.

Correlations

	LS	SI
Pearson Correlation	1	.848**
LS Sig. (2-tailed)		.000
N	120	120
Pearson Correlation	.848**	1
SI Sig. (2-tailed)	.000	
N	120	120

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

Table 1.3 OVERALL CORRELATION

Relationship Between Life Satisfaction and Spiritual Intelligence of Married Working and Non-Working Women

Correlations

Working Women		LS	SI
LS	Pearson Correlation	1	.754**
	Sig. (2-tailed)		.000
	N	60	60
SI	Pearson Correlation	.754**	1
	Sig. (2-tailed)	.000	
	N	60	60

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

Table 1.4 CORRELATION OF WORKING

Correlations

Non-Working		NWLS	SI
LS	Pearson Correlation	1	.793**
	Sig. (2-tailed)		.000
	N	60	60
SI	Pearson Correlation	.793**	1
	Sig. (2-tailed)	.000	
	N	60	60

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

Table 1.5 CORRELATION OF NON-WORKING

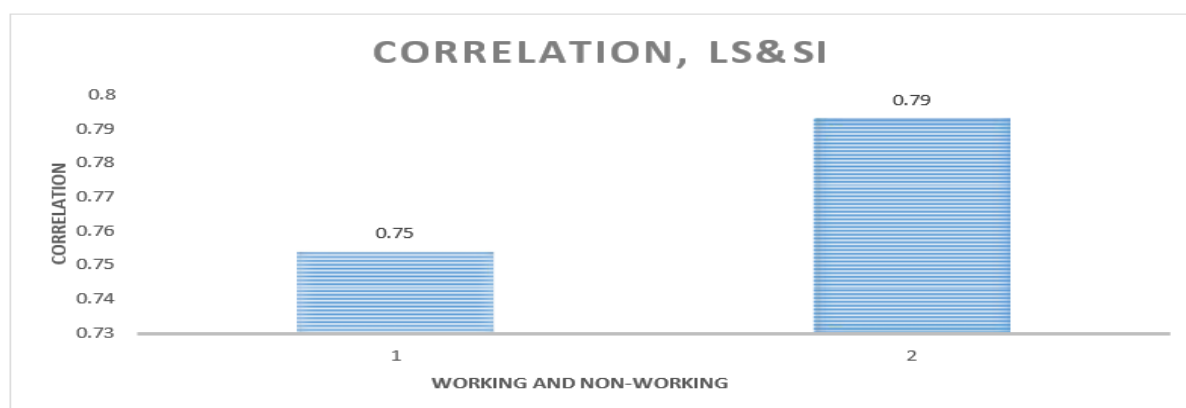


Figure 1.6 CORRELATION (LS&SI), WORKING AND NON-WORKING WOMEN

T-TEST

T-test of Spiritual Intelligence is found to be significant with P-Value .000, t-value 6.760. T-test of Life Satisfaction is found to be significant with P-Value .000, t-value 7.96.

Group Statistics					
	Group	N	Mean	Std. Deviation	Std. Error Mean
Score	1	60	1.6925	.54912	.07089
	2	60	.6883	1.01114	.13054

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Independent Samples Test										
		Levene's Test for Equality of Variances		T-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
Score	Equal variances assumed	12.533	.001	6.760	118	.000	1.00417	.14854	71001	1.29833
	Equal variances not assumed			6.760	91.016	.000	1.00417	.14854	70910	1.29923

Table 1.5 T-TEST (SI)

Group Statistics				
Group	N	Mean	Std. Deviation	Std. Error Mean
Score 1	60	1.8187	.60233	.07776
2	60	.6067	1.01245	.13071

Independent Samples Test										
		Levene's Test for Equality of Variances		T-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
Score	Equal variances assumed	11.761	.001	7.969	118	.000	1.21200	.15209	91082	1.51318
	Equal variances not assumed			7.969	96.115	.000	1.21200	.15209	91011	1.51389

Table 1.6 T-TEST (LS)

DISCUSSION

In the previous chapter, results of the tests were discussed. The present chapter deals with the analysis, interpretation and discussion of the results. From table 1.1, the mean score of Spiritual Intelligence of working and non-working women is 1.69 and 0.60 respectively. Interpretation of the same from the Spiritual Intelligence Scale manual given by R.K. Mishra signifies high spiritual intelligence of working women whereas above average for non-working women.

The mean score of Life Satisfaction of working and non-working women is 1.81 and 0.68 respectively. The manual of the Life Satisfaction Scale given by Hardeo Ojha signifies high life satisfaction for working women whereas above average satisfaction for non-working women.

MARRIED WOMEN	SPIRITUAL INTELLIGENCE	LIFE SATISFACTION
WORKING	High	High
NON-WORKING	Above average	Above average

Table 1.7 Interpretation of results

According to table 1.1, the mean score of spiritual intelligence of 120 married women, 60 working and 60 non-working comes out to be 1.69 and 0.60 respectively. Interpretation of results according to the manual given by K.S. Mishra is high for working and above average for non-working.

According to table 1.1, the mean score of life satisfaction of 120 married women, 60 working and 60 non-working comes out to be 1.81 and 0.68 respectively. Interpretation of results

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according to the manual given by Hardeo Ojha is high for working and above average for non-working.

HYPOTHESIS 1: To test this hypothesis Pearson's correlation was done on $N = 120$. From table 1.3, correlation between spiritual intelligence and life satisfaction comes out to be positive i.e., 0.84. It shows a positive relationship between the two variables; the higher the spiritual intelligence more the life satisfaction.

The correlation between working women is 0.75 whereas the correlation between non-working women is 0.78. Previous Study by, Singh and Gupta (2021) Studied the Spiritual intelligence and mindfulness as predictors of life satisfaction among youth of Jammu and Kashmir and found that there is a positive relationship between SI and Life Satisfaction, r value 0.552 at 0.01 level.

HYPOTHESIS 2: From table 1.5 and table 1.6, T-test of working and non-working women came out to be 6.76 and 7.96 for life satisfaction and spiritual intelligence respectively. It shows a significant difference between the two.

Future Implications

In the study it shows a significant correlation between the two variables and life satisfaction dependent on the spiritual intelligence. Various variables affect life satisfaction like married life, social environment, Emotional intelligence, feeling of self-esteem, self-concept etc. Many of these variables can be influenced by the income of an individual. Spirituality is different for everybody. Helping one in need is mostly common. Those who can help the needy get a sense of fulfilment and satisfaction. Helping others is based on the finance one holds. Therefore, financial independence and safety can be an add on to both of the variables.

CONCLUSION

This study shows a significant correlation between spiritual intelligence and life satisfaction of married working and non-working women. There is a significant difference in spiritual intelligence and life satisfaction of working and non-working women.

Limitations of the Study

The study may not account for external influences that may have an impact on the variables and components under inquiry. The major data for the study were gathered using a survey, and this form of data collection is relying on responders to provide true and precise responses. Closed-ended questions are used. The options are set According to the women's evaluations of their spiritual acuity, work contentment, and life happiness, there may be a tendency to behave in predictable ways that don't really relate to the research's validity or subject matter.

Due to various constraints (time, money etc.), data is collected through purposive sampling which leads to real data being immeasurable. So, the results and conclusion can only be applied to a specific population.

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Conflict of Interest

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