

## The Impact of Self-Consciousness on Life Satisfaction – Investigating the Mediating Role of Spiritual Intelligence

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### ABSTRACT

Spiritual intelligence results in a sense of deeper meaning and purpose, combined with improvements in a wide range of important life skills. Therefore, the aim of the present study was to investigate the mediating role of spiritual intelligence in the relationship between self-consciousness and life satisfaction, Total 125 students whose age range was 18-25 yrs. were drawn through convenient sampling. Three instruments were used for data collection including “The Spiritual Intelligence Self-Report Inventory” (SISRI-24) by D. King, “Self-Consciousness Scale” (SCS-R) by Scheier, M. F., & Carver, C. S, “The Satisfaction with Life Scale (SWLS)” by ED Diener. Data analysis was conducted by using descriptive statistics, Regression analysis and test. Result indicated that self-consciousness positively predicted life-satisfaction; spiritual intelligence successfully mediates the relationship between self-consciousness and life satisfaction. The study has implication in incorporating enhancement of self-consciousness and assessing the spiritual intelligence in addressing the issues related to satisfaction with life among young adults, which will eventually be beneficial for them.

**Keywords:** *Self-Consciousness, Spiritual Intelligence, Life Satisfaction, Young Adults*

Transpersonal psychology has arisen within contemporary psychological thought, encompassing older schools of psychology like psychoanalysis and humanistic psychology. This develops fresh ideas based on proof that we can comprehend and categories spiritual encounters. The discipline of transpersonal psychology includes spiritual psychology. A combination of psychology and spirituality is known as spiritual psychology. It is the investigation of how mental processes impact spiritual growth and vice versa. As it goes beyond the individual and into the metaphysical, spiritual psychology is also known as transpersonal psychology. Each person's definition of spirituality is unique; for some, it involves faith in God or active engagement in religious institutions, while for others, it involves nonreligious experiences that help them connect with their true selves, such as spending time in nature, yoga, and meditation.

A higher kind of intelligence known as spiritual intelligence brings out the attributes and potential of the true self, manifesting as compassion, integrity, wisdom, joy, love, creativity, and peace. In addition to increases in a wide range of critical life and job abilities, spiritual

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intelligence produces a sense of deeper meaning and purpose. King defines SQ as "a set of mental capacities which contribute to the awareness, integration, and adaptive application of the nonmaterial 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" (King, 2008). The model is made up of the following four elements: Critical Existential Thinking (CET) is the ability to critically consider existential questions such as meaning and purpose or metaphysical issues (e.g., reality, the universe, space, time, death).

Personal Meaning Production (PMP), also known as the capacity to generate and master a life purpose, denotes the capacity to construct personal meaning and purpose in all physical and mental events. Transcendental Awareness (TA), also known as the ability to experience transcendent aspects of oneself, other people, and the physical universe (such as non-materialism, interconnectivity), while one is normally awake. The ability to reach spiritual states of consciousness (such as pure consciousness, cosmic awareness, or oneness) at one's own choice is known as conscious state expansion (CSE), which is frequently achieved by deliberate practice (such as prayer, meditation, relaxation, or rhythmic physical exercise).

The study on "Effect of spiritual intelligence on mental health and quality of life among college students" was started by Pant and Srivastava (2014). In Haridwar, Uttarakhand, the study involved 50 undergraduate and graduate college students. The study's objective was to assess people's levels of spiritual intelligence, mental health, and life quality. The study's conclusions showed a substantial correlation between spiritual intelligence and quality of life as well as a correlation between spiritual intelligence and mental health.

The tendency to reflect or consider oneself is related to the psychological attribute of self-consciousness. Two types of self-awareness have been defined by some researchers: (a) public self-awareness, or the extent to which people consider public, external factors of themselves such as their physical appearance, mannerisms, and overt behavior that are not directly open to observation by others; and (b) private self-awareness, or the degree to which people think about private, internal aspects of themselves such as their thoughts, motives, and feelings that are not directly open to observation by others.

Spiritual intelligence, according to Sisk (2008), is a profound self-awareness that involves a person learning more and more about their true nature as a body, mind, and soul. He claims that when we use spiritual intelligence, we come to a stage where the mind speeds up the necessary data processing.

The degree to which a person perceives life to be rich, meaningful, full, or of high quality is referred to as life satisfaction. Life satisfaction is described by Shin & Johnson (1978) as "a general assessment of a person's quality of life according to his chosen criteria." Along with life satisfaction and both good and negative emotions, it is one of the three key indicators of wellbeing (Diener, 1984). According to Diener et.al. (1999), the desire to change one's life, contentment with the past, satisfaction with the future, and knowledge of one's significant other's perspective on one's life are all examples of life satisfaction. Despite the fact that research studies routinely measure participant happiness with their existing conditions, (Beutell). Starks and Hughey (2003) discovered that women who had more religious attitudes about spirituality saw substantial correlations with life satisfaction in their investigation of the relationship between spirituality and life satisfaction among African American women.

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Spiritual intelligence significantly affects life satisfaction, spirituality, and the capacity to overcome difficulties and make adjustments because spirituality helps people adjust and gives them the confidence to do so (Mull, 2004). Attempt were undertaken by Amram and Dryer (2007) to look at the relationship between spiritual intelligence and happiness and inspiration in life. The study involved 263 people and included measures of integrated spiritual intelligence, a battery of questions on basic spiritual experiences, and life satisfaction scores. They identified a favorable, age-dependent link between spiritual intelligence and life happiness.

Young adults grow into distinctive individuals who will stand out. When they finish school, begin a full-time job, and take on additional adult responsibilities, young people in their late teens and early 20s in various nations confront a range of difficulties. Self-reliance prevails. Young people will try to live independently of their parents, take responsibility for their lives, and make their own choices. However, it is anticipated that teenagers would have matured into, responsible adults by the time they are in their 20s. In the world of grownups, they are amateurs. In this stage of human development, young adults understand the value of both material and immaterial possessions. Their interactions with their parents and senior citizens evolve. Therefore, assessing their level of spiritual intelligence is necessary to understand how they have developed their authentic selves through compassion, wisdom, integrity, love, and creativity to understand and deal with their environment effectively. Along with that, their level of self-consciousness & life satisfaction also needs to be assessed in order to comprehend meaningfulness, fulfillment of their life.

### ***Objective of the study***

- To find out the relationship between self-consciousness and life satisfaction.
- To investigate the mediating effect of spiritual intelligence in the relation of self-consciousness and life satisfaction.

### ***Hypotheses***

- HA<sub>1</sub>: There is a significant relationship between self-consciousness and life satisfaction.
- HA<sub>2</sub>: Spiritual intelligence mediate the relationship between self-consciousness and life satisfaction.

## **METHODOLOGY**

### ***Sample***

In the present study, a sample of 125 students whose age range were 18-25 years were drawn through convenient sampling. The educational qualification ranging from under graduate (students of B.Sc.) to post-graduate (students of M.Sc.), students coming from nuclear family were only selected whose family income ranging from 20 thousand to 90 thousand.

### ***Instruments***

Three measures were used in this study,

**The Spiritual Intelligence Self-Report Inventory (SISRI-24)** - This scale was developed by D. King (2008) SISRI–24 spiritual intelligence domains that were measured include the following.

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Critical Existential Thinking (CMT) comprises seven items' Questions 1, 3, 5, 9, 13, 17, and 21 Personal Meaning Production (PMP) questions 7, 11, 15, 19, and 23 represent this component. Transcendental Awareness (TA) Seven survey items: 2, 6 (which are reverse coded), 10, 14, 18, 20, and 22 are there. Conscious State Expansion (CSE) comprises items 4, 8, 12, 16, and 24 of the scale.

Scoring procedure includes sum all item responses or subscale scores (after accounting for \*reverse-coded item). There are 24 items in total; Range: 0 – 96. Therefore, higher scores represent higher levels of spiritual intelligence and/or each capacity.

**Self-Consciousness Scale (SCS)** - Self-Consciousness Scale (SCS) developed by Michael F. Scheier. SCS is a scale that measures individual differences in aspects of personal self-awareness, public self-awareness, and social anxiety, which are arranged in 22 items. This scale is measured in the range of values from 0 to 3 where 0 = Not at all like me, 1 = A little like me, 2 = somewhat like me, and 3 = A lot like me (Scheier & Carver, 2013).

Scoring procedure includes sum all item responses or subscale scores. There are 22 items, Range: 0-66. Therefore, higher scores represent higher levels self-consciousness/or each subscale.

**The Satisfaction with Life Scale (SWLS)** - Satisfaction with Life Scale (SWLS) developed by Ed Diener, Robert A. Emmons, Randy J. Larsen, and Sharon Griffin. SWLS which refers to the theory of subjective well-being (Diener et al., 1985) is a scale to measure life satisfaction in general, arranged in five points. SWLS uses a Likert scale with seven (7) possible answers, i.e., 1 = Strongly Disagree; 2 = Disagree; 3 = Slightly Disagree; 4 = neither Agree nor Disagree; 5 = Slightly Agree; 6 = Agree; 7 = Strongly Agree. The total score is obtained by adding up the participant's answers. Scores can range from 5 to 35 with the highest score indicating having better life satisfaction (Diener et al., 2010).

### Procedure

Data were collected between March-June, 2022. Self-administrated questionnaires were selected for the purpose of data collection. An information schedule was prepared which provides a brief description of the study's purpose and participants personal information were collected with the help of it. The participants were assured about the confidentiality of the data and that the information collected would be used strictly for research purposes only. After collecting the data necessary statistical analysis were done in order to serve the purpose of the Descriptive Statistics, skewness & kurtosis were calculated to check the normality of the data. Pearson correlation coefficient was used to find out the relationship among the selected variables. To analyze the meditating effect of spiritual intelligence in the relationship between self-consciousness and life satisfaction Regression analysis and Sobel Test were used.

## RESULTS

### Preliminary Analysis

*Table No. 1 Results of Descriptive Statistics and Bivariate Correlation among the Variables (CET, Private Self-consciousness, life satisfaction)*

Variables	Mean	SD	Skewness	Kurtosis	CET	Private SC	LS
CET	17.15	5.87	-.275	-.640	*	.234**	.305**
Private SC	10.95	3.99	-.226	-.337		*	.254**
LS	22.11	6.57	-.254	-.110			*

\*p < .01, \*\*p < .001

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The descriptive statistics of all the variables are presented Table 1. Correlation analysis demonstrated statistically significant positive relationship between CET and Private self-consciousness ( $r = .234$ ;  $p = 0.009$ ) and positive relationship Private self-consciousness Life-satisfaction ( $r = .254$ ;  $p = 0.004$ ). Whereas there exists significant positive correlation between CET and Life-satisfaction ( $r = -.305$ ;  $p = 0.001$ ).

### Regression Analysis:

**Table No 2.1: Predictor of spiritual Intelligence (CET)**

Variable	B	Beta	p
Private self-consciousness	.348	.234	.009

$R = .047, p = .009$

**Table No 2.2: Predictor of life-satisfaction**

Variable	B	Beta	p
Private self-consciousness	.423	.254	.004

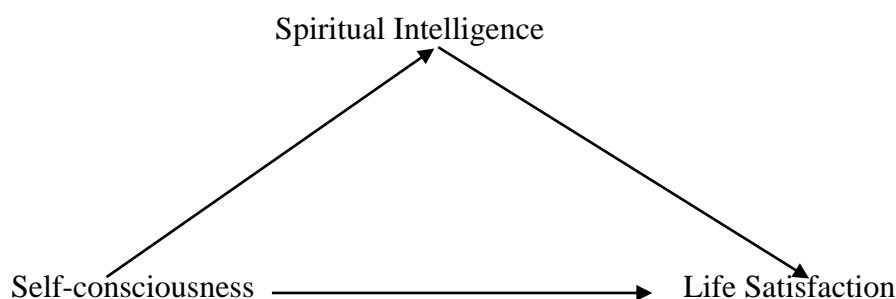
$R = .057, p = .004$

Regression analysis demonstrated that private self-consciousness significantly predicts spiritual intelligence, i.e., CET & life satisfaction; whereas private self-consciousness & CET significantly predicts life satisfaction.

**Table No 3: Sobel Test result**

Input	Test Statistic	Std Error	P Value
.348 (A)	2.13781747	0.05	0.03
.341 (B)			
.130 (S <sub>a</sub> )			
.096 (S <sub>b</sub> )			

A = Association between IV & mediator Coefficient. B = Association between mediator & DV  
S<sub>a</sub> = Standard error of A. S<sub>b</sub> = Standard error of B.



## DISCUSSION

The aim of the present study was to examine the mediating effect of spiritual intelligence in the relationship between self-consciousness and life satisfaction. From the result section it is seen that spiritual intelligence significantly mediates the relationship between self-consciousness and life satisfaction.

Self-consciousness as an adaptive personality process that entails the natural human disposition of becoming an object of one's own consciousness (Duval T. S., Wicklund R. A.). The term private self-consciousness refers to the tendency to think about and attend to

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the more covert, hidden aspect of the self, aspects that are personal in nature and not easily scrutiny of other persons, for examples- one's privately held feelings and values (Scheier, Carver). Study result shows private self-consciousness positively predicted critical existential thinking, which is a domain of spiritual intelligence. Critical existential thinking refers to the capacity to critically contemplate meaning, purpose, and other existential or metaphysical issues (e.g., reality, the universe, space, time, death). Therefore, the study result indicating that the higher the private self-consciousness, higher will be the critical existential thinking, core abilities of spiritual intelligence.

Result revealed that private self-consciousness positively predicted life satisfaction. Which depicts when people have internal aspects of themselves such as their thoughts, motives, and feelings, they find life rich, meaningful, full, or of high quality. Previous research findings support this result.

Mediating variable plays very prominent role in better understanding the relationship between two variables and provides an elaborated view to research.

Previous research studies have found out that self-consciousness, self-awareness significantly influences life-satisfaction. The ability to control one is an important key for an individual to be able to live and appreciate his life, so he can achieve and experience satisfaction in his life. According to Pavot and Diener (1993), satisfaction with life is a cognitive assessment in general of an individual's life based on one's standards. The assessment of life satisfaction is dependent on the criteria made by an individual; he/she evaluates how satisfying his/her life is depending on his/her chosen standards rather than externally imposed standards (Diener et al., 1985).

The result also showed that critical existential thinking as core abilities of spiritual intelligence positively predicted life satisfaction. Previous studies by Satpathy & Samantha (2022), Koohbanani. et.al. (2012) showed the significant relationship between the spiritual intelligence and life satisfaction. They stated that spiritual intelligence can predict the life satisfaction.

Result shows that critical existential thinking which is a core ability of spiritual intelligence successfully mediate the relationship between private self-consciousness and life satisfaction. A study done by Alrashidi et.al (2022), have indicated that spiritual intelligence was found to have a mediating effect on the relationship between well-being and life satisfaction.

David B. King (2009) defines spiritual intelligence as a set of adaptive mental capacities based on non-material and transcendent aspects of reality, specifically those that “Contribute to the awareness, integration, and adaptive application of the nonmaterial 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.” Spiritual intelligence is defined as a set of abilities people use to apply, manifest, and embody spiritual resources, values, and qualities in ways that enhance daily functioning and wellbeing (Amram, 2007). Here critical existential thinking proved to acting as a mediator, as a core ability of spiritual intelligence it reflects the higher consciousness, ability to deeply understand the meaning & purpose of life; which is mediating the relationship between private self-consciousness and life satisfaction.

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This study attempts to find out the relationship among self-consciousness, life satisfaction and spiritual intelligence. Study result reveals that there exist interplay of spiritual intelligence strengthening the relationship between self-consciousness & life satisfaction. Findings show when someone have the capacity to deeply understand the meaning, purpose of life and at the same time also understand the metaphysical phenomenon like universe, that leads to satisfaction with life.

Current research findings open up to the avenues for identifying issues related to not satisfied with different aspects of life among young people, therefore incorporating enhancement of self-consciousness and assessing their spiritual intelligence in counseling sessions, which will eventually be beneficial for them.

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### **Conflict of Interest**

The author(s) declared no conflict of interest.

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