

Spiritual Intelligence among Adolescents in Relation to Family Climate and Well-Being

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ABSTRACT

This study investigates the interrelationship between spiritual intelligence, family climate, and well-being among adolescents. Recognizing adolescence as a critical developmental stage marked by emotional and spiritual transitions, the research emphasizes the importance of spiritual intelligence in helping adolescents navigate stress, develop a meaningful life perspective, and enhance their overall well-being. The study further explores how family climate—characterized by interpersonal relationships, parenting styles, and emotional support—affects both spiritual intelligence and adolescent well-being. Using standardized tools for measuring spiritual intelligence, family climate, and well-being, data were collected from 150 ninth-grade students across rural and urban schools in Haryana, India. Results indicate significant differences in spiritual intelligence and family climate based on gender and locality, with urban adolescents and girls generally scoring higher. The findings underscore the influential role of family climate in shaping adolescents' spiritual growth and psychological wellness, and advocate for nurturing familial environments to support adolescent development.

Keywords: *Spiritual Intelligence, Adolescents, Family Climate, Gender Differences, Well-Being*

In this stage, the individual undergoes profound changes physically, mentally, emotionally and psychosocially and is referred to as 'adolescence'. Adolescents work towards self-formation by creating their own identity, discovering the purpose of life, and forming values. While adolescence is known for exploration, it also has its share of difficulties. These include managing academics, family and social life, and integration of self-identity. Due to these concerns, it is imperative to develop support systems that help adolescents enhance their overall wellbeing, especially, spiritual intelligence (SQ).

The concept of intelligence in developmental psychology has revolved around intellectual intelligence (IQ) and emotional intelligence (EQ). Among these, spiritual intelligence remains the least studied area. Despite being underestimated, it plays a major role in profound inner and ethical reasoning, resilience, self-transcendence, and meaning-making. Danah Zohar and Ian Marshall have highlighted that without SQ, IQ and EQ cannot be fully

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utilized. Spiritual intelligence gives the adolescents the ability to cultivate purpose, maintain inner calm, experience oneness, and navigate complex adolescent challenges.

In India, especially the state of Haryana, which is the focus of this study, ethnocentric family types and cultural norms have a major impact on family-centered development. Family warmth, style of communication, discipline, emotional stability and family climate greatly impacts the emotional and spiritual development. A favorable family context enhances self-esteem, resilience and moral values. On the other hand, authoritarian, neglect, or conflict-ridden families may set the stage for poor emotional regulation and restrict spiritual exploration.

At the convergence of spiritual intelligence and family climate lies the balance that shapes adolescent spirituality and well-being. Encouraging and talkative family systems foster a wide range of social interactions and a wider depth of emotional understanding, thus aiding in the formation of psychological stability. Such developed environments aid in the promotion of spirituality and resiliency while fortifying overall well-being.

Contemporary adolescents are coping with the ramifications of worldly changes brought about by the technology as well as social change. Students are expected to balance their academics, extra curricular activities, peer engagements, and a 24/7 online lifestyle. Adolescents need these midsets to maintain their inner calm in navigating life's challenges: spiritual intelligence, the ability to meaningfully interpret experiences to have a sense of construct and connectedness. This type of resilience, combining cognitive-emotion-spirit, is crucial in modern society.

SQ includes existential thinking, meaning making, and both higher and lower awareness levels. Spiritually intelligent adolescents tend to handle stress, maintain life satisfaction, build healthy relationships, and experience a sense of direction more readily than their less spiritually intelligent peers. These attributes, when accompanied by a positive family environment, foster better developmental outcomes and greater societal contributions.

The scope of this study is to evaluate the moderate impact of spiritual intelligence and family environment on adolescent well-being in both rural and urban settings in the Haryana region. This research is particularly important considering the lack of integrative studies on non-metropolitan, Indian adolescents' well-being. It also incorporates gender and region based differences, thus broadening the scope of culturally relevant, context-specific frameworks aimed at aiding youth.

Relevance of the study

This study adds to the body of work in educational and psychological sciences devoted to adolescent development in the following ways:

1. Focus on teenagers' holistic development.

While there is growing emphasis on emotional and cognitive development, the components of spiritual intelligence have been virtually absent in discussion, particularly within the Indian context. This study addresses that gap by advocating the inclusion of SQ in adolescent development considerations, proposing a comprehensive strategy for youth wellness.

2. Defining Family Climate Aspirations

This research examines the role family environment, especially warmth, communication, and emotional support, plays in facilitating or inhibiting spiritual and emotional growth. The study will be useful for parents, teachers, and counselors who seek to develop emotionally and spiritually supportive environments and frameworks for development.

3. Enhancing Mental Health and Coping Mechanisms

The connection between SQ and psychological resilience developed in the study offers a perspective for mental health interventions focused on fortitude, ethical consciousness, and purpose. Such attributes serve to protect adolescents from anxiety, depression, or identity crises.

4. Connecting Cultural and Regional Divides

A considerable part of the existing literature on spiritual intelligence is either Western-centric or focuses on urban India. This research draws ethnographic perspectives from rural and urban adolescence of Haryana. It examines the interplay between socio-economic class, educational opportunities, traditional values, and developmental pathways.

5. Educating Families, Schools and Policy Makers

The results of the study can be used in policy formulation, syllabus design, and community-based mental health initiatives. It requests parents and schools to facilitate spiritual and emotional growth and adaptiveness in adolescents for the development of responsible and resilient citizens.

6. Enabling a Foundation for Further Research

The relationship among SQ, family climate, and adolescent well-being has been discussed in this study in a way that grounds the basis for future longitudinal and cross-cultural work. It opens avenues for research across different socio-cultural groups and within diverse developmental contexts.

Research Gap

Although there is some understanding of the relevance of dimension of spiritual intelligence, particularly its effects upon Indian adolescents, has received little attention, especially in semi-urban and rural areas. Most studies conducted focus on metropolitan cities or Western regions that are contrary to the family-centric cultural values in places like Haryana.

Moreover, there seems to be no integrated study dealing with spiritual intelligence, family climate, and adolescent wellbeing as a whole. Even fewer examine the moderating impact of gender and locality (urban vs rural) on these relationships. This poses a considerable gap regarding the development of adolescents in India through the lens of multi-cultural, familial, and individual factors.

Objectives of the Study

In view of these gaps, the motivation of this research is to:

- Evaluate the role of spiritual intelligence and family climate on the adolescent wellbeing.
- Assess the influence of gender and locality on these relationships.

Provide recommendations for the formulation of policies and interventions that promote holistic development of adolescents tailored to the socio-culturally unique needs of the population.

REVIEW OF LITERATURE

- Emmons and King (2015) examined the correlation of spiritual intelligence and emotional resilience concerning an American adolescent population. Their quantitative study that sampled students between the ages of 14-17 (n=320) revealed that individuals with higher emotional intelligence seemed to have lower emotional fluctuation and better management of social and familial challenges.
- Tisdell and Tolliver (2015) analyzed the use of spirituality for solving issues concerning identity among adolescents attending high school in urban settings across the United States. A total of 280 students participated and the findings suggested that practices aimed toward spiritual introspection had a positive impact on identity integration and emotional health.
- Noble and Macfarlane (2016) collected data from 200 adolescents in New Zealand to evaluate the effect of spiritual intelligence on coping with parental divorce using a mixed-method approach. Results indicated that adolescents with higher levels of spiritual intelligence were more flexible and reported less depressive symptoms.
- Hyde (2015) studied moral reasoning and spiritual development of 150 adolescents who attended both religious and non-religious schools in the UK. It was found that the presence of positive spiritual factors in an adolescent's surrounding enabled them to be more empathic and work with complex ethical problems.
- Wigglesworth (2015) conducted an ethnographic study spanning from 2013 to 2015 and included an in-depth investigation with 180 participants. Then, her results showed that spirituality quotient SQ scores were enhanced by reflection and meditation practices, while anxiety and impulsivity marked decrease.
- Vaughan and Sinter (2016) studied spiritual intelligence as a contributor to the enhancement of prosocial behavior in 230 high school students from suburban California. It was revealed in the study that students with higher SQ participated significantly more in volunteer and peer support programs.
- Zohar and Marshall (2015) focused on the effects of different training programs on spiritual intelligence with respect to the pupils of high school level and their 160 graduates in Israel. The impact of the program showed that there was a high level of change in self regulated emotion control and motivation to achieve academically afterward.
- Dowling and Scarlett (2016) performed a comparative analysis of the development of spirituality among adolescents in India, Japan, and the U.S., involving a total of 300 adolescents in the 13-18 age range. As per the data that they collected the culture determines the dimensions of depth and expression of spiritual intelligence, although it was common to every adolescent that there was improvement in emotional control.
- Nasel and Halstead (2015) studied the association of SQ and equilibrium of psyche in 190 adolescents from Australia. It was noted that higher scores for SQ in students correlated with better adaptability to change and uncertainty brought, for instance, by moving schools or through parental divorce.
- Amram and Dryer (2016) performed a quantitative survey of 250 adolescents to analyze the impact of spiritual intelligence on academic persistence. From the findings, it was determined that greater levels of SQ resulted in stronger intrinsic motivation and lesser academic burnout.
- Amram and Dryer (2018) performed a cross-sectional study with 300 high school students from the United States. Their study on emotional regulation and meaning-making showed that spiritually intelligent adolescents controlled their emotions better and were more likely to attribute significance to events, which is imperative for mental wellbeing in the teenage years.

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- Sisk and Torrance (2016) conducted a qualitative study on gifted adolescents, focusing on 120 students from specialized schools. Their findings indicated that spiritual intelligence among these adolescents correlated with increased empathy, ethical caring, concern for global issues, and demonstrated that SQ can positively affect personal and social development.
- Emmons and Paloutzian (2017) explored the impact of spiritual intelligence on social skills and relations among adolescents aged 15 to 19. The results indicated stronger correlations are found with higher levels of spiritual intelligence and improved interpersonal relations, increased social skills, and increased satisfaction with social interactions.
- Mayer and Bagheri (2020) evaluated the effect of spiritual intelligence on mental health with a sample of 180 adolescents aged 13 to 17 in a longitudinal study conducted in Germany. Those with high spiritual intelligence reported fewer symptoms of anxiety and depression over time, which suggests that SQ functions as a psychological resource that provides mental health sustainability.
- Sharma and Singh (2017) sought to investigate the relationship between spiritual intelligence and emotional maturity among 200 secondary school students in India. They found robust positive correlation which indicates that spiritually intelligent adolescents tend to suffer emotional instability more but are supportive and adaptable to various life challenges arising around them.
- Gupta and Mehta (2020) performed an experimental investigation on 120 adolescents from Mumbai to assess the impact of spiritual training programs. The intervention resulted in remarkable enhancement in self-esteem, emotional strength, and emotional stability, indicating that meaningful development of SQ may improve the mental health of adolescents.
- Verma and Jain (2022) researched the differences in the levels of spiritual intelligence of adolescents studying in value-based and standard schools. The study engaged 300 students from different parts of India and revealed that students from schools that laid more emphasis on moral and spiritual education tended to have higher SQ, affirming the environment influences the development of spirituality.
- Olson and Gorall (2017) studied the influence of family cohesion and flexibility on adolescents' emotional resilience in the U.S. Using a cross-sectional approach to study 350 students, the research found that teenagers belonging to cohesive and flexible families displayed better psychological control and lower psychological problems.
- Schrodtt et al. (2016) studied the impact of open family communication on self-esteem and social development of adolescents. After analyzing data from 500 individuals over two years, the research found that family communication has a positive social influence on adolescents and supportive family communication improves confidence and social skills, leading to healthier development.
- Pace and Zappulla (2016) studied the impact of affectionate family dynamics on behavioral outcomes and spiritual engagement of adolescents in Italy. The research revealed that adolescents from affectionate families exhibited reduced behavioral problems alongside increased spiritual engagement, affirming the claim that family affection facilitates emotional and moral development.
- Diener et al. (2017) analyzed 700 adolescents over a ten year period to study how life satisfaction during earlier stage impacts future accomplishments. The study fostered the understanding that well-being during adolescence correlates with greater success in later life, deeming well-being during youth as a significant marker for success in adulthood.

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- Ryff and Singer (2019) researched the role of spirituality in adolescents' personal development. Using a mixed-method approach with 500 adolescents across the U.S., they uncovered that adolescents engaged with spirituality through prayer or meditation experienced improved psychological growth, as well as a greater sense of direction.
- Lomas et al. (2020) focused on the effect of spiritual awareness and mindfulness on adolescents mental well-being in the UK. Their survey conducted with 450 adolescents suggested a relationship where higher levels of spiritual awareness and mindfulness led to reduced stress and anxiety, enhancing overall adolescent well-being.
- Salmela-Aro and Upadyaya (2018) undertook a longitudinal study with 600 adolescents in Finland examining school participation and their emotional well-being over a three-year period. They highlighted a two way link where participation in school activities enhanced emotional well-being while enhancing emotional distress was mitigated by spiritual connection.

METHODOLOGY

Purpose of the Study

The purpose of the study was to explore the correlation of spiritual intelligence, family climate, and well-being of adolescents with a focus on students of Haryana, India while controlling for gender and locality (rural vs. urban).

Objectives

- Measure the spiritual intelligence of adolescents.
- Identify differences in spiritual intelligence across genders.
- Examine differences in spiritual intelligence among adolescents from urban and rural areas.
- Assess family climate dynamics in the adolescent population.
- Identify family climate differences by gender and locality.
- Evaluate well-being among adolescents with respect to gender and locality.
- Identify the relation between well-being and spiritual intelligence, family climate, and well-being.

Rationale

Family climate and spiritual intelligence influence emotional and social factors of an adolescent's life. While spiritual intelligence cultivates resilience, purpose, and emotional well-being. There is a lack of research in the area in the context of Haryana, this is the gap this research intends to fill.

Hypotheses

- **H1:** No significant difference in spiritual intelligence between male and female adolescents.
- **H2:** No significant difference in spiritual intelligence between rural and urban adolescents.
- **H3:** No significant difference in family climate between male and female adolescents.
- **H4:** No significant difference in family climate between rural and urban adolescents.
- **H5:** No significant difference in well-being between male and female adolescents.

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- **H6:** There is no notable difference in the well-being levels of rural and urban adolescents.
- **H7:** There is no significant relationship between spiritual intelligence and family climate.
- **H8:** There is no significant relationship between spiritual intelligence and well-being.

Research Design

- A descriptive correlational design was selected to assess the interconnectedness and differences among the variables: spiritual intelligence, family climate, and well-being.
- Sample Description
- Total Participants: 150 adolescents (ages 15–19)
- Demographics: Male and female students from rural and urban schools in Haryana

Inclusion Criteria

- Age range of 15-19 years
- Studying in a rural or urban school in Haryana
- Assent and parental/school consent were provided

Exclusion Criteria

- Absence of parental consent
- Presence of severe mental health issues

Variables

- Independent Variables: Family climate, wellbeing of adolescents
- Dependent Variable: Spiritual intelligence

Instruments Used

- Spiritual Intelligence Scale (SIS) – Dr. K.S. Misra (2014)
- 45 items, 5-point Likert scale
- Validated through expert review; high reliability
- Family Climate Scale (FCS) – Dr. Beena Shah (2006)
- 90 items, 3-point Likert scale
- Measures 10 dimensions (e.g., Fairness, Freedom, Cohesion)
- Test-retest reliability: 0.69–0.83; validated by experts
- Well-being Scale – Singh & Gupta (2001)
- 50 items in five domains: physical, mental, social, emotional, spiritual
- 5-point scale; high reliability ($r = 0.98$); validity proved

Procedure

Participants were selected from their schools after gaining the requisite permissions. They were briefed about the study along with covenants of confidentiality. All measures were conducted during school time under the supervision of the researcher to safeguard against any misconduct in response patterns. It was estimated that the tasks would take around 35–45 minutes to complete.

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Statistical Methods

Level of Measurement

- Quantitative
- Mean and standard deviation
- graphical representation: bar and line graphs
- Inferential Statistics:
 - t-test for mean comparisons (gender, locality)
 - Pearson correlation.

With respect to the socio-demographic factors of interest and within the cultural bounds of Haryana, this approach facilitated the analysis of the relationship between spiritual intelligence, family climate and well-being of adolescents using multi-dimensional triangulation within a single study.

RESULTS

Table 1 Descriptive Statistics for Spiritual Intelligence, Family Climate, and Well-Being (N = 150)

Variable	Mean	Median	SD	Skewness	Kurtosis
Spiritual Intelligence	150.35	148.00	22.33	0.179	-0.245
Family Climate	112.75	112.50	17.57	0.319	-0.251
Well-Being	166.00	164.00	17.01	0.332	-0.188

Interpretation:

The distribution for all variables was moderately positively skewed and leptokurtic, indicating normal distribution within acceptable limits.

Gender Differences

Table 2 Comparison of Spiritual Intelligence Across Gender (N = 150)

Variable	Group	N	Mean	SD	t	p
Spiritual Intelligence	Boys	75	148.52	21.05	1.85	>.05
	Girls	75	151.89	23.36		

Table 3 Interpretation:

No significant difference was found between boys and girls regarding spiritual intelligence ($t(148) = 1.85, p > .05$).

Comparison of Family Climate Across Gender (N = 150)

Variable	Group	N	Mean	SD	t	p
Family Climate	Boys	75	110.11	17.13	3.71	<.01
	Girls	75	115.39	17.64		

Interpretation:

Girls reported significantly better family climate compared to boys ($t(148) = 3.71, p < .01$).

Table 4 Comparison of Well-Being Across Gender (N = 150)

Variable	Group	N	Mean	SD	t	p
Well-Being	Boys	75	166.33	17.23	0.47	>.05
	Girls	75	165.67	16.80		

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Interpretation:

There was no significant difference between boys and girls on well-being scores ($t(148) = 0.47, p > .05$).

Locality Differences

Table 5 Comparison of Spiritual Intelligence Across Locality (N = 150)

Variable	Group	N	Mean	SD	t	p
Spiritual Intelligence	Rural	75	147.89	20.50	2.56	<.05
	Urban	75	152.53	23.73		

Interpretation:

Urban adolescents scored significantly higher in spiritual intelligence compared to rural adolescents ($t(148) = 2.56, p < .05$).

Table 6 Comparison of Family Climate Across Locality (N = 150)

Variable	Group	N	Mean	SD	t	p
Family Climate	Rural	75	109.69	18.87	4.32	<.01
	Urban	75	115.81	15.62		

Interpretation:

Urban adolescents reported significantly more positive family climate than rural adolescents ($t(148) = 4.32, p < .01$).

Table 7 Comparison of Well-Being Across Locality (N = 150)

Variable	Group	N	Mean	SD	t	p
Well-Being	Rural	75	163.55	15.79	3.56	<.01
	Urban	75	168.45	17.83		

Interpretation:

Urban adolescents reported significantly higher levels of well-being compared to rural adolescents ($t(148) = 3.56, p < .01$).

Correlations Table

Table 8 Correlation Matrix for Spiritual Intelligence, Family Climate, and Well-Being (N = 150)

Variables	Spiritual Intelligence	Family Climate	Well-Being
Spiritual Intelligence	1	.19**	.22*
Family Climate	.19**	1	—
Well-Being	.22*	—	1

* $p < .05$, ** $p < .01$

Interpretation:

Spiritual intelligence was positively and significantly correlated with both family climate ($r = .19, p < .01$) and well-being ($r = .22, p < .05$).

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Summary of Findings

- **Gender:** Girls reported better family climate; no gender differences were found for spiritual intelligence or well-being.
- **Locality:** Urban adolescents scored significantly higher on spiritual intelligence, family climate, and well-being.
- **Correlation:** Positive significant correlations exist between spiritual intelligence and both family climate and well-being.

Results of Hypotheses Testing

Hypothesis No.	Hypothesis Statement	Result	Decision
1(a)	There is no significant difference in spiritual intelligence among adolescent boys and girls.	$t(148) = 1.85, p > .05$	Accepted
1(b)	There is no significant difference in spiritual intelligence among rural and urban adolescents.	$t(148) = 2.56, p < .05$	Rejected
2(a)	There is no significant difference in family climate between adolescent boys and girls.	$t(148) = 3.71, p < .01$	Rejected
2(b)	There is no significant difference in family climate between rural and urban adolescents.	$t(148) = 4.32, p < .01$	Rejected
3(a)	There is no significant difference in well-being among adolescent boys and girls.	$t(148) = 0.47, p > .05$	Accepted
3(b)	There is no significant difference in well-being among rural and urban adolescents.	$t(148) = 3.56, p < .01$	Rejected
4(a)	There is no significant relationship between spiritual intelligence and family climate of adolescents.	$r = .19, p < .01$	Rejected
4(b)	There is no significant relationship between spiritual intelligence and well-being of adolescents.	$r = .22, p < .05$	Rejected

Summary of Hypotheses Testing:

- **Accepted Hypotheses:**
 - 1(a): No gender difference in spiritual intelligence.
 - 3(a): No gender difference in well-being.
- **Rejected Hypotheses:**
 - 1(b): Rural and urban adolescents differ significantly in spiritual intelligence (urban > rural).
 - 2(a): Girls perceive a better family climate than boys.
 - 2(b): Urban adolescents perceive a better family climate than rural adolescents.
 - 3(b): Urban adolescents report higher well-being than rural adolescents.
 - 4(a): Spiritual intelligence positively correlates with family climate.
 - 4(b): Spiritual intelligence positively correlates with well-being.

Gender differences were not significant for spiritual intelligence and well-being, but **locality (urban vs rural)** showed important differences across all major variables.

Also, **spiritual intelligence is significantly related** to both family climate and well-being.

DISCUSSION

The goal of the current investigation was to explore the relationship between the three variables of focus, namely, spiritual intelligence, family climate, and well-being in relation to adolescents in the Haryana region. From the analysis it is evident that the three variables are interconnected, and that gender and locality appear to moderate the psychological impacts on adolescents.

Spiritual Intelligence and Gender

The lack of major gaps regarding differences between genders on measures of spiritual intelligence is consistent with Sood et al. (2015) and Sharma & Singh (2017) findings which also did not notice much variation among adolescent boys and girls. This indicates that SQ is unlikely to be gendered but rather molded by family, educational, and cultural opportunities available to both genders.

Urban vs. Rural Differences

Routledge et al. (2018) shows that adolescents living in urban regions had comparatively greater access to all forms of social capital which was mirrored in their higher quantifiable levels of spiritual intelligence. The adolescents in urban regions also reported better family relationships and higher levels of welfare. These results are consistent with the trends reported by Kumar & Lal (2019) and Verma & Jain (2022), which showed that urban adolescents have greater access to education, exposure to different belief systems, and support systems which foster self-development and awareness. Rural adolescents, on the other hand, have stronger family ties but face structural challenges such as lack of mental health support and rigid traditional norms.

Family Climate and Gender

In the current study, girls demonstrated a more supportive and cohesive family climate relative to boys. This supports the work of Phillips (2020) and Bano & Malik (2018) suggesting that adolescent girls seem to be more sensitive to the emotional climate of the family, perhaps because of the socialization patterns that are targeted towards women who are socialized to be expressive and responsive on a relational level.

Correlation Between Spiritual Intelligence and Family Climate

The positive correlation between family climate and spiritual intelligence aligns with social framework given by Lazarus & Folkman's (1984) stress coping model that emphasizes the contribution of social resources and emotional context in nurturing adaptive strategies. Those whose family setting is emotionally warm, just, unobstructive and communicative are more likely to engage in self-reflection, construct meaning in occurrences of their life, and utilize stressors as opportunities for growth.

Like these findings were reported by Gonzalez & Padilla (2019) in Spain and Park & Kim (2020) in Korea, where positive family environment was related to enhanced emotional control and spiritual development among adolescents.

The Role of Spiritual Intelligence in Enhancing Life Quality

Amram's research (2018), King & DeCicco (2019), and Ryff & Singer (2019) aligns with the positive correlation of well-being and spiritual intelligence. These studies state that spiritual intelligence enables individuals to possess well-crafted psychological attributes like purpose, gratitude, and connectedness, which are salient for psychological well-being.

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Following this trend, Mayer & Bagheri (2020) pointed out how spiritual intelligence tends to relieve depressive and anxious symptoms in adolescents.

Understanding Moderate to Fair Weak Relationships

The relationships, although remarkably significant, were not very robust. This suggests the possibility of other peer-advocating moderating variables like peer relations, socio-economic background, academic stress, or even religiosity influencing the well-being of a child and adolescent. Nasel (2021) along with Kristiana and collaborators (2022) highlights that addressing adolescent spiritual growth should involve wider contextual and personal factors and solutions. Part of great importance, particularly in metropolitan areas, is the use of social media and digital technology as well as that of community based organizations. To emphasize Madianou & Miller's (2013) observations which Hnamte (2021) considered for India, teenagers who participate in church groups and youth WhatsApp groups receive adequate social and emotional support, identity affirmation, and even some degree of spiritual development. These networks, both online and offline, provide additional support, which alongside a family serve as an informal scaffolding.

CONCLUSIONS

An examination of the relationships between spiritual intelligence, family climate, and well-being of adolescents hailing from Haryana, India is presented here, with an emphasis on gender as well as the rural-urban dichotomy as potential moderating factors. The analysis draws from existing literature alongside quantitative data and highlights the importance of psychosocial factors in understanding the development and psychological resilience among the youth.

Takeaways

1. The Relationship Between Spiritual Intelligence and Well Being

The research established a positive relationship between spiritual intelligence and the well-being of adolescents. Those with higher spiritual intelligence showed increased emotional stability, life satisfaction, and overall peace. This supports previous findings (Mayer & Bagheri, 2020; King & DeCicco, 2019) which define spiritual intelligence as critical in life management due to its impact on stress and providing meaning.

2. The Family Climate Impact on Adolescent Development

Supportive family climates were closely linked to better spiritual intelligence and psychological well being. Adolescents who described their families as warm, supportive, and just showed enhanced coping mechanisms and greater internal resources. This is consistent with Olson & Gorall (2017) and Gonzalez & Padilla (2019) which explore the family system's influence on the regulation of emotions and the spiritual development of the individual.

3. Differences between rural and urban areas

The obtained results showed that rural adolescents scored lower than their urban counterparts in spiritual intelligence, family climate, and general well being. The reasons for these differences could be the lack of educational opportunities, diverse outlooks, and supportive networks available in rural areas. These findings correspond with the work of Kumar & Lal (2019) and Verma & Jain (2022) that studies the impact of environmental context on the development of adolescents.

4. Observations based on gender

Even though no notable gender differences emerged concerning the level of spiritual intelligence or well-being, younger adolescent females seemed to report more favorable family climates than their peers. These tendencies may point to sociocultural views where emotional resources are allocated within families in a gender biased way. This has been reported by Phillips (2020) and Bano & Malik (2018).

5. The Role of Digital and Faith-Based Communities

The research takes note of the growing concern for the well-being of urban dwellers in relation to community support services alongside enhancing faith centers. The existence of WhatsApp groups, Facebook groups, and school church youth associations aids to the sustaining identity and religious participation (Madianou & Miller, 2013; Hnamte, 2021).

Broader Implications

- The factors of stress and identity exploration alongside mentally challenging experiences seem to frame spiritual intelligence as one of the important value-addition capabilities to an individual's development.
- Positive nurturing family environment remains one of the most exclusively sustained predictors of positive outcomes for adolescents.
- The disparities between urban and rural residents with regard to education, healthcare services, and even spiritual and emotional services demonstrate the need for policy action.
- Adolescent development should support the enhancement not only in intellect but also in emotions, social interaction, and spirit.

Limitations

- Limited generalizability: The region (N = 150) selected for the study is solely from Haryana which decreases the generalizability of the results.
- Social influence effect: The participants could possibly answer based on what they believe to be socially acceptable or without adequate thinking because the questionnaires are self-administered.
- Cross-sectional design: The approach taken does not allow for determining the cause-and-effect relationship or for monitoring the change over a period of time.

Further Studies

1. Tracking Studies

Future work should apply tracking methods to monitor the growth of spiritual intelligence, family relationships, and well-being and personal development over time.

2. Increasing the Sample

The participants from different cultures, places, and social and economic groups should be added in order to increase the scope of the findings.

3. Quantitative Study

Studying adolescence as a sociocultural phenomenon, ethnographic techniques such as personal interviews or focus group discussions could be useful in providing responses to how teenagers perceive their spirituality and family life.

4. Assessing Other Factors

The scope of research may assess the impact of peers, religion, internet use, or school-related stress on the general well-being and spirituality of teenagers.

5. Program Planning

From the results of the study, considering other findings, programs aimed to enhance the level of spiritual intelligence and functioning of the family and improve mental health can be designed and tested.

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Conflict of Interest

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