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Research Paper

Exploring The Dimensions of Spiritual Intelligence among Young Adults

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ABSTRACT

The study examined the level of spiritual intelligence among young adults with respect to gender and residential area. Spiritual intelligence was assessed using the Roqan Spiritual Intelligence Test (RSIT) developed by Prof. Roquiya Zainuddin and Ms. Anjum Ahmed (2010). The sample comprised 100 young adults from colleges in Ahmedabad District, including 50 male students (25 from urban areas and 25 from rural areas) and 50 female students (25 from urban areas and 25 from rural areas). Data were collected from the student population and analysed according to the test manual using the F-test. The findings revealed that male young adults students scored significantly higher on spiritual intelligence than their female counterparts. The study also found that young adults from urban areas demonstrated higher levels of spiritual intelligence compared to young adults from rural areas. However, no significant interaction effect was observed between gender and residential area on the spiritual intelligence scores. These findings suggest that while gender and area of residence independently influenced spiritual intelligence, their combined effect was not statistically significant.

Keywords: *Spiritual Intelligence, Boys and Girls, Students of Urban Area and Rural Area*

In recent years, spiritual intelligence has emerged as an important area of interest among academicians and researchers across various disciplines, particularly in psychology, education, and mental health. Increasing attention has been given to understanding the role of spiritual intelligence in promoting psychological well-being, personal growth, ethical behavior, and overall quality of life. The growing body of research seeks to identify the factors that strengthen or influence spiritual intelligence and to explore its contribution to the holistic development of individuals.

Contemporary psychology has increasingly recognized the significance of spirituality as an essential dimension of human functioning. This shift has expanded the scope of psychological research to examine the profound influence of spiritual beliefs and practices on the human mind and body. As a result, spiritual intelligence has gained recognition as a vital construct that contributes to emotional resilience, mental health, life satisfaction, and adaptive coping. Researchers and mental health professionals have emphasized the importance of integrating spiritual approaches into health care and psychological

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interventions, acknowledging that spirituality can positively influence individuals' overall well-being.

Several empirical studies have demonstrated that spirituality plays a significant role in enhancing physical, emotional, psychological, and social health. Mental health professionals increasingly view spiritual intelligence as the capacity to understand, experience, and express the highest aspects of oneself while fostering meaningful relationships with others and the surrounding world. This ability enables individuals to find purpose in life, make value-based decisions, and respond constructively to life's challenges.

The concept of spirituality is derived from the Latin word *spirare*, which means "to breathe." Spirituality is considered an inherent aspect of human nature and the essence of human existence. It serves as the foundation of thoughts, emotions, values, and behaviors, guiding individuals toward self-awareness, inner peace, and a deeper understanding of life. Consequently, spirituality has attracted the attention of numerous theorists and researchers who regard it as a fundamental source of human motivation, moral development, and personal transformation.

Overall, the growing interest in spiritual intelligence reflects an increasing recognition of its importance in fostering holistic development, psychological well-being, and meaningful living. As research in this field continues to expand, spiritual intelligence is expected to play an increasingly significant role in education, psychology, counseling, organizational behavior, and health sciences.

Definitions of Spiritual Intelligence:

- **Richard Wolman (2001)** "Spiritual Intelligence is the human capacity to ask ultimate questions about the meaning of life and to simultaneously experience the seamless connection between each of us and the world in which we live".
- **Amram and Dryes (2007)** "Spiritual intelligence is he set of abilities and the individuals use to apply manifest and embody spiritual daily functioning and wellbeing".
- **Cindy Wigglesworth (2012) "**Spiritual intelligence is the ability to act with wisdom and compassion, while maintaining inner and outer peace, regardless of the circumstances"

Meaning and nature of Spiritual Intelligence:

Spiritual intelligence (SQ) is regarded as a higher dimension of human intelligence that enables individuals to seek meaning, purpose, and values in life. It encompasses self-awareness, intuitive understanding, and the capacity to transcend personal interests for the greater good. Spiritual intelligence acts as an inner guide, helping individuals integrate intrapersonal intelligence (understanding oneself) with interpersonal intelligence (understanding others), thereby fostering harmony between the self and the external world.

Spiritual intelligence contributes significantly to an individual's psychological and emotional well-being. It helps reduce ego, stress, frustration, and negative thinking while promoting positive qualities such as love, compassion, peace, patience, trust, forgiveness, and self-control. As the intelligence of the soul, SQ enables individuals to develop a deeper understanding of themselves, others, nature, and the universe. It also encourages resilience, ethical decision-making, and the ability to cope effectively with life's challenges.

Individuals with high spiritual intelligence tend to view problems from a broader and more meaningful perspective. They are capable of identifying the deeper purpose behind life experiences and adopting constructive approaches to solving personal and social problems. Such individuals are generally characterized by optimism, inner peace, enthusiasm, empathy, emotional balance, and a strong sense of responsibility toward society and the environment.

Although Intelligence Quotient (IQ) is essential for cognitive functioning and Emotional Intelligence (EQ) facilitates effective emotional regulation and interpersonal relationships, several scholars have recognized spiritual intelligence as an additional and higher form of intelligence. According to Zohar and Marshall (2000), spiritual intelligence is the intelligence through which individuals address questions of meaning and value. It enables people to place their actions and lives within a broader and more meaningful context, thereby guiding ethical behavior, creativity, and personal transformation. They describe spiritual intelligence as the highest form of intelligence because it integrates rational and emotional capacities while providing direction and purpose in life.

Empirical studies have also explored the role of spiritual intelligence among students. Kumari (2023) examined gender differences in spiritual intelligence using the Spiritual Intelligence Self-Report Inventory (SISRI-24). The findings revealed no significant differences between male and female students on the dimensions of Conscious State Expansion, Critical Existential Thinking, Personal Meaning Production, and Transcendental Awareness. The study concluded that spiritual intelligence is not significantly influenced by gender, suggesting that both male and female students possess comparable levels of spiritual intelligence (Kumari, 2023).

Overall, spiritual intelligence is increasingly recognized as an essential component of holistic human development. It enables individuals to develop a meaningful outlook on life, strengthen moral and ethical values, enhance psychological well-being, and cultivate harmonious relationships with themselves, others, and the wider universe.

Objective

The objectives are:

1. To compare the level of spiritual intelligence between male and female young adults.
2. To compare the level of spiritual intelligence between young adults from urban and rural areas.
3. To examine the interaction effect of gender and area of residence on the spiritual intelligence of young adults.

METHODOLOGY

Hypotheses

1. There will be no statistically significant difference in the mean spiritual intelligence scores between male and female young adults.
2. There will be no statistically significant difference in the mean spiritual intelligence scores between young adults from urban and rural areas.
3. There will be no statistically significant interaction effect of gender and area of residence on the spiritual intelligence scores of young adults.

Participants

The study was conducted on a sample of 100 young adults from Ahmedabad District. The participants were selected to ensure equal representation across gender and area of residence. The sample comprised 50 male students (25 from urban areas and 25 from rural areas) and 50 female students (25 from urban areas and 25 from rural areas).

Table: 1 Distribution of the Sample by Gender and Area of Residence

Area of Residence	Male	Female	Total
Urban	25	25	50
Rural	25	25	50
Total	50	50	100

Research Design

The study employed a 2 × 2 factorial research design to examine differences in spiritual intelligence based on gender (male and female) and area of residence (urban and rural). This design enabled the researcher to investigate both the main effects of gender and area of residence as well as their interaction effect on spiritual intelligence.

Instrument

Spiritual intelligence was measured using the Roqan Spiritual Intelligence Test (RSIT) developed by Prof. Roquiya Zainuddin and Ms. Anjum Ahmed (2010). The instrument assesses six dimensions of spiritual intelligence:

1. The Inner Self
2. The Interself
3. Biostoria
4. Life Perspectives
5. Spiritual Actualization
6. Value Orientation

The scale consists of 78 items and follows a five-point Likert-type response format. The response options include Strongly Agree (5), Agree (4), Undecided (3), Disagree (2), and Strongly Disagree (1). Higher scores indicate higher levels of spiritual intelligence.

The instrument demonstrates satisfactory psychometric properties. The reported Cronbach's alpha coefficient is .73, indicating acceptable internal consistency. The Guttman split-half reliability coefficient is .70, suggesting adequate reliability. Furthermore, the reported validity coefficient is .85, indicating good construct validity.

Variables

Independent Variables

1. **Gender:** Male and Female
2. **Area of Residence:** Urban and Rural

Dependent Variable

- **Spiritual intelligence**, measured by the total score obtained on the Roqan Spiritual Intelligence Test (RSIT).

Procedure

Prior to data collection, permission was obtained from the respective postgraduate colleges in Ahmedabad District. After establishing rapport with the participants, the purpose of the study was explained, and the required personal information was collected. The Roqan Spiritual Intelligence Test (RSIT) was then administered to the participants under standardized conditions.

The completed questionnaires were scored according to the guidelines provided in the test manual. The collected data were organized and analyzed using appropriate statistical procedures. A two-way analysis of variance (ANOVA) was employed to examine the main effects of gender and area of residence, as well as their interaction effect, on the spiritual intelligence scores of young adults.

RESULT & DISCUSSION

Table: 2 showing sum of variance, mean, 'F' value and level of significance of gender and area.

Source of Variation	Sum of Squares (SS)	df	Mean Squares (MS)	F-value	Sign. Level
Gender (A)	15842.60	1	15842.60	8.67	0.01
Area (B)	19688.30	1	19688.30	10.83	0.01
Gender x Area (A x B)	4725.80	1	4725.80	2.84	N.S.
SS_{Error}	179418.40	96	1868.94	—	—
SS_{Total}	219675.10	99	—	—	—

**0.01=8.67, **0.01=10.83, N.S.= Not Significant

A = Gender, B = Area

A_1 = Boys B_1 = Urban Area

A_2 = Girls B_1 = Rural Area.

Table: 3 showing the Mean Score of spiritual intelligence among boys and girls.

	A (Gender)		'F' value	Sign.
	A_1 (Male)	**A_2 (Female)**		
Mean	228.60	205.40		
N	50	50	8.47	0.01

Table 3 presents the comparison of mean spiritual intelligence scores between male and female young adults. The mean score of spiritual intelligence for male young adults was 228.60, whereas the mean score for female young adults was 205.40. The obtained *F* value of 8.47 was statistically significant at the 0.01 level, indicating a significant difference in spiritual intelligence between male and female young adults.

According to the scoring pattern, higher scores indicate higher levels of spiritual intelligence. The findings revealed that male young adults had significantly higher spiritual intelligence scores than female young adults. Therefore, Hypothesis 1, which stated that there is no significant difference between the mean scores of spiritual intelligences among male and female young adults, was rejected.

The observed difference in spiritual intelligence between male and female students may be associated with variations in socialization experiences, opportunities for independent

decision-making, coping mechanisms, participation in spiritually oriented activities, and family or cultural influences. However, these factors should be considered as possible interpretations of the findings rather than definitive causes.

Table: 4 showing the Mean Score of spiritual intelligence among college students of urban area and rural area

	B (Area)		**'F' value**	**Sign.**
	B_1 (Urban Area)	**B_2 (Rural Area)**		
Mean	230.20	203.80		
N	50	50	10.53	0.01

Table 4 presents the comparison of mean spiritual intelligence scores among young adults from urban and rural areas. The mean score of spiritual intelligence for young adults from urban areas was 230.20, whereas the mean score for young adults from rural areas was 203.80. The obtained *F* value of 10.53 was statistically significant at the 0.01 level, indicating a significant difference in spiritual intelligence between young adults from urban and rural areas.

According to the scoring pattern, a higher score represents a higher level of spiritual intelligence. Therefore, the findings indicate that young adults from urban areas possess significantly higher spiritual intelligence compared to young adults from rural areas. Hence, Hypothesis 2, which stated that there is no significant difference between the mean scores of spiritual intelligences among young adults from urban and rural areas, was rejected.

The higher level of spiritual intelligence among urban young adults may be attributed to factors such as greater educational opportunities, wider exposure to diverse ideas and cultural experiences, better access to personal development resources, and increased opportunities for self-reflection and critical thinking. These factors may contribute to the development of spiritual awareness and enhanced spiritual intelligence among students residing in urban areas.

Table: 5 showing the interactive effect of the Mean Score of spiritual intelligence among gender and area.

			A		**'F' value**	**Sign.**
			A_1	**A_2**		
Mean		**B_1**	223.40	233.40		
	B	**B_2**	187.00	223.80	2.54	N.S.
N			50	50		

Table 4 presents the interaction effect of gender and area (urban and rural) on spiritual intelligence among young adults. The two-way ANOVA indicated that the interaction effect between gender and area was not statistically significant, $F = 2.54$, $p > .05$. This finding suggests that the effect of gender on spiritual intelligence did not vary significantly across urban and rural areas.

The descriptive statistics showed that the mean spiritual intelligence score for male young adults from urban areas was 223.40, whereas the mean score for male young adults from rural areas was 233.80. Among female young adults, the mean score was 187.00 for those from urban areas and 223.80 for those from rural areas. Although differences in mean scores

were observed across the four groups, these differences were not statistically significant in terms of the interaction between gender and area.

Therefore, Hypothesis 3, which stated that there is no significant interaction effect of gender and area on the mean scores of spiritual intelligences among young adults, was accepted.

CONCLUSION

1. The male young adults have higher spiritual intelligence than female young adults.
2. The young adults from urban areas have higher spiritual intelligence than young adults from rural areas.
3. There is no significant interaction effect between gender and area on the mean scores of spiritual intelligences among young adults.

Implications

The findings suggest that higher education institutions should promote spiritual intelligence through value-based education, counselling, and personal development programs, with particular attention to female and rural postgraduate students. Since gender and area independently influence spiritual intelligence, targeted interventions can be designed for each factor without considering their combined effect. Universities should also integrate activities that foster self-awareness, ethical values, and emotional well-being into the curriculum. Furthermore, future research should investigate other factors affecting spiritual intelligence and evaluate strategies to enhance it among postgraduate students.

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Conflict of Interest

The author(s) declared no conflict of interest.

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