

Relationship between Spiritual Intelligence and Psychological Well-being

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ABSTRACT

Introduction: Psycho-spiritual well-being is an area of interest to researchers all over the world. Individuals with high and low spiritual wellbeing portray substantially different personality profiles. Creating and keeping sense of spiritual well-being has a vital role in adaptation to the stress. **Material and Methods:** A Quantitative research approach was selected to achieve the objectives of the study. 250 Nursing students were selected by using purposive sampling technique and data was gathered by using a structured Questionnaire to collect socio-demographic data and The Spiritual Intelligence Self Inventory Report-24 Scale was used to gather information regarding spiritual intelligence and RYFF'S to assess Psychological well-being. The data was analysed by using descriptive (frequency percentages, mean and standard deviation) and inferential statistics (chi-square), Spearman's rank correlation was used to identify the relationship between Spiritual Intelligence and Psychological Wellbeing. **Result:** The obtained mean and Standard deviation of spiritual intelligence among the nursing students with regard to critical existential thinking was 13.84 ± 6.07 . With regard to personal meaning production, it was 11.78 ± 3.38 ; with regard to transcendental awareness was 15.61 ± 3.77 and With regard to conscious state expansion $11.68 + 3.76$. The obtained mean value and standard deviation of psychological wellbeing among the Nursing students; Concerned to, autonomy, $22.7 + 6.95$; With regard to Environmental mastery, $25.48 + 4.72$; With regard to Personal Growth, $25.77 + 4.80$; With regard to Positive Relations, $25.60 + 4.66$; With regard to Purpose of life, $24.75 + 5.02$; With regard to the Self-acceptance, $25.12 + 4.35$. There was a significant association between spiritual intelligence and marital status ($x^2 211.34$). Significant association was also seen between Psychological well-being and Age ($x^2 20.54$), Gender ($x^2 10.75$) and marital status ($x^2 1312.7$). There was moderately positive correlation between Spiritual Intelligence and Psychological well-being ($r = 0.99$). **Conclusion:** Spiritual well-being can reinforce psychological functions and adaptation.

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Received: January 28, 2019; Revision Received: March 25, 2019; Accepted: March 31, 2019

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Keywords: *Spiritual Intelligence, Psychological Well-being*

Intelligence is one of the interesting areas of the measures in human psychology. Research differentiates four types of basic intelligence; they are viz physical intelligence, rational intelligence, emotional intelligence, and spiritual intelligence.

Spiritual intelligence, is the intelligence helps us approach and solve the problems related to significance and values; which allows us to place our actions and lives in a much wider, richer and meaning-giving context and intelligence, which allows us to evaluate why a life path is more significant than another”

Psycho-spiritual well-being is an area of interest to researchers all over the world. Spiritual well-being is described as a dual status which includes; a vertical dimension referring to well-being in relation to God or a higher power i.e., referring to the religious element, and a horizontal dimension referring to the purpose and satisfaction from life; i.e., referring to a spiritual or existential component.

Individuals with high and low spiritual wellbeing portray substantially different personality profiles. Creating and keeping sense of spiritual well-being has a vital role in adaptation to the stress. Research indicates that spiritual wellbeing has a positive influence in promoting individual mental health.

According to the results of studies, the high spiritual well-being group scored lower on neuroticism and higher on extraversion, agreeableness, and conscientiousness than low spiritual well-being is positively related with the purpose of life, intrinsic religious commitment, and self-esteem, while negatively related to individualism freedom and loneliness. Thus, results tending to portray more positive personalities in comparison with low spiritual well-being individual.

Objectives

1. To assess the spiritual intelligence and psychological well-being among Nursing students.
2. To determine the relationship between spiritual intelligence with psychological well-being among nursing students.
3. To find out the association between selected variables with spiritual intelligence and psychological intelligence.

MATERIAL AND METHODS

Research Approach

The researcher assessed the relationship between Spiritual Intelligence & Psychological Wellbeing among nursing students by adopting a quantitative research approach.

Research Design

Descriptive survey design was used to develop theories, identify problems with current practices justify current practices, make the judgment (or) determine other practices in similar situations.

Setting of the Study

The study was conducted in NRI College of Nursing, Chinakakani, Guntur (Dt), AP. Considering the convenience, feasibility, availability of subjects co-operation from management.

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Population

Target population: The target population for the present study was nursing students between age of 17-35 years.

Accessible population: Nursing students studying at NRI College of nursing; that conform to designated inclusions (or) exclusions criteria.

Sampling and Sampling Methods

Non-probability purposive sampling technique was adopted and Hand-pick method was employed, to recruit 250 Nursing students between the age 17-35 years, studying at NRI College of Nursing, Chinnakakani, Guntur (Dt), AP

Criteria for Sample Selection

Inclusion Criteria:

The study included nursing students, who were

1. Male and female.
2. Between the ages of 17-35.
3. Willing to participate in the study.
4. Available at the time of data collection.

Exclusion Criteria

The study excluded Nursing students, who were

1. Transgender.
2. With age below 17 and above 35 years.
3. Not willing to participate.
4. Not available at the time of data collection.

Description of Tool

Part A: Consists of a structured questionnaire to collect sociodemographic items.

Part B I: Consist of a standardized tool (i.e.,) SISRI-24 to assess the spiritual intelligence of Nursing Students. SISRI-24 scale contains 24 items Range: 0-96 which contains 4 factors/ subscales.

Part B II: Contains the standardized tool (i.e.,) RYFF's to assess Psychological Wellbeing, 42 items version divided into 6 dimensions:

Collection of Data

The researcher collected the data from nursing students within 4 days from 21-04-2018 to 24-04-2018 by using Non-Probability purposive sampling technique; the data were gathered by using SISRI-24 scale and PWB 42 item scale and a structured questionnaire to gather socio-demographic data; after obtaining permission from the college authorities and informed consent from the participants. The data collection was closed by thanking the participants.

RESULTS

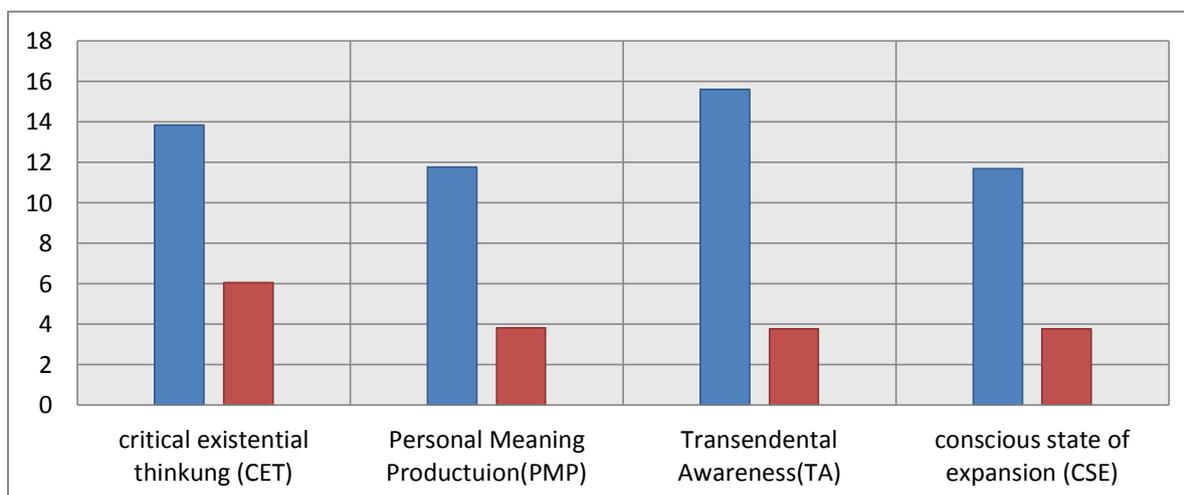
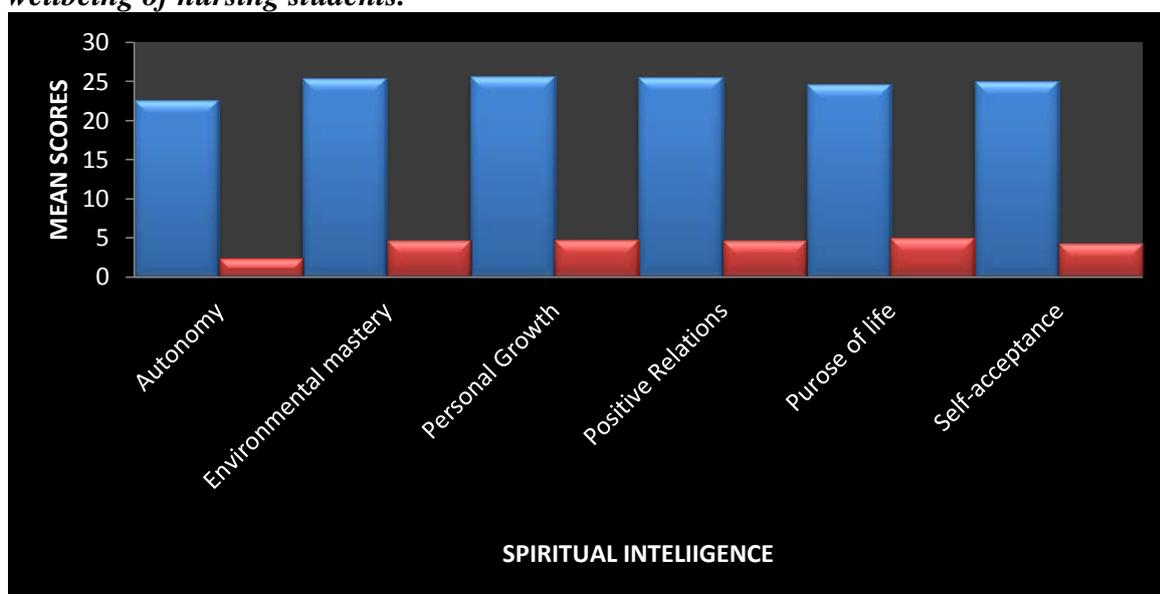
Section-I: Frequency and Percentage distribution of nursing students with their socio-demographic variables.

The socio-demographic information of nursing students revealed that with regard to Age; out of 250 participants 215 were between age 17-21 yrs; 24 were between 22-25 yrs; 8 were between 26-30 yrs; 3 were between 31-35 years; Concerned to Gender, majority were females 187 and males were 63; 224 were unmarried and 26 were married, 223 were undergraduates and 27 were postgraduates. The majority were in first year 98; 58 were in the

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second year; 35 were in the third year and 59 were in the fourth year. As far as Religion is concerned, Christians 148; Hindus 85; Muslims 14 & 3 others. In relation to the type of family, majority 193 had Nuclear Family and 57 had a Joint family. In regard to the Education of Father, 64 respondents fathers were with Secondary Education; 47 were illiterates; 70 were with Primary Education, 33 with Intermediate Education; 13 were Undergraduates; 21 were Postgraduates and 2 were with Doctorate. In regard to the Education of Mother of the participants, 66 respondents mothers were with Secondary Education; 60 illiterates; 50 were with Primary Education, 44 were with Intermediate Education; 18 were Undergraduates; 8 were Postgraduates and 4 were with Doctorate. Regarding the place of residence, 133 Day scholars and remaining 117 was Hostellers'. Concerned to the Family Income of participants, 44 has Rs. below 5000/- Income per month; 69 had 5001-15,000/-; 97 had 15,001/- to 30,000/-; 40 had 30,000 and above. With regarding Academic Excellence, 97 had above 75%, 100 had 65-75%; 36 had 51-64%; 17 had below 50%.

Section-II: Mean and Standard deviation of Spiritual Intelligence and Psychological wellbeing of nursing students.



Psychological Wellbeing Mean Scores

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Section-III: Correlation coefficient between spiritual intelligence and psychological well-being among nursing students in various courses.

The correlation between Spiritual Intelligence and Psychological well-being is 0.99. Which indicate moderately positive correlation ($0 < r < 1$). Hence, the finding signifies that there is a relationship between Spiritual Intelligence with Psychological Well-being.

Section-IV: Chi-square showing an association between RYFF'S Scale and SISRI Scale score among nursing students with their selected socio-demographic variables.

Out of 250 participants, 215 were falling between 17-25 years of age in that 5 participants had inadequate psychological well-being, 210 had adequate psychological well-being; 24 were falling between 22-25 age, in that 1 participant had inadequate psychological well-being, 23 participants had adequate psychological well-being; 8 were falling between 26-30 years of age, in that 4 participants had inadequate psychological, 4 participants had adequate psychological well-being.

Chi-square (X^2) value was competed to find an association between the level of psychological well-being among nursing students with their age; the calculated chi-square (X^2) 20.542 was higher than the table value 7.82 at 3 with level significant with a degree of freedom. Hence, there was a significant association found between the age and level of psychological well-being scores among nursing students. So, the researcher accepted the null hypothesis (H_0) and rejected the research hypothesis (H_1).

In relation to gender, among total 250 participants, 57 were males in that 2 participants had inadequate psychological well-being, 55 had adequate psychological well-being; 193 were females, in that 4 participants had inadequate psychological well-being, 189 participants had adequate psychological well-being.

Chi-square (X^2) value was competed to find an association between the level of psychological well-being among nursing students with their gender. Calculated chi-square (X^2) value 10.753 higher than the table value 3.84 at 1 with the level of significance with the degree of freedom. Hence, there was a significant association found between the gender and level of psychological well-being scores among nursing students. So, the researcher rejected the research hypothesis (H_1) and accepted the null hypothesis (H_0).

In relation to the marital status, among total 250 participants, 224 were unmarried, in that 5 participants had inadequate psychological well-being, 219 had adequate psychological well-being; 26 were married in that 1 participant had inadequate psychological well-being, 25 participants had adequate psychological well-being.

Chi-square (X^2) value was competed to find an association between the level of psychological well-being with their marital status. Calculated chi-square (X^2) value 1312.67 was higher than the table value 3.84 at 1 with the level of significance with the degree of freedom. Hence, there was a significant association found between the marital status and level of psychological well-being scores among nursing students. So, the researcher rejected research hypothesis (H_1) and accepted the null hypothesis (H_0).

DISCUSSION

Spiritual intelligence is defined as the human capacity to ask questions about the ultimate meaning of life and to integrate the relationship between us and the world which we live. High level of SI among nursing students helps them to inform their psychological wellbeing

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and have a purpose in life influenced by optimum and sense of coherence in life. The findings of the study have been discussed with reference to the objectives and hypothesis. The study revealed that there are an adequate spiritual intelligence and psychological well-being among nursing students which is compatible with the Zohar and Marshall study; and there is a moderate correlation between Spiritual Intelligence and Psychological Wellbeing which is coherent with cooper-Effa, Blount, Kaslow, Rothenberg, & Eckman, Ellison studies. The present study even shows a significant association between spiritual intelligence with marital status; and psychological well-being with age, gender, marital status which is agreeable with Bassett, *et al.* study. The present study findings are associated with other research works.

CONCLUSION

The results of the study showed that there is an adequate Spiritual Intelligence and Psychological Well-being among nursing students with moderate correlation which signifies a purpose in life. This will help the individual to fight with the fear of a change significant from individuals own mind and not from their surroundings. There was a significant association between Spiritual intelligence and marital status; Psychological wellbeing and age, gender, marital status. On whole spiritual intelligence will bring transcendation and meaningfulness in the society

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Acknowledgements

The author(s) profoundly appreciate all the people who have successfully contributed in ensuring this paper in place. Their contributions are acknowledged however their names cannot be mentioned.

Conflict of Interest

The authors carefully declare this paper to bear not conflict of interests

How to cite this article: S. Jasmindebora, T Sudheer, M Vasantha, M Bhavani & J Rohith (2019). Relationship between Spiritual Intelligence and Psychological Well-being. *International Journal of Indian Psychology*, 7(1), 990-996. DIP:18.01.113/20190701, DOI:10.25215/0701.113