

Original Research Paper

## Efficacy of Gender and Religious Status on Spiritual Intelligence and Psychological Well-being of College Students

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### ABSTRACT

Therefore a researcher is curious to explore the relationship among spiritual intelligence and psychological well-being. Present paper is an attempt to examine the contribution of gender and religious status on spiritual intelligence and psychological well-being of college students. The sample comprises 300 subjects (150 boys & 150 girls), studding in college. The sample has taken from Rajkot city only. Sample is equal in terms of education, individual income, age. The major finding of the study was that there is a positive relationship between spiritual intelligence and psychological well-being of college students. Further results also indicated that both gender and age have significant impact on spirituality and psychological well-being of boys and girls students.

**Keywords:** Spiritual Intelligence, Psychological Well-being, Rajkot City, College students

According to Frances Vaughan: "Spiritual intelligence is concerned with the inner life of mind and spirit and its relationship to being in the world." Danah Zohar coined the term "spiritual intelligence" and introduced the idea in 1997 in her book Re-Wiring the Corporate Brain. However, contemporary researchers continue to explore the viability of Spiritual Intelligence (often abbreviated as "SQ") and to create tools for measuring and developing it. So far, measurement of spiritual intelligence has tended to rely on self-assessment instruments, which some claim can be susceptible to false reporting.

Truth is to be found in two ways: Firstly, by viewing the world objectively, always keeping an open mind, keeping all beliefs open to revision. Seeing what is. And secondly by combining objectivity with a conscious looking within, to what the heart is saying. This source of inner knowing relates to the spiritual essence of a human being, whose motivation is essentially service and compassion founded on unconditional love.

With open communication, we gain in understanding, we see reality more clearly, our empathy increases and we feel compassion.

**Communication -> Understanding -> Reality ->Empathy = Compassion**

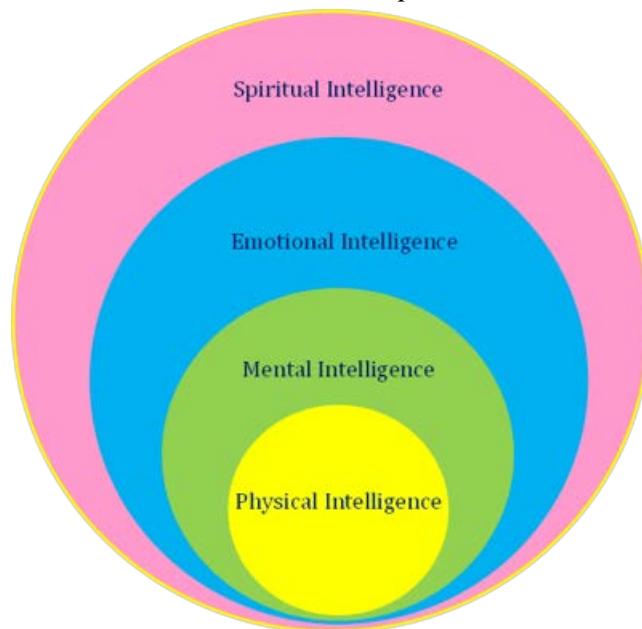
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*The CURE is Compassion*



[Source: trans4mind.com]

By learning how to find the truth that underlies the challenges we face in life, and implementing these insights into our everyday life, we can start to follow our spiritual path. This means we will remain conscious and responsible whatever the situation, and at the same time involved and flowing with the stream of life, connected with all around us and profoundly appreciative of every moment of our lives.

### **REVIEW OF PAST STUDIES**

Sharma U & Satsangi A (2017) found that spirituality is positive contributor for life satisfaction. For this comparison they were selected 100 subjects (50 males & 50 females), working in bank, and teaching profession. The sample has taken from Mathura city only. Desai A (2016) searched that there is a positive relationship between spiritual intelligence and psychological well-being of adults. Further results also indicated that both gender and age have significant impact on spirituality and psychological well-being of adults. For this the sample consisting of 600 adults has taken into consideration from Ahmedabad city. Structured and standardize questionnaires have used to collect primary data for the study. The major finding of the study was that there is a positive relationship between spiritual intelligence and psychological well-being of adults. Deoshree Akhouri, Kehksha, S. A. Azmi (2016) selected 100 girls and 100 boys post graduate students from Aligarh Muslim University through random sampling method and found that indicate positive relationship between spirituality and quality of life. Result also shows the difference between male and female hostlers on spirituality and quality of life.

### ***Statement of problem:***

The present investigation attempts to *Efficacy of Gender and religious status on Spiritual Intelligence and Psychological Well-being of College Students*

## **Efficacy of Gender and Religious Status on Spiritual Intelligence and Psychological Well-being of College Students**

### **OBJECTIVES:**

Following objectives were clarified with reference to the nature of problem.

- To study Spiritual Quotient and Psychological well being among college students in relation to gender.
- To study Spiritual Quotient and Psychological well being among college students in relation to religious status.

### ***Significance of the study:***

The present study assesses the status and compares the Spiritual intelligence and Psychological Well-being among boys and girls students of different religious status. As a result, the concerned bodies of mental health, policy makers, educational institutes, families and governmental and non-governmental organization should work together on college students or strengthen the existing programs in order to increase the Spiritual Quotient psychological well-being. Present research is important for those involved in therapy and counselling to identify college students who are at low level of Spiritual Quotient psychological Well-being and to develop and improve prevention and intervention methods for college students. The finding of present study will also provide important direction to conduct further research in the areas of psychological Well-being and mental health of college students.

### ***Hypothesis:***

For the present research process, the following null hypothesizes are formulated:

- (***Ho1***) There will be no significant difference between the score of Spiritual Quotient among college students in relation to gender.
- (***Ho2***) There will be no significant difference between the score of Spiritual Quotient among college students in relation to religious status.
- (***Ho3***) There will be no significant difference between the score of Psychological Well-being among college students in relation to gender.
- (***Ho4***) There will be no significant difference between the score of Psychological Well-being among college students in relation to religious status.

### ***Research Design:***

All most all research designs are complex. When, the researcher wants to study simultaneously two or more independent variables, the investigator selects factorial design. A factorial design is the most common way to study the effect of two or more independent variables. In a factorial design, all levels of each independent variable are combined with all levels of the other independent variables to produce all possible conditions.

The 2 X 3 factorial design of the present study is as under. There are 6 cells in the following table each cell contains 300 subjects.

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### **Variables:**

In the present research, gender and age were taken as Independent Variables. Spiritual quotient and psychological Well-being of college students were taken as Dependent Variables.

### **Population:**

The population of the present study consisted college students of various religious status in Rajkot city (Gujarat State).

### **Sample:**

For the present research work researcher has selected 300 college students with the help of random sampling technique. Further they were classified in to 2 groups i.e. Boys (150) and Girls (150). The categorization and details of sample selection were given in following table.

**Table:-1.3 Showing categorization and details of sample**

Religious Status	Gender		
	Boys	Girls	Total
Hindu	50	50	100
Muslim	50	50	100
Jain	50	50	100
<b>Total</b>	<b>150</b>	<b>150</b>	<b>N= 300</b>

### **Tools:**

#### **1. Roqan Spiritual Intelligence Test - by Zainuddin R. and Ahmed, A. (2010):**

To measure the Spiritual Intelligence of respondents, Spiritual Intelligence Test prepared by Prof. RoquiaZainuddin and Ms. Anjum Ahmed was selected. Test was in English language, this test consisted of seventy eight items. The scale is rated as LikertRatin and judged on five point scale. The points strongly agree, agree, undecided, disagree and strongly disagree are rated as 5, 4, 3, 2, 1, respectively. Zohar and Marshall have classified Spiritual Intelligence in six dimensions. These seventy eight items were based on these six dimensions, which are as under:

- a) The inner self
- b) The inter self
- c) Biostoria
- d) Life perspective
- e) Spiritual actualization
- f) Value orientation

#### **2. Psychological well being Scale - by Sisodia, D.S. and Choudhary, P. :**

This scale was developed using Likert Technique. The scale comprises of 50 statements with a view to measure several aspects of well being like Satisfaction, Efficiency, Sociability, Mental Health and Interpersonal Relations. This scale is considered to be useful in a variety

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of research and applied settings such as a quality of index, a mental health status appraisal, and a measure of psychotherapy outcome evaluation and a social indicator of measuring population changes in sense of well-being overtime.

The scale consists of fifty statements. All statements are of positive manner. 5 marks to strongly agree, 4 marks to agree, 3 marks to undecided, 2 marks to disagree and 1 mark to strongly disagree responses are assigned. The sum of marks is obtained for the entire scale. No time limit should be given for completing the scale; however most of the respondents should finish it in 15-20 minutes. Sub scales of test are as follows:

- a) Satisfaction
- b) Efficiency
- c) Sociability
- d) Mental health
- e) Interpersonal Relation

### ***Procedure of Data Collection:***

The investigator with great interest planned the data gathering soon after selecting sample and finalizing for the research. The investigator with prior permission of the college students of various religious status personally established a good rapport with subjects. Then researcher had explained the importance of research work and collected the data after ensuring the confidentiality of them. Each subject was given a questionnaire one after another in the same sequence. All were requested to read all statements one after the other and give their responses in the responses column by choosing appropriate responses for each statement, which they felt correct and appropriate. All the subjects were explained the purpose of the study and what is expected in the questionnaire given to them. They were requested to avoid mutual consultations. Whatever they had doubts, the investigator clarified and explained to them clearly. Time was not limited. The respondents were requested not to leave any item unanswered and incomplete.

### ***Scoring:***

Scoring of the obtained data was done with help of respective manuals available for the test in the present study. The data have been arranged in the respective tables according to the statistical test applied.

### ***Statistical Analysis:***

Descriptive statistical measures mean and standard deviation were used to see general pattern of Spiritual Quotient, Mood States and psychological Well-being of the respondents according to Gender and age groups. ANOVA (Analysis of variance) factorial design 2 x 3, LSD (Least Significance Difference) tests were computed to determine whether there is a significant mean difference between various pairs of college students.

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**RESULTS& DISCUSSION:**

**Table 1:- Showing Mean, SD & F value between Boys and Girls college students for dependent variable Overall SQ.**

Gender	N	Mean	SD	F	Sig.
Boys	150	296.61	41.40		
Girls	150	304.89	36.72	10.58	p<.01

As observed in the Table 1 main effect of the first independent variable i.e. Gender is reported significant. The  $F(1,300) = 10.58$  ( $p<.01$ ). The Mean scores of Boys and Girls college students are 296.61 ( $SD=41.40$ ) and 304.89 ( $SD=36.72$ ) respectively. It means Girls college students have greater spiritual intelligence than the Boys college students. The findings might be interpreted in terms of sensitivity and heart centeredness towards life and a continuous process of ethical check in dealing with day to day life situations.

**Table 2:- Showing Mean, SD &F value of college students of different religious status for dependent variable Overall SQ.**

Religious Status	N	Mean	SD	F	Sig.
Hindu	100	270.81	48.46	164.47	p<.01
Muslim	100	304.41	15.27		
Jain	100	327.03	21.54		

**Table 3:- Showing Mean, SD & F value between Boys and Girls college students for dependent variable Overall Well-being.**

Gender	N	Mean	SD	F	Sig.
Boys	150	153.69	56.66	62.98	p<.01
Girls	150	177.89	44.36		

A two way between groups analysis of variance was applied to explore the influence of independent variable gender as observed in table no. 4. The F value is to be reported significant  $F(1,300) = 62.98$  ( $p<.01$ ). Girls college students scored higher mean ( $M=177.89$ ,  $SD=44.36$ ) in comparison of Boys college students ( $M=153.69$ ,  $SD=56.66$ ). This implies that Girls college students have better Psychological Well-being than Boys college students. Findings might be interpreted as social acceptance for Girls to vent out pent up emotions in a free way as well as a social comfort to remain a home maker throughout life.

**Table 4:- Showing Mean, SD &F value of college students of different religious status for dependent variable Overall Well-being.**

Religious Status	N	Mean	SD	F	Sig.
Hindu	100	132.98	49.49	182.09	p<.01
Muslim	100	160.71	32.45		
Jain	100	203.69	46.55		

## **DISCUSSION:**

The obtained findings have been interpreted and discussed in the light of available evidences and observations. Discussion has been taken up hypothesis wise. The results of ANOVA on spirituality with reference to gender for present study clearly indicated that gender had significant impact on spirituality. It was hypothesized as mentioned in the first hypothesis that (Ho1) There will be no significant difference between the score of Spiritual Quotient among college students in relation to gender. Thus it is rejected spirituality factors like life perspective, spiritual actualization and over all spiritual quotients. It may be concluded that Girls respondents are more spiritual than Boys respondents on life perspective, spiritual actualization and over all spiritual quotients. It means Girls college students have greater spiritual characteristics such as awareness about the origin and purpose of their life, they are more able to answer questions like what is the meaning of life, why I am here, why are we here etc. Similarly Girls college students are more creative and have capacity to identify their relationship with others.

Further ANOVA results also highlighted that age groups interact significantly with each other on spiritual quotient. Therefore, (Ho2) there will be no significant difference between the score of Spiritual Quotient among college students in relation to religious status is rejected. This level of confidence implies that spirituality varies according to age of respondents. So, it can be said that college students of different age respond differently to spiritual phenomenon. Spirituality increases with religious status, as people become spiritual as they grow older. Efficacy of gender was reported on psychological well-being of college students. Therefore, (Ho3) there will be no significant difference between the score of Psychological Well-being among college students in relation to gender is rejected. This implies that gender have significant impact on psychological well-being of college students. Girls who have college students have greater psychological well-being. As findings shows that significant difference were observed among Age groups of college students with reference to psychological well-being among college students. Hence, (Ho4) there will be no significant difference between the score of Psychological Well-being among college students in relation to religious status is strongly discarded for psychological well-being.

## **CONCLUSION**

As far as role of gender and religious status are concerned with the spirituality and Psychological Well-being of college students, Gender and Religious status groups have positive impact on the dimensions of Spiritual intelligence and psychological Well-being among college students. Findings might be interpreted as social acceptance for Girls to vent out pent up emotions in a free way as well as a social comfort to remain a home maker throughout life as well as sensitivity and heart centeredness towards life and a continuous process of ethical check in dealing with day to day life situations.

### ***Acknowledgments***

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### ***Conflict of Interests***

The author declared no conflict of interests.

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