

Relationship between Resilience, Spiritual Intelligence and Mental Health of University Students

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Abstract

This study was carried out with the purpose of investigating the relationship between resilience, spiritual intelligence and mental health among students. Using the purposive sampling data were collected from 120 students doing post graduation in Psychology from the University of Jammu and Indira Gandhi National Open University. The mean age of the sample was 24.79. Resilience Scale of Wagnild & Young, General Health Questionnaire (GHQ-28) and Spiritual Intelligence Questionnaire of King were used. The data were analyzed using co-efficient of correlation and regression. The results indicate a positive relationship ($p < 0.01$) between resilience and all the dimensions of spiritual intelligence. Positive relationship also exists between resilience and mental health ($p < 0.01$). Results of t test show there is difference in resilience, overall mental health and the dimensions of spiritual intelligence between students from two different universities. Regression analysis indicates that resilience and spiritual intelligence meaningfully explain mental health. Resilience has more significant role in predicting and explaining mental health. Some of the dimensions of spiritual Intelligence too has significant role in explaining mental health.

Key words: Resilience, Spiritual Intelligence, Mental Health

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