

A Study of Spiritual Intelligence and Psychological Well-being among College Students.

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Abstract

The purpose of the present study was investigated to the spiritual intelligence and psychological well-being among college students. The purposive sampling method acting was used in this study. The total sample consisted 80 students (40 of male and 40 of female) selected from the Jamshedpur city. Spiritual intelligence self-report inventory developed by King and psychological well-being scale developed by Sisodia and Choudhary were used to measure the spiritual intelligence and psychological well-being, respectively. The result shows that significantly gender differences in the levels on spiritual intelligence and psychological well-being. Result also shows that female have better spiritual intelligence and psychological well-being than male.

Keyword : spiritual intelligence, psychological well-being, college students.

Spiritual intelligence -citizenry that are spiritually intelligent have highly-developed suspicion and deeper intellect of the globe, citizenry, and events thought and thought trust. surviving in the easiness of the spirit, they are also able to reduce selfishness through and through their have internal spontaneousness and that is able of observant things beyond the common prejudices and philosophy that regulate our workaday life. This is not at all around any occult or Para psychological element. It is around trust and courage, around simple concentrated what barrier as mainly to our mind and spirit. Spiritual intelligence is the feeling that comes from the innocence of the spirit and the bottom of faith, gives us a calm soul and body. It accessible in to farther brave judgment, for accurate activity. Spiritual intelligence is thing with that we approaching the issue of definition and life attitude. By applying the intelligence, we lay our activity and our lives into a higher, wealthy, and more essential setting. Spiritual intelligence is the brilliance with that we estimation in case a particular action or a few life directions is more essential than another. It is the element for the right working of the rational intelligence and emotional intelligence. Rational intelligence benefits us to learn sure system. For exemplar, emotional intelligence grants me to understanding the locality in which I am and to action within the barrier of position. i.e. to have the position advantage me, my spiritual intelligence among me to inquire in case I need to-be in that position at any rate. I rather diversity the position and build something more valuable? I prompt me to request why these methods survive. Spiritual intelligence shows me that the method that survive can turn, and such method do not know whether it is computers or animals.

Peoples are basically spiritual livings because they request questions: who I am, what is the context of my esprit, what is the worth of my discomfort, where I am, where I am going, etc with all the holding of human beings, with it an existential-spiritual element. Today all civilized skills that may be determine and emphasized, but the human conduct things that we

cannot calculate and we will not able to work on it. It's his spiritual element example spiritual intelligence. The belief of "spirit" appears out from the hebraical word "ruah", and enlightened, it's called as "spirits". That's why SQ known as spiritual intelligence. The spirit considered as an impulsive effort or a life-giving foundation that breathes life. Existence is not a thing that we can capture, for our eyes it 'sun seeable, but the eyes of spirit openly look and realize it. The Bible said that lord, after making man, voiceless in his spirit. By this soul we build, bring to life, moreover launching the society. That's why soul is "sacred discomfort" that remains us always creating things that are new and even more acceptable for upcoming generation. Spiritual intelligence is things that are familiar to us irrespective of our gender, age, race, and religious spiritual intelligence is the speech that we are talking about. Spiritual intelligence has "programmed" as how we are, but, it is also gives us the advantage of reprogramming. With spiritual intelligence, we grown up, change, and open our potency. Spiritual intelligence is allowing us to find experiential difficulty. It grant a "deeper" meaning of life through which we can depend on it when we are grab up in the issue of lord and evil, living and dying, with huge causes of distress and unhappiness. In the relation level, we aim to operate this difficulty aside from privately with regard to the spiritual level, we comforted for this, we find out what has been awake subconsciously with us in a long time. Psychological well-being: It's impressive to quickly assess a simple well-being before a psychological well-being blossoms. One of the most important goals, for which each person and society strive, is psychological well-being. The word describes the object in good condition. The phrase "psychological well-being" is frequently used to describe a specific type of uprightness, such as living in a pleasant environment or being deserving of respect. being capable of handling life, living it up, etc. For psychological well-being, a lot of words have been used that are interchangeable and similar, such as "happy," "satisfaction," "positive effect," "positive mental health," and "quality of life."

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Commonly, psychological well-being is classified as a dynamic state with a certain degree of harmony between an individual's skills. Depending on the person's psychological state and his or her environmental discipline, it involves subjective fulfilment and individual enjoyment. According to Ryff and Keyes (1995), characteristics of health include psychological well-being, lack of illness, autonomy, pleasant relationships with others, environmental mastery, a sense of purpose in life, and personal worth. The concept of psychological well-being is comparatively nuanced, with numerous potential contributors. The psychological well-being demonstration measure scale (Masse, Boulin, Dassa, Lambert, Belair & Battaglini, 1998b) that was employed in the current piece of research work closely matched Ryff's (1989) extended exploration of the meaning of psychological well-being. The concept of psychological well-being is multifaceted. Following component analysis, it was discovered that indications of psychological well-being include a sense of separation, playfulness, self-control, optimism, and the absence of frustration, worry, and loneliness (Tellegen, 1979). Satisfaction, morale, positive effects, social support, and other factors have been proven by Shinha and Verma (1992) and McCulloch (1991) to be indicators of psychological well-being. An individual who is psychologically healthy does not experience higher levels of satisfaction. As well as managing tensions, negative thoughts, and attitudes more quickly, self-esteem, good sentiments, and attitudes are also important. The psychology of psychological well-being strives to assist individuals in leading more fulfilling lives that include close relationships, civic engagement, and enjoyment of life. A subjective feeling of happiness, contentment, satisfaction with life's experiences and one's work in the world of work, sense of achievement, utility, belongingness, and lack of anxiety, dissatisfaction, or interest, etc. are all components of psychological well-being. Sood and Bakshi at all (2012) to finding differences in the personality traits and spiritual intelligence emerged in the study. According to Sahebalzamani, Farahani, and colleagues' (2013) analysis of the data, there is a substantial correlation between spiritual intelligence, psychological well-being, and having a purpose in life. Additionally, there was a strong correlation between psychological well-being and the elements of spiritual intelligence, such as conscious state explanation, personal meaning creation, transcendental awareness, and critical existential thinking. According to Khosravi and Zahra's (2014) analysis of the data, there is a positive and significant relationship between the SISRI and CD-RISE, but a negative and

significant relationship between the SISRI and students' PSS.

According to Mishra and Vashist (2014), spiritual intelligence has a significant impact on adolescents' success and quality of life in the twenty-first century and has to be understood.

According to Pant and Srivastava's (2014) research, there is a significant correlation between spiritual intelligence and mental health, a significant association between spiritual intelligence and quality of life, and a correlation between mental health and quality of life as well.

Tyagi Pandey (2015) conducted an investigation based on the findings, which showed a positive connection between both, indicating that the influence of one will have an effect on the other.

According to Shrivastava (2016), who examined the current study, spiritual intelligence would be advantageous for both instructors in particular and people in general for the improvement of the entire global community.

According to Madalaimuthu and Kadiravan's (2016) investigation, pupils do not differ in their spiritual intelligence based on gender, but they do differ significantly on the basis of religion when it comes to transcendental consciousness and critical existential thinking.

In light of the current, evolving state of human life, Choudhary and Ahmad's (2017) findings have been thoroughly examined, along with suggestions from a licenced psychologist. Elderly-focused NGOs and family counsellors support them in preserving their overall sense of well-being.

By analysing this study, Peerzadah and Mufti (2018) attempted to shed light on the newly proposed idea of spiritual intelligence and its elements/dimensions as advanced by the well-known research.

According to Pant & Srivastava's research, spiritual intelligence and mental health are substantially correlated among students majoring in the arts, and there is a significant difference in the correlations for male and female arts students.

According to research by Razia (2019), spiritual intelligence is substantially connected with psychological well-being, being's emotional, and spiritual dimensions but not with its physical or social ones.

According to Jahangir and Nawaz's 2020 investigation, there is a significant impact of spiritual intelligence on adults' mental health. The results also revealed a negative association between happiness and mental health in adults.

The findings of Bozek & Nowak et al. (2020) may help us better understand certain important factors that influence psychological well-being.

Objectives

1. To assess the degree of spiritual intelligence among students, both male and female
2. To assess the degree of psychological well-being among students, both male and female.
3. To investigate the strong link between students' well-being and spiritual intelligence.

Hypotheses: the following null hypothesis have been formulated in this paper.

Ho1: There would not significantly differ in spiritual intelligence between male and female students.

Ho2: There would not significant difference in psychological well-being between male and female students.

Ho3: The relationship between students' well-being and spiritual intelligence is not proven.

Method

Sample: Students from Jamshedpur (N=80) made up the entire sample for this inquiry. Comprising 40 pupils each from genders (40 males and 40 females). The samples were chosen using a purposive sample technique.

The following measurement was employed in the current research project as a tool.

1. The Spiritual Intelligence Self-Report Inventory (SISRI-24), Students' spiritual intelligence was measured using a scale created by D. King (2008). It is a 24-item test that uses a 5-point rating system to assess spiritual intelligence. It includes four areas: critical existential thinking, personal meaning production, transcendental awareness, conscious state expansion.

2. Psychological well-being:-For measuring students psychological well-being hindi version a scaled developed by Dr. Devendra Sing Sisodia & It was It was Ms. Pooja Choudhary. It is a 50-item scale that uses a 5-point rating system to assess psychological well-being. It covers five areas: life satisfaction, efficiency, sociability, mental health, inters personal relations.

Results and Discussion

Table No. 1 shows that mean value for spiritual intelligence in male is 49.75 and in female is 63.5. The SED for spiritual intelligence is 2.59 and the corresponding t value is 5.3. The null hypothesis—that there would not be a significant difference in students' spiritual intelligence—is rejected by the results because the t value is significant at the 0.01 level. Result also revealed that female has high level of spiritual intelligence than male students.

Table No. 2 shows that mean value for psychological well-being in male is 156.5 and in female is 171. The SED for psychological well-being is 2.63 and the corresponding t value is 5.51. The null hypothesis, which states that there would not be a significant difference, is rejected by the results because the t value is significant at the 0.01 level. in psychological well-being between male and female students. Result also revealed that female has high level of psychological well-being than male students.

Table 3 indicate cupellation coefficient value 0.12. that is statically significant at the level of 0.01 level. The results are low positive correlation between spiritual intelligence and psychological well-being. **Conclusion** Since the study's primary objective was to investigate the relationship between college students' psychological wellbeing and spiritual intelligence, Depending on the findings of the study, the following conclusions were made:

- There was a significant difference in spiritual intelligence among college students based on their gender. It was noted that females had higher spiritual intelligence levels compared to males.
- There was a significant difference in psychological well-being among college students based on their gender. It was noted that females had higher spiritual intelligence levels compared to males.

Table 1. Shows Mean, SD, SED and t value between Male and female college students on spiritual intelligence.

Variable	Group	Mean	SD	SED	t value	df	Level of Significance
Spiritual Intelligence	Male	49.75	13.03	2.59	5.3	39	.01
	Female	63.5	9.63				

Table 2. Shows Mean, SD, SED and t value between college students, both genders on psychological well-being.

Variable	Group	Mean	SD	SED	t value	df	Level of Significance
Psychological Well-Being	Male	156.5	8.81	2.63	5.51	39	.01
	Female	171	13.97				

Table 3. show the link between college students' psychological well-being and spiritual intelligence.

Variable	N	r	Level of Significance
Spiritual Intelligence	80	0.32	.01
Psychological Well-being	80		

Significant correlation was found between the spiritual intelligence and psychological well-being of college students.

Limitation and Suggestions

Purposive sampling was utilized in the research and the data is collected only from Jamshedpur, and therefore it is specific and cannot be generalized to other populations. The data included only the information from males and females of the age group of 18-23 year. Because of the small sample size, the findings' generalizability was minimized. As a result, it is recommended that this type of study be carried out on a sizable sample.

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