

## A Study of Relationship of Spiritual Intelligence and Adjustment of Adolescents

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### Abstract

*Spiritual values and methods have a potential role in helping to increase emotional stability and improve adjustment. Values energize everything concerned with. For an individual, committing to and applying values release fresh energies, which always attract success, achievement and well-being. Adjustment refers to utilization of skills and experiences that facilitate personal integration into the society to which one belongs. Adjustment is what everybody needs to cope with life. There is no perfect individual, but adjustment makes the difference for excellence among individuals. Only an adjusted person can be happy, hopeful and productive in whatever environment he finds himself.*

*The key objective of the present study is to enlighten how spiritual intelligence related with various facets of adjustment (home, educational, health, social and emotional) of adolescent college girls. Purposive Sampling was planned for the study. The sample of 100 female adolescents was taken from Banasthali University of Rajasthan. The subjects were administered (i) Spiritual intelligence test (Khalil A. Khaveri, 2000) (ii) Adjustment inventory for college students (A.K.P Sinha and R.P Singh, 2002). Data analysis was done with the help of product moment correlation. The results disclosed the significant positive relationship with spiritual intelligence and adjustment among adolescents.*

### **Introduction :**

Spiritual Intelligence can be defined as a deep self awareness in which one becomes more and more aware of the dimensions of self, not simply as a body, but as the mind, body and spirit. (Sisk and Torrance, 2001).

Spiritual Intelligence holds the key for attaining our highest human potential. It frees us from the limitations of the obvious, the material, and the immediate (Khaveri, 2000). According to Gomes (2005), it is an act of freedom, a state of inner tranquility. However, Spiritual Intelligence, According to Zohar, and Marshall (2000) refers to the development of our longing and capacity for

meaning, vision and value which facilitates a dialogue between reason and emotion, between mind and body, and which enables us to integrate the interpersonal and intrapersonal, to transcend the gap between self and others. Wigglesworth(2002) further conceptualized Spiritual Intelligence to be the ability to behave with Compassion and Wisdom while maintaining inner and outer peace (equanimity) regardless of the circumstance. Spiritual Intelligence is therefore a necessary Personal Empowerment which enables one to maintain both inner and outer peace and display love regardless of the circumstances

whether stress or acute conflict. It could therefore help in conflict management and peaceful co-existence in the Society.

College Students Encounter obstacles which interfere with their Involvement, integration and thus, prevent them from taking full Advantage of the college Experiences. First year Students face a number of problems in Adjusting to University life. These include developing an appropriate identity and becoming Socially integrated into the college as well as attaining and learning generic Skills and Qualities such as Critical thinking and Intellectual rigour. (Astin, 1984 and Tinto, 1987) Adolescence is a period of Social Expansion and development. The Adolescents spend a great deal of their life around the activities, interest and attitudes of their peers. As the result, the peers attain great importance during this period. According to Slas (1993) the Belongingness to the group becomes progressively important for the Adolescents

Adjustment refers to utilization of skills and experiences that facilitate personal integration into the society to which one belongs. Adjustment is what everybody needs to cope on with life. There is no perfect individual, but Adjustment makes the difference for excellence among individuals. Only an Adjusted person can be happy, hopeful and be productive in whatever Environment he finds Himself (Animasahun 2010).

However, there are certain Psychological factors that enhance individuals' Adjustment. Some of these are identified to be intelligence quotient Emotional Intelligence and spiritual intelligence (Goleman 1998; Goltfredson 1998; Zohar and Marshall 2000; Zohar and Berman 2001; Akinboyeet et. al.

2002; and Adeyemo 2007, 2008.).

**Objective**

To study the relationship between spiritual intelligence and adjustment (home, health, social, emotional and educational).

**Hypothesis**

There would be a positive correlation between spiritual intelligence and adjustment (home, health, social, emotional and educational).

**Method**

**Sample**

A sample of 100 female adolescents in the age range of 18-20 years was taken through purposive sampling, residing in Banasthali University.

**Tools**

1. Spiritual Intelligence Test Developed By Khalil A. Khavari, (2000)
2. Adjustment Inventory for College Students Developed By A.K.P Sinha and R.P Singh (2002).

**Procedure**

In this study, the sample was selected from the students of graduation of Banasthali University. After deciding the tools to be used for the study purpose, the investigation was carried out. The participants were made aware of the purpose of the study and were confidentiality of responses and mutual rapport was established. Thereafter a set of questionnaire comprising a test of spiritual intelligence, emotional intelligence and adjustment was handed to each subject. The subject was thanked for voluntary participation and cooperating in administration of the test. 100 questionnaires were thus completed for the study.

## Result

The present study is aimed to studying the relationship between Spiritual Intelligence and Adjustment (Home Health Social Emotional Educational) among Adolescent girls of Banasthali University. Coefficient of Correlation was applied according to the aims of the study.

## Correlational Table

S.No.	VARIABLES	CORRELATION
1	Spiritual intelligence & Total adjustment	0.75*
2	Spiritual intelligence & Home adjustment	0.18
3	Spiritual intelligence & Health adjustment	0.56*
4	Spiritual intelligence & Social adjustment	0.72*
5	Spiritual intelligence & Emotional adjustment	0.63*
6	Spiritual intelligence & Educational adjustment	0.51*

\*Value significant at  $p < .01$

## Discussion

Spiritual intelligence and adjustment has a positive correlation ( $r = 0.75$ , significant at 0.01 level). The finding is consistent with the studies by Rotimi and Animasahun (2001), results revealed significant positive correlations between the intelligent quotient, spiritual intelligence and prison adjustment with emotional intelligence.

Tate and Forchheimer(2002) conducted an extensive study on spirituality and found it to be associated with quality of life, life satisfaction and adjustment.

Insignificant positive correlation between spiritual intelligence and home adjustment ( $r = 0.18$ , insignificant at 0.01 level) was seen.

Table shows significant positive correlation between Spiritual intelligence and Health Adjustment ( $r = 0.56$ , significant at 0.01 level). The results are in accordance with Zarina and Mohamad (2010), who concluded that spiritual intelligence positively associated with general health. Those who had spiritual intelligence tended to have better health. The ability to conduct daily life with sanctification based on one's spiritual

belief was the most dominant factor of good Health. The study suggested that spirituality is related to Health and has a positive effect on participants' overall Health.

Health can be influence by spiritual intelligence and emotional intelligence. (Shabani, Hassan, Ahmad& Baba, 2010). Gurklis and Menke (1988), after an extensive study concluded that spirituality plays a very important role in coping with chronic illness.

Similar results obtained from a study by Rowe and Allen (2004), suggests an inverse relationship between ill health and spiritual well-being.

In order to test the hypothesis constructed in the present study, an attempt was made to study the relationship between spiritual intelligence and social adjustment in table. The results obtained indicate a positive and significant relationship ( $r = 0.72$ , significant

at 0.01 level). Similar results were found in the study of Landis (1996), who concludes that there is positive relationship between spiritual well-being and psychosocial adjustment.

The correlation scores between spiritual intelligence and emotional adjustment shows positive and significant correlation ( $r = 0.63$ , significant at 0.01 level).

Spiritual intelligence and values and methods have a potential role in helping to increase emotional stability and improve adjustment. Values energized everything concerned with. For an individual, committing to and applying values releases fresh energies, which always attract success, achievement and well-being.

It can be observed from the results in table that spiritual intelligence and educational adjustment have the positive and significant correlation ( $r = 0.51$ , significant at 0.01 level). Hosseini, Elias, and Aishah (2010) concluded that Conceiving spirituality as a sort of intelligence extended the psychologist's conception of spirituality and allowed its association with the rational cognitive processes like goal achievement and problem solving.

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