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**Relationship Between Spiritual Intelligence and Life Satisfaction
among the College Students**

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Abstract

Spiritual intelligence plays an important role and it can be learned and cultivated in day-to-day life of individual. Thus, the Spiritual intelligence is connected with the life satisfaction of individual. The present study examines the relationship between spiritual intelligence and life satisfaction among college students. The survey method was used for the study and Sample was collected from college students through simple random sampling. The data are collected with the help of Satisfaction with life scale (Diener, Emmons, Larsen, & Griffin, 1985) and the 29-item Spiritual Intelligence Questionnaire by Abdollahzadeh1 et al. (2009). The finding and implications are discussed in the full paper.

Keywords: *Life Satisfaction, Spiritual Intelligence, Covid-19, Well-being.*

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INTRODUCTION:

People and families in all over the world faced a new and unexpected circumstance during the COVID-19 pandemic, which caused them to stay in their houses for an extended long period of time. Many people were put in a terrible situation as a result of the virus, not only because of the fear of spread or the economic troubles that resulted from the shutdown of business activities, but also because the virus fundamentally altered society's way of life. In this context, this research aims to comprehend the role of Spiritual Intelligence in coping with this tough situation, with a focus on the physical and psychological well-being of adolescents who are college going students.

Srivastava (2014) defined as “it is the intelligence which enhances capabilities, capacities, competencies and skills of the individual to solve the everyday problems creatively and constructively in the new situation of the social environment for attaining ultimate aims of education” and working with the paper, Spiritual intelligence, Srivastava (2014) expressed as “it is the intelligence which enhances capabilities, capacities, competencies and skills of the individual to become achievement-motive and emotionally intelligent to solve the everyday problems creatively and constructively in the new situation of the socio-psycho-physical environment for attaining ultimate aims of education”. Modern education, however, lays great emphasis on spiritual intelligence. Perhaps, this is precisely the reason why the learner seeks only to learn and study about the discovering own soul/spirit. With this consideration of spirit, the development of spiritual intelligence is

purely and surely to please the modern learner. It is, however, spiritual intelligence that helps in the development of the natural man into the ideal man. Keeping this view in mind, the author concludes the ‘Spiritual Intelligence’ as “it is intelligence which helps to fulfil the potentialities of the individuals’ abilities through the noncognitive virtues to prepare them to solve the everyday problems for life creatively and constructively in the new situation of the socio-psycho-physical environment for attaining the highest knowledge and wisdom, if the teachers enable to modify such kind of behaviour patterns of individuals, - this is spiritual intelligence.”.

Proctor, Linley & Maltby (2009) in their study on youth life satisfaction in the growing field of positive psychology have highlighted the importance of determining what makes life worthwhile. The survey strives to see in what way young people see their Survival and attain pleasure within this framework. Recent research shows that the experience of life pleasure (LS) among young people has major consequences for their perceptions. The functioning of psychology, culture, and education. An essential part of knowing in what way young people see their Survives are the integration of life satisfaction measurements, and this article offers a review of the existing Adolescence Life Happiness Measures. Empirical studies (n = 47) of young people after systematic literature research There is a review of LS measures. The analysis, accuracy, and validity sections provide a description of each instrument, including its normative samples. The prospective research paths

that have been suggested are quickly explored.

METHODOLOGY

This study adopted survey method which is descriptive and associational in nature. The sample of study consists of 171 students and selected through simple random sampling. The data were collected with the help of **spiritual Intelligence scale** (Abdollahzadehl et al, 2009). and **life satisfaction** (Diener, Emmons, Larsen & Griffin,1985). The data was collected and analyzed with the help of statistical package for social science (SPSS) version 23 and independent sample, t-test, correlation, was used for the study.

OBJECTIVE: This study aimed that the relationship between Spiritual Intelligence and Life Satisfaction among college students.

HYPOTHESES

1. There will be a significant relationship between Spiritual Intelligence and life satisfaction of students
2. There will be a significant difference between Spiritual Intelligence of students based on their gender
3. There will be a significant difference between life satisfaction of students based on their gender
4. There will be significant differences between Spiritual Intelligence of students based on their course of study.
5. There will be significant differences between life satisfactions of students based on their course of study.

RESULTS AND DISCUSSION

Table 1: Spiritual Intelligence of college students in relation to their life satisfaction: correlational analysis

Variables	Life Satisfaction
Spiritual Intelligence	0.268**

** Significant at 0.01 level

Ha: “There will be a significant relationship between Spiritual Intelligence and life satisfaction of students”

From table 1 it has been found that there is a significant relationship between Spiritual Intelligence and life satisfaction. Hence the hypothesis is confirmed. It is concluded that spiritual intelligence is positively correlated with life satisfaction which means when the

level of spiritual intelligence increases the level of life satisfaction also increases. The results of the present study are supported by the findings of Teichmann, Murdvee and Saks (2006) who concluded that spirituality occupies an important place in the person's perception of their quality of life in a changing socio-economic environment as the one in Estonia.

Table 2: Life Satisfaction of college students: Gender wise comparison

Variables	Male (N=92)		Female (N=79)		t-value
	M ₁	SD ₁	M ₂	SD ₂	
Life Satisfaction	26.03	4.66	24.58	4.88	0.08 ^{NS}

M – Mean Score, SD- Standard Deviation NS- Not Significant

Ha: “There will be significant differences in life satisfaction of students based on their gender” From table 2 it is found that there is no significant difference in life satisfaction based on their gender. Hence the hypothesis is not confirmed. It is concluded that male students mean score is higher than female students in the life satisfaction. According to Piaget (1932) and Kohlberg (1984) generally the males

develop deep insight into the nature of mental processes, which leads to the development of optimal state of psychological well-being and consciousness, which is often expressed as an emotional relationship with an invisible sacred presence. So, it can be inferred that life satisfaction and spiritual intelligence of male students are significantly related with each other.

Table 3: **Spiritual Intelligence of college students: Gender wise comparison**

Variables	Male (N=92)		Female (N=79)		t-value
	M ₁	SD ₁	M ₂	SD ₂	
Spiritual Intelligence	117.93	17.22	118.16	17.49	1.98**

M – Mean Score, SD- Standard Deviation ** Significant at 0.05 level

Ha: “There will be a significant difference in spiritual intelligence of students based on their gender” From table 3 it is found that there is a significant difference found in Spiritual Intelligence based on their gender. Hence the hypothesis is confirmed. It is concluded that female students mean score is higher than male students in the spiritual intelligence. Moghadam, Najafian, Sadeghipur, Zahirikhah and Sadotizadeh (2014) study revealed that significant relationship found in spiritual intelligence and life satisfaction among girls. Spiritual Intelligence can increase the life

satisfaction of the individual. It is generally observed that girls see their mothers as their role models and under the influence of their behaviour, they develop insights, principles, beliefs, attitudes and values which guide them in their life. Indian mothers respect spiritual values and also overtly and openly express their ideas in their homes, resulting in increased inner life satisfaction. Hence, it can be safely inferred that life satisfaction and spiritual intelligence of female students are significantly related with each other.

Table 4: **Life Satisfaction of college students based on their course of studies**

Variables	Arts (N=128)		Science (N=43)		t-value
	M ₁	SD ₁	M ₂	SD ₂	
Life Satisfaction	25.25	4.91	25.70	4.52	0.52 ^{NS}

M – Mean Score, SD- Standard Deviation NS- Not Significant

Ha: “There will be a significant difference in life satisfaction of students based on their course of study” From table 4 it is found that there is no significant difference in life

satisfaction based on their course of study. Hence the hypothesis is not confirmed. It is concluded that arts and science students mean score is same in the life satisfaction.

Table 5: **Spiritual Intelligence of college students based on their course of studies**

Variables	Arts (N=128)		Science (N=43)		t-value
	M ₁	SD ₁	M ₂	SD ₂	
Spiritual Intelligence	119.80	17.12	112.81	16.94	2.31**

M – Mean Score, SD- Standard Deviation ** Significant at 0.05 level

Ha: “There will be a significant difference in spiritual intelligence of students based on their course of study” From table 5 it is found that there is a significant difference found in Spiritual Intelligence based on their course of study. Hence the hypothesis is confirmed. It is concluded that arts students mean score is higher than science students in the spiritual intelligence.

The findings of the present study revealed that there is a significant relationship found between spiritual intelligence and life satisfaction among the college students. The study shows that there are no significant differences in the life satisfaction on the basis of gender and course of study. The study also revealed that there is significant difference in the spiritual intelligence on the basis of gender and course of study.

CONCLUSION:

In general college students in their early adulthood are facing significant levels of anxiety and stress in their personal and academic life. In addition to all of those day-to-day stressors, the current pandemic has a significant impact on young adults who are pursuing their academic studies in the colleges. These stressors can cause young adult students to acquire mental health and psychological problems, significantly impacting their academic performance and, as a result, their life satisfaction.

References:

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