

## ROLE OF SPIRITUAL INTELLIGENCE IN PSYCHOLOGICAL WELLBEING

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### **Abstract:**

*In present scenario everybody is highly achievement motivated, for the sake of their best performance, high competition and busy lifestyle they feel pretty more stress. Because of this stress they feel depressed, frustrate and face so many mental problems. But spiritual intelligence play very important role in adjustment in everyday life or in motivate our self and maintain own psychological wellbeing. Purpose of present research is to examine the role of spiritual intelligence in psychological wellbeing in college teachers. The sample of the study consisted of four groups (rural college, urban college, male teachers and female teachers) each group is having 25 teachers. Spiritual Intelligence Self-Report Inventory (SISRI) and Ryff Scale of Psychological Well Being were used for this study. The result ravelled that no significant difference between male and female and rural and urban college teachers on spiritual intelligence. There are some difference in dimension on psychological wellbeing (e.g. Autonomy, positive relations with others and purpose in life).*

**Key words:** *Spiritual Intelligence, Psychological Wellbeing, Gender Difference, College Teacher*

### **Introduction**

**Meaning of Spiritual Intelligence:** According to Bhoslay (2015), Spiritual intelligence is a higher dimension of intelligence that activate the qualities and

capabilities of soul, in the form of wisdom, compassion, integrity, joy, love, creativity and peace.

According to *Bramhakumari Shivani* "Spiritual intelligences are the expression of innate spiritual qualities through your thoughts, actions and attitudes." Spiritual intelligence can generally be associated with psychological health it is also concerned with the inner life of mind and spirit and its relationship to being in the world. Spiritual intelligence implies a capacity for a deep understanding of existential questions and insights into multiple level of consciousness. According to Amram's (2009), spiritual intelligence is a kind of ability that causes self-consciousness, self-control, profound understanding of meaning of life, purposefulness, increase in peace, the ability to communicate effectively with others and mental health.

Variations of spiritual intelligence are sometimes used in corporate settings, as a means of motivating employees and providing a non-religious, diversity-sensitive framework for addressing issues of values in the workplace (Wigglesworth, 2012). According to Stephen Covey, "Spiritual intelligence is the central and most fundamental of all the intelligences, because it becomes the source of guidance for the others.

### **Meaning of Psychological Wellbeing:**

Psychological well-being refers to how people evaluate their lives. According to Diener (1997), these evaluations may be in the form of cognitions or in the form of affect. The cognitive part is an information based appraisal of one's life that is when a person gives conscious evaluative judgments about one's satisfaction with life as a whole. The affective part is a hedonic evaluation guided by emotions and feelings such as frequency with which people experience pleasant/unpleasant moods in reaction to their lives. The assumption behind this is that most people evaluate their life as either good or bad, so they are normally able to offer judgments. Further, people invariably experience moods and emotions, which have a positive effect or a negative effect. Thus, people have a level of subjective well-being even if they do not often consciously think

about it, and the psychological system offers virtually a constant evaluation of what is happening to the person. If a society regularly assesses well-being, people will provide their attention on it and learn more about its causes. Psychological well-being is therefore valuable not only because it assesses well-being more directly but it has beneficial consequences.

**Objectives of the Study:** To Measure the Spiritual Intelligence and Psychological wellbeing of College Teachers.

**Hypothesis:**

- There will be no gender difference on spiritual intelligence, and psychological wellbeing.
- There is no significant difference in spiritual intelligence and psychological wellbeing between rural and urban college teachers.

**Sample:**

The sample for the research was selected from different rural and urban college of Patna district. The sample was selected by simple random sampling technique.

Sample Design

Types of college	Rural college	Urban college
Male	25	25
Female	25	25

Total=100

**Tools used in Study**

**1. Ryff Scale of Psychological Well Being. (Ryff, C., 1989)**

The Ryff Scales of Psychological Well-Being is a theoretically grounded instrument that specifically focuses on measuring multiple facets of psychological well-being. . The Ryff inventory consists of 54 questions (medium form). This scale consists of a series of statements reflecting the six areas of

psychological well-being: autonomy, environmental mastery, personal growth, positive relations with others, and purpose in life, and self-acceptance. Validity of this test is 0.87 to 0.93 and test retest reliability is 0.81 to 0.85.

**2. Spiritual Intelligence Self-Report Inventory (SISRI)**

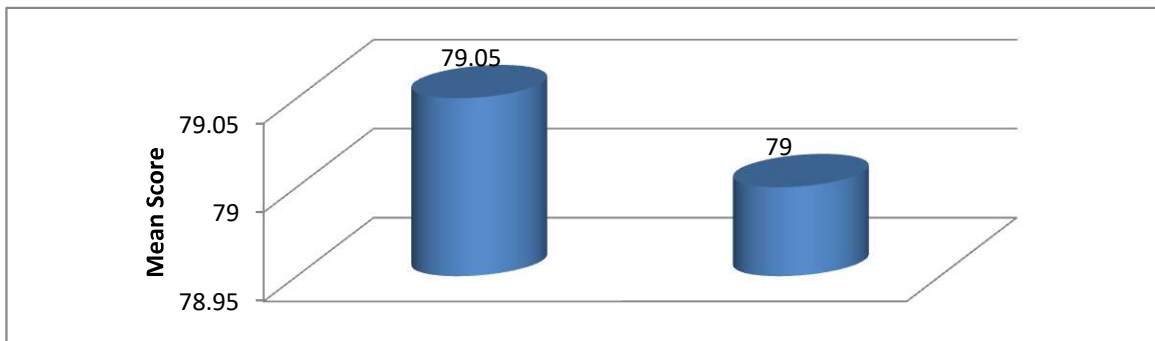
Spiritual Intelligence Self-Report Inventory is developed by David B. King (2008). Inventory has been consisted of 24 items with 5 options. The options are scored from 0 to 4. The range of scores of self-reporting spiritual intelligence inventory is from 0 to 96. A high score is the sign of high spiritual intelligence and a low score is the sign of low spiritual intelligence.

**Result of the Study:**

Table- 1

Comparison between Male and Female College Teachers on Spiritual Intelligence Score

Groups	N	Mean	SDs	t ratio
Male Teachers	50	79.05	14.99	0.66
Female Teachers	50	79.00	13.56	

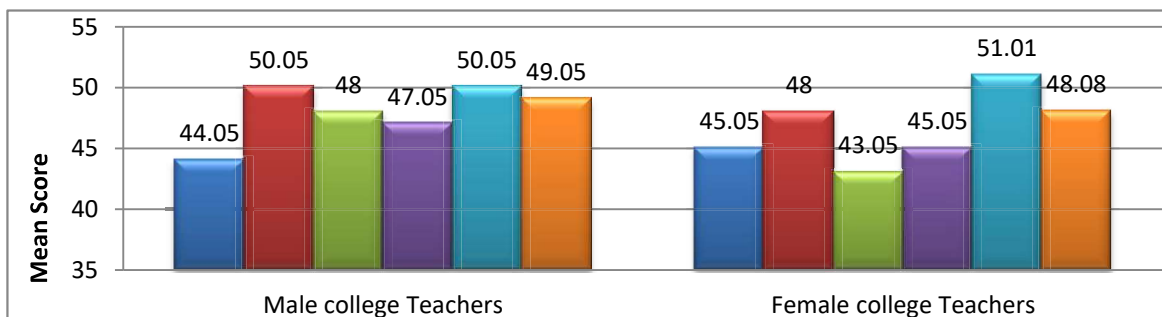


The mean score of Male College Teachers was 79.05 and Female College teachers was 79.00, mean differences is not significant. This shows that no significant difference between Male and Female Teachers on spiritual intelligence.

Table-2

Comparison between Male and Female College Teachers on Psychological Wellbeing Score

Dimensions	Male College Teachers		Female College Teachers		t- ratio
	Mean	SD	Mean	SD	
Self acceptance	44.05	14.16	45.05	15.55	1.25 NS
Positive relations with others	50.05	14.62	48	15.38	1.92 N
Autonomy	48	15.50	43.05	14.37	<b>2.67**</b>
Environmental mastery	47.05	15.12	45.05	14.09	1.82 NS
Purpose in life	50.05	14.43	51.01	15.12	1.97 NS
Personal growth	49.05	14.13	48.08	15.09	1.67 NS



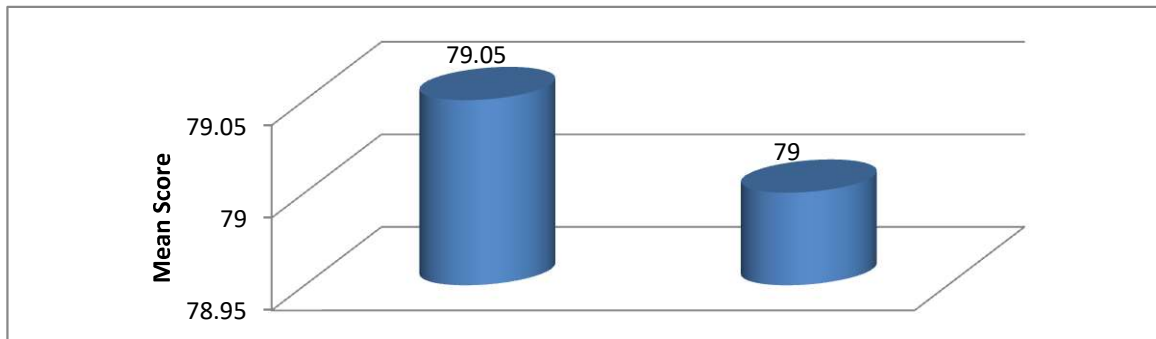
Above data shows that there are no significant difference between male and female college teachers in any dimensions on psychological well being scale accept the autonomy. The male college teachers have higher level of autonomy than their counterparts. This result is supported by Salleh and Mustaffa,(2016), also. This finding also supported by a very well known theory called “Glass

ceiling effect” (An unacknowledged barrier in front women and minority from rising to any responsibility and design within an organisation).

Table-3

Comparison between Rural and Urban College Teachers on Spiritual Intelligence Score

Groups	N	Mean	SDs	t ratio
Rural College Teachers	50	79.05	26.59	0.15 NS
Urban College Teachers	50	79.00	26.76	

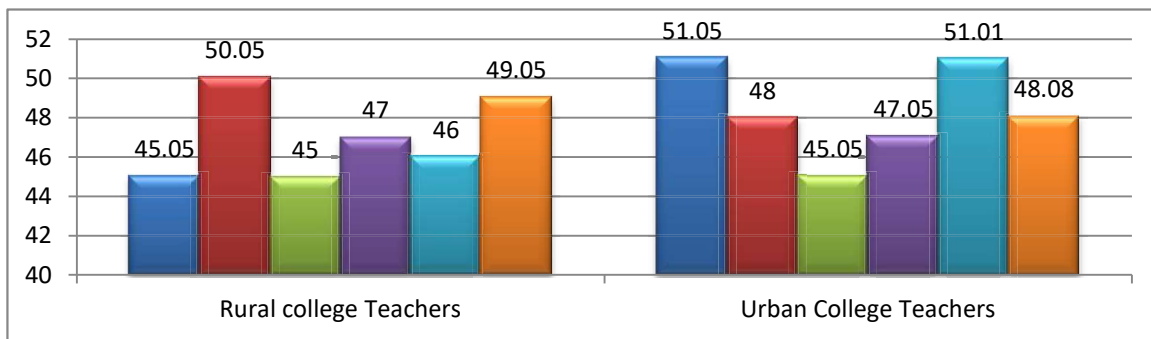


The mean score of rural college teachers were 79.05 and urban college teachers were 79.00. The differences were not significant at any level. This shows that both Rural and Urban college teachers have same level of spiritual intelligence.

Table-4

Comparison between Rural and Urban College Teachers on Psychological Wellbeing Score

Dimensions	Rural College Teachers		Urban College Teachers		t-ratio
	Mean	SD	Mean	SD	
Self acceptance	45.05	13.89	51.05	14.65	2.97**
Positive relations with others	50.05	14.61	48	15.23	2.23*
Autonomy	45	14.42	45.05	15.34	1.67 NS
Environmental mastery	47	14.46	47.05	14.67	1.87 NS
Purpose in life	46	15.11	51.01	14.21	2.65*
Personal growth	49.05	14.47	48.08	15.52	1.88NS



Above table shows that urban college teachers have better self acceptance and purpose in life rather than their counterparts but rural college teachers have better relationship with others rather than urban college teachers.

**Conclusion of the study**

- No significant difference between Male and Female Teachers on spiritual intelligence.

- No significant difference between male and female college teachers in any dimensions on psychological well being scale except the autonomy.
- The male college teachers have higher level of autonomy than their counterparts.
- Both Rural and Urban college teachers have same level of spiritual intelligence.
- Urban college teachers have better self acceptance and purpose in life rather than their counterparts.
- Rural college teachers have better relationship with others rather than urban college teachers.

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