

Original Research Article

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Impact of Spiritual Intelligence on Resilience among Youth according to Family Structure

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ABSTRACT

The present study entitled “Impact of spiritual intelligence on resilience among youth according to family structure” was undertaken to assess the impact of spiritual intelligence on resilience among youth in joint and nuclear families aged between 23-24 years studying in Punjab Agricultural University, Ludhiana. The total sample comprised of 160 post graduate students (80 nuclear families and 80 joint families) from five constituent colleges of Punjab Agricultural University, Ludhiana. The aim of the study was to assess the level of spiritual intelligence, resilience and to explore the impact of spiritual intelligence on resilience according to family structure. Spiritual Intelligence Scale by Zainuddin and Ahmed (2010) and Resilience Scale by Wagnild and Young (1993) were used to collect the relevant information from the respondents. Results revealed that youth from joint families had high spiritual intelligence with significant differences. With regard to resilience, youth from joint families were found to have significantly higher resilience. Regression analysis proved that spiritual intelligence had positively contributed to resilience.

Keywords

Youth, Spiritual intelligence, Resilience, Joint families, Nuclear families

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Introduction

Spiritual intelligence became a prerequisite in today's world. In recent years, spirituality has been increasingly regarded as foundation for human life and healing. Complete care considers the biological, psychological, social, and spiritual dimensions with the spiritual dimension being the most important. All other intelligences including emotional, social, wisdom, rational intelligences will be enhanced

through spiritual intelligence. It brings people out from the dilemma of everyday lives and encourages them to view the things in a healthy and insightful way. Spiritual intelligence consists of resources, values and spiritual features to improve daily interaction (Amaram, 2005). The word spiritual is derived from the Latin word *spiritus*, which means “that gives life or vitality to a system”. Spiritual intelligence is the spiritual wisdom of the mind, through which one can restore and render

completely. Zohar & Marshall (2000) stated spiritual intelligence as "an intelligence that can position one's behaviours and experiences in a larger, deeper and significance sense and through which one can answer and resolve issues of immanent worth."

Spirituality is the inherent capacity of the human brain to draw its energy from the nucleus of the universe itself. Spiritual intelligence is a capacity for philosophical understanding of empirical problems and perception into various layers of awareness (Vaughan, 2002). It is associated with the mind and spirit's internal lives, as well as their interrelatedness of the existence. Spiritual intelligence is an assemblage of mental abilities that aid a good comprehension, differentiation and heritable application of philosophical and supernatural elements of one's life (King and DeCicco, 2009).

Spiritual intelligence is an important self attribute that helps an individual to sustain both internal and external happiness and love, devoid the situations, such as distress or inconsistency. It helps the individuals in distinguishing between truth and illusion and can be instilled in oneself by practise. Spiritual intelligence is a form of intelligence which can assist people in solving problems and achieving their objectives (Emmons, 2000). Spiritual intelligence is maintaining of external and internal harmony regardless of circumstances and capability to respond with knowledge and compassion (Wigglesworth, 2006).

People are profoundly affected by the loss of family and loved ones, work loss, natural disasters such as earthquakes, fires, and terrorist attacks. Despite being subjected to such harsh circumstances, people heal, even though they cannot fully forget these dangerous situations. Resilience is the ability to respond to hardship, trauma, disaster, threats, or even major sources of stress, which entails recovering from challenging circumstances or interactions. Psychological resilience is considered as a process of adapting to the regular style of living (Tusaie and Dyer 2004). The word resilience is derived from the Latin word *resiliens* which means

elasticity. When encountering with significant threats or serious difficulties, despite the hardships, people are able to respond positively and as a result they will grow resilience. An interrelation of threatening and safety factors is called as resilience (Rutter, 2008).

Materials and Methods

Study sites

The total sample was taken from the five constituent colleges of Punjab Agricultural University, Ludhiana. The study was conducted in the year 2021.

S. No.	Name of the College
1.	College of Basic Sciences and Humanities
2.	College of Agriculture
3.	College of Agricultural Engineering & Technology
4.	College of Community Science
5.	College of Horticulture & Forestry

Method of data collection

An online questionnaire was developed with the help of google forms to collect the data in view of the pandemic. The forms were sent to 250 post-graduate students from five constituent colleges of Punjab Agricultural University in order to get the desired data. Initially 230 forms were received out of which 160 students were selected having equal number of males and females.

Data collection instruments

Spiritual intelligence scale

Spiritual intelligence was determined through spiritual intelligence scale by Zainuddin and Ahmed (2010). It consists of 78 items which was divided into six dimensions namely inner self, inter self, biostoria, life perspectives, spiritual actualization and value orientation.

Resilience scale

Resilience was assessed through Resilience Scale by Wagnild and Young (1993). The scale is a 25 item self-report questionnaire to identify resilience. It was proved to be consistent and accurate to measure the resilience.

Statistical tools

Arithmetic Mean

Arithmetic mean is acquired by summing up of all values acquired by joint and nuclear families and further dividing total by the number of observations.

$$A = \frac{1}{n} \sum_{i=1}^n Xi$$

Standard Deviation

Standard deviation is the deviation of the mean value in the complete sample from the number of individuals in a group. It was used to obtain family structure mean scores of different dimensions of the variables. It has the below formula.

$$S = \sqrt{\frac{\sum(X-\bar{X})^2}{n}}$$

t-test

It was used to study the statistical differences in the mean scores of spiritual intelligence and resilience in joint and nuclear families. The following formula was used:

$$t = \frac{\bar{X}_1 - \bar{X}_2}{S \sqrt{\frac{1}{n_1} + \frac{1}{n_2}}}$$

Z-test

It was applied to determine the gender-wise and family structure differences across various dimensions of independent and dependent variable to observe significant differences. The formula used was:

$$Z = \frac{P_1 - P_2}{\sqrt{PQ \left[\frac{1}{n_1} + \frac{1}{n_2} \right]}}$$

$$P = \frac{n_1 P_1 + n_2 P_2}{n_1 + n_2}$$

Linear Regression Analysis

Linear regression was applied to describe the impact of spiritual intelligence on resilience according to \ family structure. The variable (y) was described as the function of the independent variable (x).

$$[Y=f(X)]$$

$$Y_i = b_0 + b_1 X_i$$

$$b_1 = \frac{n \sum XY - \sum X \sum Y}{n \sum X^2 - (\sum X)^2}$$

Results and Discussion

Comparative mean scores (±SD) of youth as per their family structure across different dimensions of spiritual intelligence

The data depicted in table 1 showed the mean scores of youth as per their family structure across various dimensions of spiritual intelligence.

Significant differences in the mean score of overall spiritual intelligence in both the family structures was seen which showed that respondents belonging to joint families had more overall spiritual intelligence (311.34±42.68) as compared to nuclear families (290.4±55.90) where as in the total respondents the mean score of overall spiritual intelligence was 300.87±50.67.

Inner self

A strong inner self indicates capacity to cope well with the emotions. In total respondents, mean score of the inner self, a dimension of spiritual intelligence was found to be 34.57±5.51.

In family structures, significant difference was found in the mean score of inner self where respondents belonging to joint families had better mean score (33.29 ± 5.68) as compared to respondents of nuclear families (33.29 ± 5.68) which concluded that respondents belonging to joint families had a better capacity to control the emotions.

Inter self

Interself is referred as being able to support others with little or no desire to be recognized for one's endeavour. Mean score (72.08 ± 12.58) of inter self in the total youth was evident from the data. Mean score of inter self was high (74.08 ± 10.30) in youth belonging to joint families, where as in youth belonging to nuclear families, low mean score (70.08 ± 14.31) in inter self was observed.

Significant difference was found in the dimension of inter self and it was proved that respondents belonging to joint families were more willing to help others without any reward and that they have more inter self.

Biostoria

Biostoria refers to experiences of one's life. Mean score of biostoria in the total respondents was found to be 22.34 ± 4.74 . From the table 4.2.1 it was evident that significant difference was found in the mean score of the dimension, biostoria in respondents from joint and nuclear families. In respondents belonging to joint families, mean score of biostoria was more (24.14 ± 3.86) and in respondents belonging to nuclear families, low mean score (20.55 ± 4.88) was exhibited.

Life Perspectives

Awareness about the origin and purpose of life and being able to answer questions like "what is the meaning of life?" is referred to life perspectives. Mean score of life perspectives in youth belonging to joint families was found to be 40.04 ± 5.80 . In

youth belonging to nuclear families, mean score was seen as 37.34 ± 6.22 . Youth belonging to joint families were more aware about the origin and purpose of life and mean score proved that there was significant difference found in the dimension of life perspectives. From the overall sample, mean score of life perspectives was revealed to be 38.87 ± 6.19 .

Spiritual Actualization

The ability to perceive divine aspects of the self, others, and the natural reality during normal thought process is called spiritual actualization. The table 4.2.1 showed mean score (83.64 ± 16.99) of spiritual actualization in the total respondents. High mean score (86.2 ± 14.94) was exhibited by youth of joint families where as mean score was found to be low (81.08 ± 18.55) in the youth of nuclear families and significant difference was observed in the dimension of spiritual actualization.

Value Orientation

Value orientation is built on the presumption that when people make choices that influence others, they are pursuing different goals. From the total respondents, it was found that mean score of value orientation was 49.38 ± 9.31 . The data proved that, mean score of value orientation in respondents belonging to joint families was 50.68 ± 7.97 . In respondents belonging to nuclear families, mean score was 48.08 ± 10.38 . Mean scores brought into light that respondents belonging to joint families were more able to follow the principles of right and wrong which were accepted by a social group and have high value orientation with significant difference. To conclude, overall spiritual intelligence ($p < 0.01$) was more in respondents belonging to joint families as compared to respondents belonging to nuclear families with significance at one per cent level. The t-value revealed significant differences in all the six dimensions of spiritual intelligence. Significant differences were found in inner self ($p < 0.01$), inter self ($p < 0.05$), biostoria ($p < 0.01$), life perspectives ($p < 0.01$), spiritual actualization ($p < 0.10$) and value orientation ($p < 0.10$).

Mean score (\pm SD) differences of youth as per their family structure across different levels of spiritual intelligence

The table 2 illustrated the mean score differences of youth as per their family structure across various levels of spiritual intelligence. The total sample highlighted the mean score (356.17 \pm 11.17) at high level of overall spiritual intelligence, followed by mean score (315.89 \pm 14.31) at average level (315.89 \pm 14.31) and at low level, mean score was observed as 239.89 \pm 47.88. At high level of spiritual intelligence, joint families (356.6 \pm 13.04) had higher mean score as compared to youth from nuclear families (355.71 \pm 9.22) whereas at average level of spiritual intelligence, (314.33 \pm 13.92) mean score of joint families (316.9 \pm 14.60) was found to be higher than youth from nuclear families. Mean score of youth from joint families (242.57 \pm 49.90) was higher than youth from nuclear families (238.76 \pm 47.74) at low level of spiritual intelligence however there were no significant differences found at high, average and low levels of spiritual intelligence.

Comparative mean scores (\pm SD) of youth across resilience as per their family structure

The table 3 revealed the mean scores of youth across resilience as per their family structure. In the total

respondents, mean score of resilience was found to be 129.63 \pm 23.94. According to the family structure, significant difference ($p < 0.05$) was found in the resilience which showed that youth from joint families had more resilience (133.89 \pm 24.59) as compared to the respondents from nuclear families, whose mean score was found to be 125.35 \pm 22.64. This proved that youth from joint families had more capacity to bounce back from any difficult situations because families with grandparents share their experiences with their grandchildren and build a strong morally upright personality which helps children to cope and bounce back from their own adversity and the results were in the support of the research conducted by Lakshmi and Narain (2014) proved that respondents joint families had more resilience, good social adjustment than respondents from nuclear families.

Mean score (\pm SD) differences in resilience as per the family structure of youth

The table 4 illustrated the mean score differences in resilience as per the family structure of youth. The total sample highlighted the mean score (164.38 \pm 3.78) at high level of resilience, followed by mean score (132.24 \pm 14.22) at moderate level and at low level resilience, mean score was observed to be 76.47 \pm 19.85.

Table.1 Comparative Mean Scores (\pm SD) of Youth as per their Family Structure across Different Dimensions of Spiritual Intelligence

Dimensions of Spiritual Intelligence	Total (n=160)		Joint Family (n ₁ =80)		Nuclear Family (n ₂ =80)		t-value
	Mean	\pm SD	Mean	\pm SD	Mean	\pm SD	
The Inner Self	34.57	5.519	35.85	5.062	33.29	5.689	3.01***
The Inter Self	72.08	12.589	74.08	10.3	70.08	14.31	2.03**
Biostoria	22.34	4.741	24.14	3.861	20.55	4.881	5.15***
Life Perspectives	38.87	6.192	40.4	5.804	37.34	6.224	3.22***
Spiritual Actualization	83.64	16.991	86.2	14.942	81.08	18.559	1.92*
Value Orientation	49.38	9.317	50.68	7.973	48.08	10.38	1.77*
Overall Spiritual Intelligence	300.87	50.676	311.34	42.682	290.4	55.902	2.66***

*** significant at one per cent level
 ** significant at five per cent level
 * significant at ten per cent level

Table.2 Mean score (\pm SD) differences of youth as per their family structure across different levels of spiritual intelligence

Levels of Spiritual intelligence	Total (n=160)		Joint Family (n ₁ =80)		Nuclear Family (n ₂ =80)		Z-value
	Mean	\pm SD	Mean	\pm SD	Mean	\pm SD	
High	356.1 7	11.1 7	356.6	13.04	355.71	9.22	0.21
Average	315.8 9	14.3 1	316.9	14.60	314.33	13.92	0.80
Low	239.8 9	47.8 8	242.57	49.90	238.76	47.74	0.24

Table.3 Comparative mean scores (\pm SD) of youth across resilience as per their family structure

Variable	Total (n=160)		Joint Family (n ₁ =80)		Nuclear Family (n ₂ =80)		t-value
	Mean	\pm SD	Mean	\pm SD	Mean	\pm SD	
Resilience	129.63	23.94	133.90	24.59	125.35	22.64	2.28**

** significant at five per cent level.

Table.4 Mean score (\pm SD) differences in resilience as per the family structure of youth

Levels of Resilience	Total (n=160)		Joint Family (n ₁ =80)		Nuclear Family (n ₂ =80)		Z-value
	Mean	\pm SD	Mean	\pm SD	Mean	\pm SD	
High	164.38	3.78	165.13	4.58	163.2	1.79	1.06
Moderate	132.24	14.22	134.65	15.16	129.69	12.77	2.04**
Low	76.47	19.85	58.75	24.43	82.91	14.18	2.42**

Table.5 Impact of spiritual intelligence on resilience among youth in joint and nuclear families

Joint Family (n ₁ =80)	Co-efficient(β)	Std. Err.	t-value	p-value
Intercept/ Constant	67.11	18.07	3.71	0.0004
Spiritual Intelligence	0.21	0.05	3.57***	0.0006
R²	0.14			
Nuclear family (n ₂ =80)	Co-efficient(β)	Std. Err.	t Value	p value
Intercept/ Constant	93.95	13.14	7.14	4.07E-10
Spiritual Intelligence	0.13	0.04	3.20***	0.002
R²	0.12			
N	160			

*** significant at one per cent level.

Fig.1 Comparative Mean Scores (\pm SD) Of Youth as Per Their Family Structure Across Different Dimensions of Spiritual Intelligence

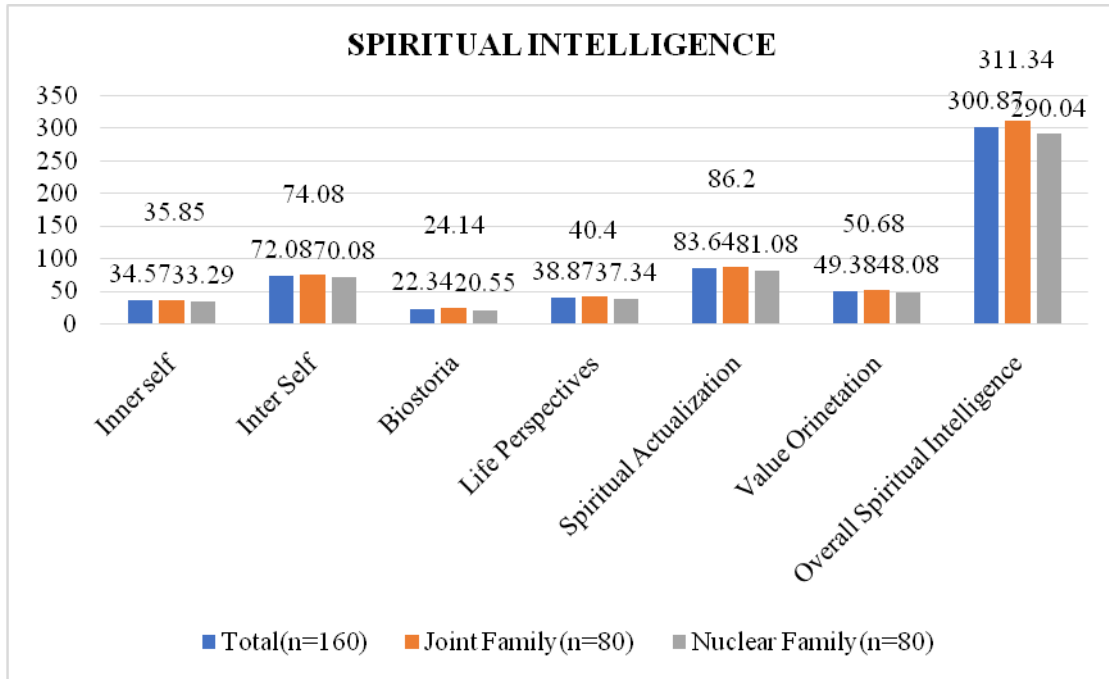
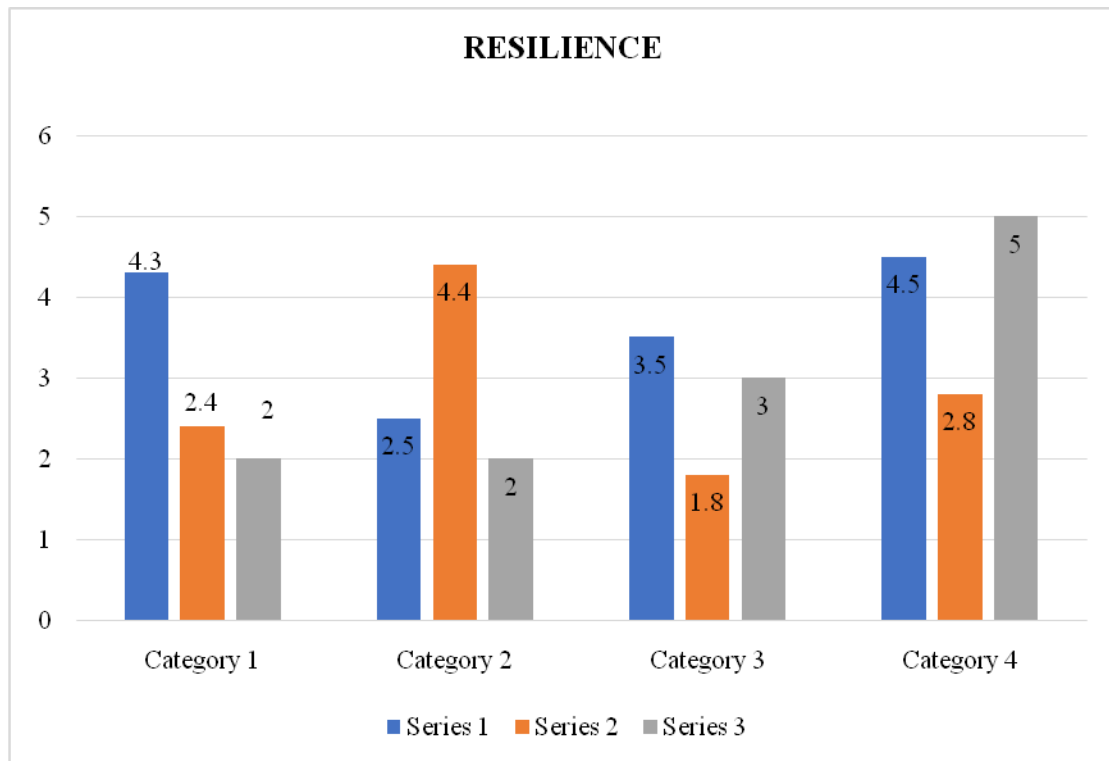


Fig.2 Comparative mean scores (\pm SD) of youth across resilience as per their family structure



At high level of resilience, respondents from joint families (165.13 ± 4.58) had higher mean score as compared to youth from nuclear families (163.2 ± 1.70) whereas at moderate level of resilience, mean score of joint families (134.65 ± 15.16) was found to be higher than youth from nuclear families, whose mean score was found to be 129.69 ± 12.77 .

Significant differences were found at high ($p < 0.05$) and moderate level ($p < 0.05$) of resilience. Mean score of youth from joint families (58.75 ± 24.43) was lower than youth from nuclear families (82.91 ± 14.18) at low level of resilience however there was no significant difference found at low level of resilience.

Impact of spiritual intelligence on resilience among youth in joint and nuclear families

The table 5 showed the impact of spiritual intelligence on resilience among youth in joint and nuclear families. In order to know the impact, linear regression was applied which proved that spiritual intelligence contributed to resilience in a positive way with significant difference ($p < 0.01$) in youth from joint ($\beta = 0.21$) and nuclear families ($\beta = 0.13$), furthermore the coefficient of determination (R square) revealed that 14 per cent of variation of resilience was explained by spiritual intelligence in youth from joint families and when coming to youth from nuclear families, coefficient of determination (R square) showed that 12 per cent of variation of resilience was explained by spiritual intelligence in nuclear families concluding that with increase in spiritual intelligence, resilience was increased more in youth from joint families as compared to youth from nuclear families. The study found that joint families had more spiritual intelligence than nuclear families with significance at one per cent level.

Major proportion of the respondents belonging to joint families had average level of spiritual intelligence.

Mean scores brought into light that, there were significant differences in all the dimensions of

spiritual intelligence i.e., Inner self, Inter self, Biostoria, Life perspectives, Spiritual actualization and Value orientation in joint and nuclear families.

It was proved that resilience was more in youth belonging to joint families as compared to nuclear families with significant difference at five per cent level.

Majority of the youth belonging to joint families had moderate level of resilience. Spiritual intelligence had positively contributed towards resilience among youth in joint and nuclear families with significant differences. The study suggested that with increase in spiritual intelligence, resilience was increased more in respondents from joint families as compared to nuclear families.

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