

SPIRITUAL INTELLIGENCE AND MENTAL HEALTH OF ADOLESCENTS

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Abstract

The present study examined to assess spiritual intelligence and mental health of adolescents. General health questionnaire (Goldberg, 1979) and Spiritual intelligence self-report inventory (David King, 2008) filled out by the sample comprised of 100 adolescents which were selected using simple random sampling method from the P.U. college students. Sample age mean is 16.78 years and SD is 0.71 of Tumkru district of Karnataka state, India. The data was computed using Mean, SD, and 't'-test. Further, Karl Pearson's correlation of coefficient was used to find out the relationship between the variables. Results revealed that adolescent girls are having high spiritual intelligence compared to adolescent boys. It was also found that adolescent girls have better mental health than adolescent boys. Further, analysis showed that there is significant and positive relationship existed between mental health and spiritual intelligence of adolescents.

Keywords: Spiritual Intelligence, Mental Health and Adolescents.

1. Introduction and Review of Literature

Spirituality is a kind of inner consciousness and insight consciousness and is considered as a valuable personal capital. Inner consciousness and insight consciousness are human's natural instincts. As spirituality deals with our souls, it affects our thoughts, words and deeds and governs our body and mind (Yang K. 1998). Spiritual Intelligence is the human capacity to ask ultimate questions about the meaning of life and to experience simultaneously the seamless connection between each of us and the world in which we live. Zohar and Marshall (2000) introduced the spiritual intelligence to the psychology with the publication of a book entitled 'Spiritual intelligence: the ultimate intelligence'. Spirituality is often related to a person's belief system. The spiritual power of a person guarantees his positive attitude to the problems and his interest in helping the people around him. King D.B. (2008) knows spiritual intelligence as a set of mental capacities which are based on immaterial and transcendent aspects of existence, such as self-recognition, deep existential thinking and meaning expansion. Bhagwan, A, R. (2015) study found that female adolescents are better in their spiritual intelligence than male adolescents.

Mental health depends on the development and retention of goals that are neither too high nor too low to permit realistic successful maintenance of belief in one's self as a worthy and effective human being (Lakshminarayan. et al., 1993). Mentally healthy person is firm in his intentions and is least disturbed by strains and stresses of day to day life. The concept of mental health has taken 'Gestalt' view of individual. It incorporates the concepts of personality characteristics and behaviour all in one. It may also be understood as the behavioural characteristic of the person. A mentally healthy person shows a homogeneous organization of

desirable attitudes, healthy values, and righteous self-concept and a scientific perception of the world as a whole.

1.1 Aim of the study:

The present study was examined to assess spiritual intelligence and mental health of adolescents.

1.2 Objectives:

1. To assess spiritual intelligence of boys and girl's adolescents.
2. To assess mental health of boys and girl's adolescents.
3. To examine the relationship between spiritual intelligence and mental health of adolescents.

1.3 Hypothesis:

H1: Adolescent boys and girls differ significantly in their spiritual intelligence.

H2: Adolescent boys and girls differ significantly in their mental health.

H3: There will be significant relationship between spiritual intelligence and mental health of adolescents.

1.4 Sample:

Sample for the present study comprised of 100 adolescents, out of these 50 adolescent boys and 50 adolescent girls were selected using simple random sampling method and the sample age mean is 16.78 years and SD is 0.71 from P.U. College adolescent students of Tumkru district of Karnataka state, India.

1.5 Measures:

1. Spiritual Intelligence Self Report Inventory (SISRI-24) developed by King (2008) was used to measure spiritual intelligence among adolescents. The scale comprised of 24 items on five-point rating scales ranging from not at all true of me to completely true of me. This inventory measures four dimensions of spiritual intelligence namely Conscious State Expansion (CST), Critical Existential Thinking (CET), Personal Meaning Production (PMP) and Transcendental Awareness (TA). The Cronbach coefficient alpha of the inventory was found to be .92 and the factorial validity of the scale was also found to be high (King, 2008).

2. General health questionnaire (HQ-28) developed by Goldberg and Hillier (1979) is constructed on a different basis when compared with the other versions. Responses are responded on a four- point scale ranging from "less than usual", to "much more than usual". The measure yields an overall health scores (range 0–84) and is composed of four subscales described as somatic symptoms, anxiety and insomnia, social dysfunction and depression. High scores indicate high levels of psychological strain. The measure was found to have an acceptable level of internal consistency reliability ($\alpha = 0.92$). High score on this scale indicate poor general health.

2. Data collection procedure:

The data were collected visiting to esteemed colleges selected in sample. The instructions of the tools were made clear to adolescents. After that the tools were administered on them according to the instructions given in the respective manual and the response-sheets were collected.

2.1 Statistical analyses:

Collected data from the sample was computed using Mean, Standard Deviation and 't'-test.

Further, Karl Pearson's product movement correlation of coefficient was done.

3. Results and Discussion:

Table 1. Shows Spiritual Intelligence Mean, SD and 't'-value of Boys and Girls Adolescents.

Variable	Boys		Girls		't'-value
	Mean	SD	Mean	SD	
Spiritual Intelligence	48.90	8.30	65.26	4.86	12.02**

**P<0.01 significant

Above table shows adolescent boys spiritual intelligence mean (48.90) comparatively lesser than adolescent girls mean (65.26). The obtained 't'-value is 12.02, which is highly significant at.1 level. Mean scores shows that boys and girls differ significantly in their spiritual intelligence. Adolescent girls are having high spiritual intelligence than adolescent boys. This result suggests that female adolescents are having more ability to contemplate the meaning and purpose of life, ability to enter in transcendental state of awareness, critical contemplation of metaphysical issues and ability to expand their consciousness to attain spiritual state in comparison to adolescent boys.

Table 2. Shows Mental Health Mean, SD and 't'-value of Boys and Girls Adolescents.

Variable	Boys		Girls		't'-vale
	Mean	SD	Mean	SD	
Mental Health	47.04	6.76	59.56	6.34	9.55**

**P<0.01 significant

Table no 2 shows adolescent boys mental health mean (47.04) comparatively lesser than adolescent girls mean (59.56) The obtained 't'-value is 9.55, which highly significant at 0.01 level. It is observed that mean scores of boys and girls differ significantly in their mental health. Adolescent girls have better mental health compared to adolescent boys.

Table 3. Shows the Relationship between Spiritual Intelligence and Mental Health of Adolescents.

Variable	Mental Health
Spiritual Intelligence	.412**

****.** Correlation is significant at the 0.01 level

Table no 3 reveals that significant and positive relationship ($r=.412^{**}$) between spiritual intelligence and mental health of adolescents. Which is significant at 0.01 level. It implies that spiritual intelligence is better predictor of mental health. Present study finding supported by the previous study conducted by Singh. T (2014) found that there was significant and positive relationship existed between spiritual intelligence and mental health.

4. Conclusion

1. There is significant difference in the spiritual intelligence of adolescent boys and girls.
2. There is significant difference in the mental health of adolescent boys and girls.
3. There is significant and positive relationship between spiritual intelligence and mental health of adolescents.

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