**The Relationship of Spiritual Intelligence with the Personality Traits among Youths**

Neha Joshi\*

\*Research Scholar

Department of Human Development and Family Studies

Punjab Agricultural University Ludhiana

**Abstract:**

The study entitled “Relationship analysis of Spiritual Intelligence with the Personality Traits among youths” was undertaken to assess the correlation of spiritual intelligence with personality of male and female youths. The study was conducted on sample of 60 rural youths (30 girls and 30 boys) of age group 21-25 years selected by random sampling method. Data was collected by using Roqan Spiritual Intelligence scale by Zainuddin and Ahmed (2010) and Big Five Inventory by John and Srivastava (1999). Data was analyzed using Pearson correlation coefficient and t-test. The results indicated significant and positive correlation between spiritual intelligence and personality traits (extraversion, openness to experience, agreeableness and conscientiousness) but negative correlation found between spiritual intelligence and neuroticism. Along with that no gender difference was found in spiritual intelligence of rural youths. On the basis of study results, some recommendations were suggested to promote the spiritual intelligence of individuals that help in developing their significant personality. Hence, education stakeholders, psychologists and counsellors can use these results to enhance spiritual intelligence and personality of youth that brings integrity within the nation.

*“The highest form of Human Intelligence is to observe yourself without judgement”*

*- Jiddu Krishnamurti*

**Keywords:** Spiritual Intelligence, Personality Traits, Relationship, Rural Youth

**I. Introduction**

Youth is best understood as a period of transition from the dependence of childhood to adulthood’s independence. The United Nations for statistical purposes defines youth as persons between the ages of 15 to 24 years. The age range for youth may vary in different countries because of difference in environment and need of youth. As per National Youth Policy 2014, youths are defines as person aged 15 to 29 years. This age group constitutes 27.5% of India’s population. The youth population in any country is dynamic and vital for its long run development. Youth being enthusiastic, vibrant, innovative and dynamic in nature makes them important section of the population. They shows strong passion, motivation and awill power make them most valuable human resource that has direct impact on economic, cultural and political development of a nation.

Youth is often characterized as period of internal turmoil and external reckless (Morfit 1993). They have to contend with many developmental problems associated with their unique transitional stages in which they experienced rapid metamorphosis physically, emotionally, cognitively and socially (Schacter *et al* 2009). It is very important to maintain mental health of youths while experiencing challenging events.

Psychologists have identified many areas of intelligence along with cognitive intelligence such as fluid and crystallized intelligence, socio- emotional intelligence and spiritual intelligence. All these intelligence are indicator of adjustment (Animasahun 2010). While we have number of research done on relationship between different types of intelligence with personality of adolescents but there is limited investigation on spiritual intelligence of youth. Hence this study focuses on how spiritual intelligence can impact the personality traits of youth.

**Spiritual Intelligence (SI):**

Spiritual Intelligence is absolutely a new phenomenon in the world of psychology. It is consisted of two words- spiritual and intelligence. The word spiritual derived from Latin word *spiritus* meaning “that gives life or vitality to a system.” Whereas the word intelligence is defined as the aggregated capacity of individual to act purposefully, think rationally and deal effectively with environment” (Weschler 1940). Zohar (1997) coined the term Spiritual Intelligence. Spiritual Intelligence is defined as the ability to apply and embody spiritual resources and qualities to enhance daily functioning and well being (Amram 2007). Researchers regarded SI as the most significant type of intelligence due to its ability to influence on people, societies and cultures that brings changes. It results in improvement among individuals in term of adoption of positive outlook and in achieving inner peace (Buzan 2001). Several models of spiritual intelligence suggested that youth have limited capacity and exposures to spiritual experiences which results into inadequate spiritual intelligence (Mohanty & Mahapatra 2018). Various researchers reported that SI is highly related to positive outcomes as physical, emotional and psychological well-being with positive interpersonal functional and enhanced quality of life. King (2010) proposed four essential abilities for the spiritual intelligence:

* Critical existential thinking- the ability to anticipate in existential and metaphysical issues and non-existential issues related to one’s existence.
* Personal meaning production- deriving meaning and purpose from life experiences and creating and mastering a life purposes.
* Transcendent awareness- the ability to identify the transpersonal and the transpersonal self in the material and nonmaterial world in relation to self and others.
* Conscious state expansion- the ability and capacity to enter higher states of conscientiousness at one’s own discretion.

**Personality traits:**

Personality is defined as psychological traits that describe the relatively stable set of characteristics, tendencies and temperaments formed by heredity or by socio- cultural and environment factors (Mpaata 2017). The Big Five Personality Traits are empirically supported five dimensions used to describe personality which are Openness, Conscientiousness, Extroversion, Agreeableness and Neuroticism. Goldberg (1993) coined by “Big Five” which describe the nature of people by themselves and has association with predictable behavior patterns and social outcomes. Personality traits of individuals form their main psychological structure that helps in shaping life style (Esfahani & Etemadi 2012). It a point to be noted that there is an individual differences in the personality traits form one person to other. Goldberg (1993) defined each trait of personality as:

a) Openness: It is defined as the degree to which a person is curious, original, intellectual, creative and open to new ideas.

b) Consciousness: It is defined as organized, systematic, punctual, achievement oriented and dependable nature of individual.

c) Extraversion: It is defined as outgoing, talkative and sociable nature of individual who enjoys being in social situation.

d) Agreeableness: It is defined as individual’s character of affable, tolerant, sensitive, trusting, kind and warm nature.

e) Neuroticism: It is defined as anxious, irritable, temperament and mood nature of individual.

**Spiritual Intelligence and Personality Traits of Youth:**

Many psychologists have studied the relation between personality traits and mental abstract functions or intelligence. But analysis of this relation is not sufficient to get successful impact of intelligence on personality traits and quality of life of youth. After that series of other researches has been done to assess the inter-relation of ideas, actions and moral obligation of youth with the latter kind of personality traits. Edwards (2003) indicated a significant positive correlation of spiritual beliefs with positive psychological characters. Although there are only few studies which shows the relationship between spiritual intelligence and personality traits. Researchers suggested that some personality traits such as neurosis, conscientiousness and agreeableness are effective on moral orientation and spiritual capabilities (Beshlideh *et al* 2011). It is believed that spiritual intelligence enhance the involvement of oneself every day and routine life and integration with others that results into an experience beyond oneself (Ahmadi *et al* 2012). Awareness of individual and personality differences by youth may contribute to resolve many life difficulties. Spiritual Intelligence is understood as multiple methods of knowing the integration of inner life with exterior life in the world (Andros 2007). So the current study explored the evidences related to spiritual intelligence and aim to determine whether the personality traits can be influenced by the spiritual intelligence of rural youths with their magnitude and direction of relationship.

**II. Rational of the study**

Most of the studies conducted related youth intelligence across the country concentrate majorly on cognitive, emotional or social intelligence. Less focus has been given to measure spiritual intelligence of youth and its correlation with personality traits. While scanning the earlier research literature, mostly western data is available only showing correlation of spiritual intelligence and personality traits of youth. This research study helped in generating pilot database of interplay of spiritual intelligence with personality traits of Indian youth. The study also determined that whether significant gender differences exist in spiritual intelligence of rural youth.

**III. Objective of the Study**

The study was designed to examine

1. To analyse the relationship of spiritual intelligence of youth with their personality traits.
2. To find out the gender difference in spiritual intelligence of rural youth.

**IV. Methodology**

**A) Sample Selection:** The present study was conducted in LSM Government PG College Pithoragarh. The total sample of present study was comprised of 60 youth aged between 21 to 25 years randomly selected which was equally distributed across two genders i.e. males and females.

**B) Tool Used:**

i) The *Roqan Spiritual Intelligence scale* developed by Zainuddin and Ahmed (2010) was used to assess the Spiritual Intelligence of youth. There are 78 items in this scale which consists six dimensions of spiritual intelligence i.e. The inner self, The inter self, Biostoria, Life perspectives, Spiritual Actualization and Value Orientation. The reliability of the scale was found to be 0.73 and validity was 0.85.

ii) The *Big Five Inventory* developed by John and Srivastava (1999), a self- report inventory was used to measure personality traits of respondents. It is comprised of 44-items used to measure personality in five dimensions which are Extraversion, Agreeableness, Conscientiousness, Neuroticism, and Openness.

**C) Stastical Analysis:**

The collected data were classifies and tabulated as per the objectives in order to arrive at meaningful and logical inferences by using Karl Pearson’s correlation coefficient and t-test.

**V. Results and Discussion**

**Table 1: The correlation between Personality traits and Spiritual Intelligence of the Rural Youth**

|  |  |
| --- | --- |
| **Personality Traits** | **Spiritual Intelligence** |
| 1. Openness | 0.40\* |
| 1. Conscientiousness | 0.64\* |
| 1. Extroversion | 0.48\* |
| 1. Agreeableness | 0.53\* |
| 1. Neuroticism | -0.49\* |

\*0.05 level of significance

Table 1 represents the correlation matrix of spiritual intelligence and personality traits. It was found that there was a positive and significant (*p<0.05*) relationship of spiritual intelligence with certain personality traits i.e. openness, conscientiousness, extroversion and agreeableness. On the other hand results also revealed negative and significant (*p<0.05)* correlation between spiritual intelligence and neuroticism. Thus the relationship analysis indicated that the more the Spiritual Intelligence of adolescent, the healthier the personality traits. This result lends credence to previous findings that shows positive and significant correlation between spiritual intelligence with openness to experience, conscientiousness, agreeableness and extraversion. Also, the negative and meaningful correlation obtained between spiritual intelligence and neuroticism (Farsani *et al*  2013). Sharabiani *et al* (2019) also found significant positive correlations between spiritual intelligence and four factors of extroversion, openness to experience, pleasure and conscientiousness whereas neuroticism had significantly negative correlation with spiritual intelligence.

**Table 2: Gender differentials in mean scores of the Spiritual Intelligence of Rural Youth**

**n=60**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Variable** | **Boys (nb=30)** | | **Girls (ng=30)** | | **t-value** |
| **Mean** | **S.D.** | **Mean** | **S.D.** |
| **Spiritual Intelligence** | 294.90 | 33.18 | 310.3 | 33.01 | **1.802** |

Table 2 elucidates the gender differences in mean scores of the Spiritual Intelligence of Rural Youth. The results revealed that the mean of spiritual intelligence of boys is 294.90 whereas for girls the mean was 310.3. This indicated that the means score of girls in spiritual intelligence were found to be higher than boys. However there is no significant gender difference in spiritual intelligence of rural youth. Similar results were found in the study by Pant and Srivastava (2019) who also determined that no significant differences is found between male and female students in terms of spiritual intelligence. Meenakshi and Shaina (2018) also revealed that no significant difference exist in spiritual intelligence between male and female post graduate students.

**VI. Conclusion**

The main purpose of this study was to assess the relationship of spiritual intelligence and personality traits of youth. The research indicated that spiritual intelligence is a distinct ability which is more than cognitive ability and play important role in defining the personality of youth. A significant positive correlation was found between Spiritual Intelligence and personality traits of rural youths which lead to the prediction that increment in SI results in personality development also. Personality development plays an important role to manage the surrounding things or situation.

This study has significant implication for parents, teachers and counselors for revealing how development of Spiritual Intelligence results into personality development of youth. The youth with high level of spiritual intelligence and positive personality traits generally have success in academics, works and social life and acts as important factor in development of identity and morality among youth along with discouragement of moral conflict. This study is also significant from educational perspective where spiritual intelligence can be introduced through the curriculum in which teacher direct learner about the way of behaving with others and decision making skills to deal with everyday problems Nevertheless, future research is recommended on large and demographically diverse sample with a comparative study of youth with other age group also.

Hence, the research paper concluded with certain suggestions which might be helpful for enhancing

Spiritual Intelligence and Personality of youth of our country:

* Incorporation of spiritual intelligence among academics of school and university students to have significant impact on youth’s academic, social and personal adaptation.
* Use of various methods such as training, coaching and therapy to develop spiritual intelligence competencies among youth.
* Increment in conscious involvement of youth in everyday life to develop positive and constructive attitude towards life which helps in significant discouragement in neurotics traits of personality.
* Involvement of youth in activities like meditation, observation of spiritual values/ qualities ad use of tools that empower Spiritual Quotient results into enhancement of Spritual Intelligence.
* Periodic organization of out-of-school time personality development program for youths by NGOs and government agencies such as after-school clubs, sports activities and social service involvement.
* Invite alumni of school or university to share about their life experience related to spiritual intelligence and personality traits and its impact on next stages of life.

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