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## Relationship of spiritual intelligence on resilience among male and female university students: A comparative study

**Navya Gedela, Seema Sharma and Tejpreet Kaur Kang**

### Abstract

The present study was conducted to assess the impact of spiritual intelligence on resilience among male and female university students. The sample consisted of 160 youth aged between 23-24 years studying in Punjab Agricultural University, Ludhiana. The selection was made to have equal number of males and females. Spiritual intelligence questionnaire by Zainuddin and Ahmed (2010) was administered to measure the spiritual intelligence. Resilience scale by Wagnild and Young (1993) was applied to assess resilience. The results revealed that spiritual intelligence was significantly high in females when compared to males. The study further proved that resilience was significantly more in female students than in males.

**Keywords:** Spiritual intelligence, resilience, youth

### 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 takes into account 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. Spiritual wisdom increases our ability to comprehend others on a profound level. The ability to manage any obstacle, event, or condition which occurs in one's path with varying degree of success will rise significantly as spiritual intelligence increases. It brings people out from the dilemma of everyday lives and encourages them to see things in a healthy, insightful way. Spirituality is the inherent capacity of the human brain to draw its inherent energy from the nucleus of the universe itself, while religion is an externally imposed paradigm and laws. Spiritual wisdom is a capacity for profound comprehension of empirical problems and perception into various layers of awareness (Vaughan 2002) [5]. It is associated with the mind's 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) [1]. As a result, 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 acute inconsistency.

Stress is "the common denominator of all adaptive reactions in the body" and the events that produce stress are known as stressors Selye (1956) [3]. Perceived stress is a feeling of tension that is both biological and psychological. The word stress got derived from the Latin word *stringer* which means to draw tight. The situations that lead to stress are called as stressors. The emotions like happy, fear, anger are the stressors. The way people react and adopt to the stressors can be different even if the stressor is same (Wingfield and McEwen 2005) [6]. Perceived stress consists of positive stress and negative stress which are called as "eustress" and "distress" respectively (Selye 1974) [4]. Positive stress allows to do something better and negative stress is over indulgent and the individual cannot bear. The pattern of negative physiological states and psychological responses which occur in a state when a person perceives threat and further may be not able to meet is called as perceived stress (Lazarus & Folkman 1984) [2]. It happens when a person attempts to cope with or adapt to stressful events and is viewed as a negative emotional, cognitive, behavioural and physiological process (Bernstein *et al*, 2008) [8].

If stress is considered in a negative way or become excessive, student can have physical and mental impairment.

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 & Dyer 2004) <sup>[9]</sup>. 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 1999) <sup>[10]</sup>.

### Objectives

- To assess the level of spiritual intelligence among males and females.
- To assess the level of resilience among males and females.
- To assess the impact of spiritual intelligence on resilience among males and females.

### Sample size

The sample consisted of 160 youth aged between 23-24 years studying in Punjab Agricultural University, Ludhiana. The selection was made to have equal number of males and females from both nuclear and joint families.

### Sample selection

The respondents were chosen through multi stage purposive cum random sampling technique. There are five constituent colleges in Punjab Agricultural University i.e., College of Agriculture, College of Horticulture and Forestry, College of Agricultural Engineering & Technology, College of Community Science and College of Basic Sciences & Humanities. All the five colleges will be purposively selected. From these five colleges, 160 post graduate students i.e., 80 students (40 males and 40 females) were randomly selected.

### Instruments

#### Demographic profile questionnaire

Demographic profile questionnaire consists of the information about the socio- personal characteristics of the respondents i.e., age, gender, birth order, family size, type of family and place of residence, parents' education and occupation.

#### Spiritual intelligence Scale

Spiritual intelligence was determined through Spiritual intelligence scale by Zainuddin and Ahmed (2010) <sup>[7]</sup>. This scale was found to be reliable and accurate to measure the spiritual intelligence. It consists of 78 items which was divided into six dimensions.

- a. **The Inner Self:** A strong inner self indicates capacity to cope well with the emotions. It comprises individual's values, intuitions, beliefs, spirituality, divinity, insight.
- b. **The Interself:** Being aware of one's own impact on others. As being of support to others with little or no desire to be recognized for one's efforts.
- c. **Biostoria:** Experiences of one's life.

- d. **Life Perspectives:** Being conscious of the origin and meaning of creation, as well as being capable of responding to questions like "what is the meaning of life?", "Why are we here?".
- e. **Spiritual Actualization:** During normal modes of thought, the ability to perceive divine aspects of the self, others, and the natural reality.
- f. **Value Orientation:** It is built on the presumption that when people make choices that influence others, they are pursuing different goals.

### Resilience Scale

Resilience was assessed through resilience scale by Wagnild and Young (1993) <sup>[11]</sup>. 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

According to the objectives of the study and in attempt to draw a conclusion at meaningful and logical inference, the collected data was classified and tabulated. The following statistical tools were used to interpret the data:

### Results and Discussion

#### Gender wise mean scores ( $\pm$ SD) of youth across different dimensions of spiritual intelligence

From the table 1, it was evident that overall spiritual intelligence score was 300.87 which lies in the moderate level of spiritual intelligence scale. In males, overall spiritual intelligence score was 291.74 and, in the females, it was 310. The spiritual intelligence score of both male and females fall in the moderate level i.e., 289-341.

#### Inner self

From the total sample, it was evident that inner self score was 34.57 and it was more in females when compared to the males with significant at five per cent level. In males, inner self score was 69.88 and it was 74.28 in nuclear families.

#### Inter self

The below table indicated that inter self score was 72.08 and it was more in females when compared to the males with significant at five per cent level. In males, inter self was 69.88 and in females it was 74.28.

#### Biostoria

The table 1 showed that biostoria score was 22.34 and it was more in females when compared to the males with significant at one per cent level. In males, biostoria score was 21.26 and in females, it was 23.43.

#### Life perspectives

Life perspective score for the total respondents was 38.87 and it was more in females when compared to males with significance at five per cent level. In males, life perspectives score was 37.85 and females it was 39.89.

#### Spiritual Actualization

The below-mentioned data displays that spiritual actualization score was 83.64 and it was more in females when compared to males with significant at five per cent level. In males, spiritual actualization score was 80.78 and in females it was 86.50.

**Value Orientation**

The value orientation score for the total respondents was 49.38 and it was more in females when compared to the males with no significance. In males, value orientation was 48.28 and in females it was 50.48.

Therefore, spiritual intelligence was more in females when compared to males with significance at one five cent level. The t-value revealed differences to be significant in all the

five dimensions of spiritual intelligence except in value orientation. Significant differences were found in inner self ( $p<0.05$ ), inter self ( $p<0.05$ ), biostoria ( $p<0.01$ ), life perspectives ( $p<0.05$ ), spiritual actualization ( $p<0.05$ ).

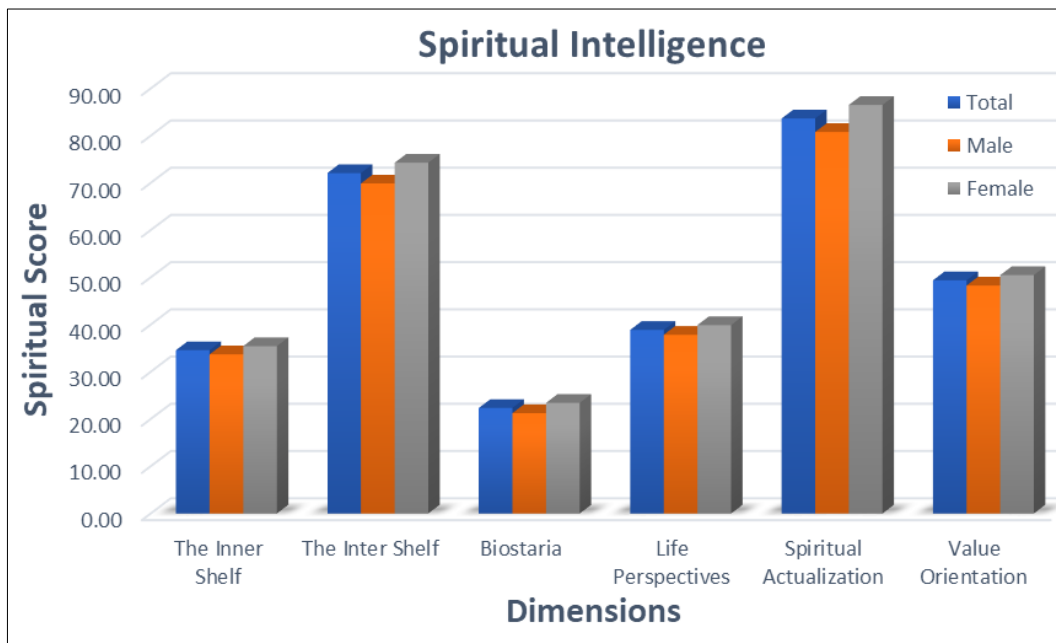
The findings were in the line of the research conducted by Wadhawan (2018) [12] whose study revealed that females were more spiritually intelligent than males.

**Table 1:** Gender wise mean scores ( $\pm$ SD) of youth across different dimensions of spiritual intelligence

Spiritual Intelligence Dimensions	Total (n=160)		Male (n=80)		Female (n=80)		t-Value
	Mean	SD	Mean	SD	Mean	SD	
The Inner Shelf	34.57	5.519	33.70	6.18	35.44	4.65	2.010**
The Inter Shelf	72.08	12.589	69.88	14.53	74.28	9.90	2.238**
Biostoria	22.34	4.741	21.26	5.42	23.43	3.67	2.954***
Life Perspectives	38.87	6.192	37.85	6.50	39.89	5.73	2.103**
Spiritual Actualization	83.64	16.991	80.78	17.93	86.50	15.59	2.155**
Value Orientation	49.38	9.317	48.28	10.16	50.48	8.30	1.499
Overall Spiritual Intelligence	300.87	50.676	291.74	56.45	310.00	42.58	2.310**

\*\*\* Significant at one per cent level.

\*\* Significant at five per cent level



**Fig 1:** Spiritual intelligence in males and females

**Gender wise mean score differences of youth across different levels of spiritual intelligence**

The table 2 proved that overall spiritual intelligence was high with 356.17 and it was average with 315.89 and spiritual intelligence was low with 239.89. In males, the spiritual intelligence was high with 354.75, average with 317.16 and

low level of spiritual intelligence with 234.33. In females, spiritual intelligence was high with 357.18, average with 314.85 and low level of spiritual intelligence with 249.71. Spiritual intelligence of females was higher than males but there were no significant differences found.

**Table 2:** Gender wise mean score differences of youth across different levels of spiritual intelligence

Spiritual intelligence levels	Total (n=160)		Male (n=80)		Female (n=80)		Z-Value
	Mean	SD	Mean	SD	Mean	SD	
<b>Overall Spiritual Intelligence</b>							
High	356.17	11.17	354.75	14.12	357.18	8.86	0.569
Average	315.89	14.31	317.16	14.05	314.85	14.59	0.734
Low	239.89	47.88	234.33	49.55	249.71	44.51	1.059

**Gender wise per cent distribution of youth across different levels of spiritual intelligence**

The table 3 showed the overall per cent distribution of

spiritual intelligences in males and females among youth. Spiritual intelligence score was high in 18.13 percent, it was average in 52.50 per cent and was low in 29.38 per cent. In

males, 15 per cent respondents exhibited high spiritual intelligence score, majority of them showed moderate spiritual intelligence with 47.50 per cent and lower spiritual intelligence was exhibited by 37.50 per cent of individuals. When coming to the females, equal number of respondents have showed high and low spiritual intelligence scores with 21.30 per cent and moderate level of spiritual intelligence score was exhibited by 57.50 per cent respondents. Moderate levels of spiritual intelligence score were showed by respondents of both joint and nuclear families.

**Table 3:** Gender wise per cent distribution of youth across different levels of spiritual intelligence

Spiritual Intelligence Levels	Total (n=160)		Male (n=80)		Female (n=80)	
	f	%	f	%	f	%
<b>Overall Spiritual Intelligence</b>						
High	29	18.13	12	15.00	17	21.30
Average	84	52.50	38	47.50	46	57.50
Low	47	29.38	30	37.50	17	21.30

**Gender wise mean score differences of youth across different levels of spiritual intelligence**

The data in the table 4 showed that overall stress was high with 28.91, moderate with 18.03 and low with 8.54. In males, it was high with 29.48, moderate with 17.5 and low with 8.41. In females, overall stress was high with 27.42, moderate with 18.49 and low with 8.61. Overall stress was more in males when compared to females with significance at ten per cent level.

On a whole, pressure was high with 8.86, moderate with 5.19 and low with 2.37. In males, pressure was high with 8.85, moderate with 4.93 and low with 2. In females, pressure was high with 8.89, moderate with 5.36 and low with 2.44. Pressure was more in females when compared to males with significance at five per cent level.

From the data, it was evident that physical stress was high with 3.44, moderate with 2 and low with 0.71. In males, physical stress was high with 3.63, moderate with 2 and low with 0.75. In females, physical stress was high with 3.17, moderate with 2 and low with 0.68. Physical stress was more in males when compared to females with significance at one per cent level.

The collected data showed that, anxiety was high with 9.44, moderate with 5.62 and low with 1.84. In males, it was high with 9.42, moderate with 5.13 and low with 2.09. In nuclear families, anxiety was high with 9.50, moderate with 5.81 and low with 1.61. Anxiety was more in females when compared to males with significance at five per cent level.

From all the collected respondents, frustration was high with 7.71, moderate with 3.82 and low with 1.2. In males, it was high with 7.76, moderate with 3.59 and low with 1.33. In females, frustration was high with 7.57, moderate with 4.03 and low with 1.11. Frustration was more in males when compared to females with significance at ten per cent level.

**Gender wise mean scores (±SD) of youth across the variable of resilience**

From the table 5, it was proved that overall resilience score was 129.63. Resilience was more in females than in males with five percent significance. In male’s resilience score was 127.75 and in females it was 133.50. Resilience of both the genders lies in the moderate level.

Resilience was slightly more in females because they can

handle many things simultaneously, more determined due to which they follow the plans if made when compared to males and the findings were in support with the research conducted by Hair *et al.*, (2001) [13] suggested that girls tend to be adjusted when compared to boys.

**Table 4:** Gender wise mean scores (±SD) of youth across the variable of resilience

	Total (n=160)		Male (n=80)		Female (n=80)		t-Value
	Mean	SD	Mean	SD	Mean	SD	
<b>Resilience</b>	129.63	23.94	125.75	25.33	133.50	21.95	2.068**

\*\* Significant at five per cent level.

**Gender wise mean score differences of youth across the variable of resilience**

The table 6 showed that overall resilience score was high with 164.38 and it was average with 132.24 and resilience score was low with 76.47. In males, the resilience score was high with 163.29, average with 130.64 and low level of resilience with 79. In females, resilience score was high with 165.67, average with 133.62 and low level of resilience with 66.33. Resilience of females was higher than males but statistically no significant difference was found.

**Table 6:** Gender wise mean score differences of youth across the variable of resilience

Resilience levels	Total (n=160)		Male (n=80)		Female (n=80)		Z-Value
	Mean	SD	Mean	SD	Mean	SD	
<b>Overall Resilience</b>							
High	164.38	3.78	163.29	3.59	165.67	3.88	1.148
Moderate	132.24	14.22	130.64	12.58	133.62	15.44	1.221
Low	76.47	19.85	79	18.00	66.33	27.97	0.747

**Gender wise per cent distribution of youth across the variable of resilience**

The collected data and the table 7 showed that, on a whole resilience score was high in 8.13 per cent of respondents, moderate level of resilience was exhibited by 82.5 per cent of respondents and low level by 9.38 per cent respondents. Majority of the respondents have showed moderate level of resilience. In males, high level of resilience score was exhibited by 7.5 per cent respondents, moderate level by 77.5 per cent and low level was exhibited by 15 percent of respondents. In females, high level of resilience score was exhibited by 8.7 per cent respondents, moderate level by 87.5 per cent and low level was exhibited by 3.8 percent of respondents. Majority of the respondents in males and females have showed moderate level of resilience.

**Table 7** Gender wise per cent distribution of youth across the variable of resilience

Resilience Levels	Total (n=160)		Male (n=80)		Female (n=80)	
	f	%	f	%	f	%
<b>Overall Resilience</b>						
High	13	8.13	6	7.50	7	8.70
Moderate	132	82.50	62	77.50	70	87.50
Low	15	9.38	12	15.00	3	3.80

**Impact of spiritual intelligence on resilience in males**

A linear regression was conducted to find the impact of spiritual intelligence on resilience in males which was depicted in the table no 8 It was found that the variable, spiritual intelligence significantly ( $p < 0.01$ ) contributed to resilience factor in males. Increase in spiritual intelligence by

1 per cent, increases resilience level in males by 0.088 per cent. The coefficient of determination (R square) was found to be 4 per cent.

**Table 8:** Impact of spiritual intelligence on resilience in males

S. No.	Variables	Co-efficient	Std. Err.	t Value	p value
1.	Intercept/ Constant	103.572	14.629	7.079	5.56E-10
2.	Spiritual Intelligence	0.088*	0.049	1.790	0.07
	R Square	0.04			
	N	160			

\* Significant at ten per cent level.

### Impact of spiritual intelligence on resilience in females

A linear regression was conducted to find the impact of spiritual intelligence on resilience in males which was depicted in the table 9. It was found that the variable, spiritual intelligence significantly ( $p < 0.01$ ) contributed to resilience factor in females. Increase in spiritual intelligence by 1 per cent, increases resilience level in females by 0.266 per cent. The coefficient of determination (R square) was found to be 26 per cent.

**Table 9:** Impact of spiritual intelligence on resilience in females

S. No.	Variables	Co-efficient	Std. Err.	t Value	p value
1.	Intercept/ Constant	56.253	15.429	3.645	0.004
2.	Spiritual Intelligence	0.266***	0.050	5.288	1.09E-06
	R Square	0.26			
	N	160			

\*\*\* Significant at one per cent level.

### Conclusion

1. It was found that females have more spiritual intelligence than males with significance at five per cent level.
2. Significant differences were found in all the dimensions of spiritual intelligence i.e., Inner self, Inter self, Biostoria, Life perspectives, Spiritual actualization and value orientation in males and females.
3. The study showed that resilience was more in females when compared to males with significance at five per cent level.
4. The study also revealed that spiritual intelligence has positive correlation with resilience in males and females.

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