



## Study of adjustment among adolescents in relation to spiritual intelligence

Dr. Sarvjeet Kaur Brar

Assistant Professor, GHG Harparkash College of Education for Women, Sidhwan Khurd, Ludhiana, Punjab, India

### Abstract

A study to evaluate the relationship between the adjustment and spiritual intelligence among the adolescents was conducted on a sample of 300 students in various colleges of Ludhiana district, Panjab, India. Normative survey method was used in the present study. Two valid and reliable instruments Adjustment Inventory by Dr. Penny Jain (1990) and Spiritual Intelligence Scale by Santosh Dhar and Upinder Dhar (2010) were used to assess student's spiritual intelligence and adjustment. For the analysis of data, the descriptive statistics like mean, standard deviation, correlation and 't'-test was employed. Test of significance for adjustment and spiritual intelligence was studied with respect to gender and locale. No significant difference was found in spiritual intelligence, whereas a significant difference was found in adjustment of adolescents with respect to gender. The results of Correlation analysis disclosed the significant positive relationship between adjustment and spiritual intelligence among adolescents.

**Keywords:** adjustment, spiritual intelligence, adolescents

### Introduction

Adolescence is the period of drastic change where each day presents many incidents of youth crime and offences, heart breaking and shocking episodes. At this stage, their mind would like to attain the Freedom. The waves of modernization drain their souls, dry out their hearts, damp their spirits, and make their life with a kind of mysteries and maladjustments. Therefore, the development of spiritual and moral values among the adolescents are being felt increasingly in all spheres of life. The harmonious relationship between individual and his or her environment are taken as "Social Adjustment". It is a very important factor for better academic achievement and effective educational procedure. There are certain psychological factors that enhance Adjustment level of individuals. Some of these as identified by Goleman 1998; Goltfredson 1998<sup>[6]</sup>; Zohar and Marshall 2000<sup>[16]</sup>; Zohar and Berman 2001<sup>[17]</sup>; Akinboyeet *et al.* 2002<sup>[3]</sup>; and Adeyemo 2007<sup>[1]</sup> are, intelligence quotient Emotional Intelligence and spiritual intelligence.

Adjustment and Spiritual Intelligence are the two psychological constructs, which scaffold each individual in the modern world to lead a value-oriented and a well-balanced life. Spiritual intelligence calls for multiple ways of knowing and integrating the inner life of mind and spirit with the outer life of the world of work. Spiritual intelligence can be defined as the human capacity to raise questions about the ultimate meaning of life and the integrated relationship between the individual and the world in which they live. It results in an upsurge in psychological well-being of individuals as well as having a definite goal in their life. Zohar & Marshall (2000)<sup>[16]</sup>, described spiritual intelligence as the intelligence with which we address and solve problems of meaning and value; the intelligence with which we can place our actions and our lives in a wider, richer and meaning giving context; the

intelligence with which we can assess that one course of action or one life-path is more meaningful than another. Wigglesworth (2002)<sup>[14]</sup> theorized Spiritual Intelligence as the ability to behave with Compassion and Wisdom while maintaining inner as well as outer peace.

### Need and Significance of the Study

The modern world of materialism and individualism has created an empty space in the lives of a lot of people especially among adolescents. and there is a growing need for spirituality and a search for identity in an increasingly depersonalized society. Most of the parents are too much concerned about refining cognitive and academic achievements of their children. Schools are striving to attain excellent results and maintain the standards for accomplishments in future periods. However, they are ignoring the emotional, personal, and social development of their children. The aim of this study is to understand the importance of Spiritual Intelligence and Adjustment in their life as a whole.

There is dire need to make Students aware of developing the ability to make proper choices in life situations. Through a strong foundation for spiritual intelligence and Adjustment, they will be able to understand their inner selves, others, and the outer world.

The concept of Spiritual Intelligence is rather new and only a few studies have been carried out in relation with adjustment in this area. Keeping in view the importance of Adjustment and Spiritual Intelligence for adolescent students, this study has been undertaken by investigator.

### Statement of the Problem

The problem under study is formally entitled as "Study of Adjustment among Adolescents in Relation to

Spiritual Intelligence”.

**Methodology**

**Design of the Study**

The descriptive survey method was employed in the present study. The study was conducted on adolescent students of Ludhiana district in Punjab State of India

**Tools Used**

Adjustment Inventory by Dr. Penny Jain (1990) and Spiritual Intelligence Scale by Santosh Dhar and Upinder Dhar (2010) [5] were used by the researcher for the purpose of data collection.

**Statistical Techniques Used**

Descriptive statistics like, means, standard deviation, coefficient of correlation and Critical Ratio were calculated to draw meaningful inferences in this study.

**Sample:** The study was conducted on a sample of 300 adolescents (150boys and 150 girls) studying in higher secondary schools situated in rural and urban areas of Ludhiana district of the state of Punjab (India).

**Objectives**

The objectives of the study were-

1. To compare the Adjustment of male and female adolescent students.
2. To compare the Adjustment of rural and urban adolescent

- students.
3. To compare the Spiritual Intelligence of male and female adolescent students.
4. To compare the Spiritual Intelligence of rural and urban adolescent students.
5. To study the relationship between the Adjustment and Spiritual Intelligence of the adolescent students.

**Hypotheses**

1. There is no significant difference in the Adjustment of male and female adolescent students.
2. There is no significant difference in the Adjustment of rural and urban adolescent students.
3. There is no significant difference in the Spiritual Intelligence of male and female adolescent students.
4. There is no significant difference in the Spiritual Intelligence of rural and urban adolescent students.
5. There is no significant relationship between the Adjustment and Spiritual Intelligence of adolescent students.

**Analysis and Interpretation**

**Comparison of the Adjustment of male and female adolescents**

To compare the Adjustment of male and female adolescents the researcher formulated the hypothesis as “there is no significant difference in the Adjustment of male and female adolescent students” and tested the hypothesis.

**Table 1:** Significance of difference in the Adjustment of male and female adolescents

Group	N	Mean	S. D.	C.R value	Inference
Male adolescents	150	40.55	4.45	3.54	Significant at 0.01 level
Female adolescents	150	42.31	4.16		

The C. R. value is 3.54 which is significant at 0.01 level of confidence. Thus, the null hypothesis is rejected and it is concluded that there is significant difference in the Adjustment of the male and female adolescent students.

**Comparison of the Adjustment of rural and urban adolescent student**

To compare the Adjustment of rural and urban adolescents the researcher formulated the hypothesis as “there is no significant difference in the Adjustment of rural and urban adolescent students” and tested the hypothesis.

**Table 2:** Significance of difference in the Adjustment of rural and urban adolescent students

Group	N	Mean	S.D.	C.R. value	Inference
Rural adolescents	150	41.92	4.28	1.93	Not Significant
Urban adolescents	150	40.95	4.46		

The C.R. value is 1.93 which is not significant at 0.05 level of confidence. Thus, the null hypothesis is accepted and it is concluded that there is no significant difference in the Adjustment of rural and urban adolescent students.

**Comparison of the Spiritual Intelligence of male and female adolescent students:**

To compare the Spiritual Intelligence of male and female adolescents the researchers formulated the hypothesis as “there is no significant difference in the Spiritual Intelligence of male and female adolescent students” and tested the hypothesis.

**Table 3:** Significance of difference in the Spiritual Intelligence of male and female adolescent students

Group	N	Mean	S.D.	C.R. value	Inference
Male adolescents	150	134.81	14.26	4.03	significant at 0.01 level.
Female	150	141.37	13.91		

The C.R. value is 4.03 which is significant at 0.01 level of confidence. Thus, the null hypothesis is rejected and it is concluded that there is significant difference in the Spiritual Intelligence of male and female adolescent students.

**Comparison of the Spiritual Intelligence of rural and urban adolescent student:**

To compare the Spiritual Intelligence of rural and urban

adolescents the researcher formulated the hypothesis as “there is no significant difference in the Spiritual Intelligence of rural and urban adolescent students” and tested the hypothesis.

**Table 4:** Significance of difference in the Spiritual Intelligence of rural and urban adolescent students

Group	N	Mean	S.D.	C.R. value	Inference
Rural adolescents	150	137.87	13.33	0.26	Not significant.
Urban adolescents	150	138.31	15.52		

The C.R. value is 0.26 which is not significant. Thus, the null hypothesis is accepted and it is concluded that there is no significant difference in the Spiritual Intelligence of rural and urban adolescent students.

### Relationship between the Adjustment and Spiritual Intelligence of the adolescent students

To study the relationship between the of the Adjustment and Spiritual Intelligence of adolescent students the researcher formulated the hypothesis as “There is no significant relationship between the Adjustment and Spiritual Intelligence of adolescent students” and tested the hypothesis.

**Table 5:** Coefficient of correlation between the Adjustment and Spiritual Intelligence of the adolescent students

Variable	N	Coefficient	Inference
Adjustment	300	0.467	Significant at 0.01 level
Spiritual Intelligence	300		

The value of correlation between the Adjustment and Spiritual Intelligence of the adolescent students is 0.467. The value is significant at 0.01 level of confidence so, the null hypothesis that “There is no significant relationship between the Adjustment and Spiritual Intelligence of the adolescent students” is rejected and it can be inferred that Adjustment is significantly and positively related with the Spiritual Intelligence of the adolescent students

### Findings and Discussion

1. There was significant difference in the Adjustment of the male and female adolescent students.
2. There was no significant difference in the Adjustment of rural and urban adolescent students.
3. There was no significant difference in the Spiritual Intelligence of male and female adolescent students.
4. There was no significant difference in the Spiritual Intelligence of rural and urban adolescent students.
5. Adjustment and Spiritual Intelligence of adolescents were significantly and positively related with each other.

The results showed significant and positive relationship between adjustment and spiritual intelligence. This significant relationship determined that the spiritual intelligence will positively change the students’ adjustment levels. Results indicated that the components of spiritual intelligence had a positive and significant effect on students’ skills of adjustment. The results were in accordance with Zarina and Mohamad (2010) <sup>[15]</sup>, Akbari Zadeh *et al.* (2011) <sup>[2]</sup>, Heydari Nejad and Moradi Pour (2011) <sup>[9]</sup>, Moalemi *et al.* (2010) <sup>[11]</sup>

and Naderi *et al.* (2010) <sup>[12]</sup> who concluded that spiritual intelligence is positively associated with general health and the ability to conduct daily life with elevation. Also, the finding is consistent with the studies of Animasahun (2010) <sup>[4]</sup>, Tate and Forchheimer (2002) <sup>[13]</sup>, Gurkilis and Menke (1988) <sup>[8]</sup>, who concluded that spirituality plays a very important role in coping with life and associated with quality of life, life satisfaction and adjustment.

### Conclusion and Implications

The key objective of the present study was to enlighten how spiritual intelligence related with various aspects of adjustment (home, educational, health, social and emotional) of adolescents. The results disclosed the significant and positive relationship with spiritual intelligence and adjustment among adolescents.

The findings of the study listed above have serious educational and social implications for the adolescents. Spiritual Intelligence and Adjustment is a crucial necessity for adolescent life. Adjustment is positively related to educational attainment of students. It is a psychological process by which students manage and cope up with the challenges of life. Well-adjusted students can make educational advancements. Spiritual values have a potential role in helping adolescents to increase emotional stability and adjustment in life. So, it is the joint responsibility of the school authority, teachers, and parents to facilitate and inculcate spiritual and social values among the students. The government and school authorities should implement orientation programmes and innovative strategies with special preference to Spiritual Intelligence and Social adjustment in each and every schools for students and teachers.

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