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Dharvinder Singh
Lecturer, Department of
Psychology, University of
Jammu, Jammu and Kashmir,
India

Karuna Gupta
Lecturer, Department of
Psychology, University of
Jammu, Jammu and Kashmir,
India

Corresponding Author:
Dharvinder Singh
Lecturer, Department of
Psychology, University of
Jammu, Jammu and Kashmir,
India

Spiritual intelligence and mindfulness as predictors of life satisfaction among youth of Jammu and Kashmir

Dharvinder Singh and Karuna Gupta

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Abstract

This study investigated the relationship among spiritual intelligence mindfulness and life satisfaction among young adults. The sample consisted of 168 young adults. Spiritual Intelligence Questionnaire (SIQ) by Abdollahzadeh *et al.* (2009) ^[1] Mindful Attention Awareness Scale (MASS) by Brown and Ryan (2003) ^[7] Satisfaction with Life Scale (SWLS) by Diener *et al.*, (1985) ^[12] were used to study the variables. Pearson product moment correlation and stepwise regression were applied to analyze the data. Results indicated that there was significant positive relationship among spiritual intelligence mindfulness and life satisfaction whereas only spiritual intelligence significantly predicted life satisfaction among young adults.

Keywords: spiritual intelligence, mindfulness, life satisfaction, young adults

Introduction

Spirituality is the individual search for understanding answers to ultimate questions regarding life, about meaning, and about relationship to the sacred or transcendent, which may (or may not) lead to or arise from the development of religious rituals and the formation of the community (Koenig, McCullough, & Larson, 2001) ^[18]. Emmons (2000) ^[13] defines spiritual intelligence as “the adaptive use of spiritual information to facilitate day to day problem solving and goal attainment”.

Spiritual Intelligence is the intelligence with which we access our deepest meanings, purposes, and highest motivations (Zohar, 2000) ^[29]. Nasel (2004) ^[21] defines spiritual intelligence as the application of spiritual abilities and resources to practical contexts. People use spiritual intelligence when they draw on their spiritual abilities and resources to make meaningful decisions, deliberate over existential issues, or attempt problem solving in daily life.

“Mindfulness means paying attention in a particular way on purpose, in the present moment, and nonjudgmentally.” (Kabat-Zinn, 1994) ^[15]. Mindfulness is remembering to pay attention to our present moment experience (Shapiro & Carlson, 2009; Black, 2011) ^[24, 6].

Mindfulness is a mind-body practice that has been considered to benefit both psychological as well as physical health. The main psychological change that occurs during practice of mindfulness is an increased awareness of thoughts, feelings, and sensations in the present moment. With time practice of mindfulness can help us to become aware of the space between noticing experiences and reacting to them by letting us slow down and observe the processes of our mind (Black, 2010) ^[5]. It is a flexible state of mind—an openness to novelty, a process of actively drawing novel distinctions. When we are mindful, we become sensitive to context and perspective and we are situated in the present (Snyder & Lopez, 2002) ^[26]. Mindfulness is an active search for novelty, whereas mindlessness involves passively zoning out to everyday life (Snyder & Lopez, 2007) ^[27].

Subjective well-being is a multidimensional construct which consists of positive affect, negative affect and global judgments of life satisfaction (Diener *et al.*, 1999) ^[11]. Life satisfaction is therefore a part of subjective well-being. Life satisfaction commonly denotes a judgmental process in which individuals holistically evaluate the condition of their lives based on their own distinct and unique set of criteria (Pavot & Deiner, 2008) ^[22].

Life satisfaction is a concept that can also be defined as how an individual evaluates his/her life as being positive in accordance with his/her own criteria, it is also a cognitive and judgmental process (Diener, Emmons, Larsen & Griffin, 1985) [12]. Life satisfaction as a global assessment of person's quality of life by his own according to his or her own settled criteria of success (Shin and Johnson, 1978) [25]. Life satisfaction is an outcome achieved by people comparing what they have and want to have. (Altay & Avci, 2009) [2].

The role of spiritual intelligence in predicting quality of life among 143 students of Quechan University was investigated by Bolghani-Abadi, Ghofrani and Abde-Khodaei (2012) [9] and concluded that spiritual intelligence significantly predicting the quality of life. Whereas Koohbanani, Dastjerdi, Vahidi and Far (2013) [16] stated that there was no significant relationship between spiritual intelligence and life satisfaction among gifted female high school students. Sahebalzamani *et al.* (2013) [23] conducted a study to examine the relationship between spiritual intelligence, psychological well-being and purpose in life. A sample of 270 nurses from some hospitals of Tehran University was taken and the results showed a significant relationship between spiritual intelligence with psychological well-being and having a purpose in life.

Kong, Wang and Zhao (2014) [19] examined mindfulness and life satisfaction among 310 Chinese adults and found that there was a significant positive relationship between mindfulness and life satisfaction and mindfulness significantly predicted life satisfaction.

Another study by Bajaj and Pande (2016) [8] found that mindfulness predicted life satisfaction among 327 undergraduate university students in India.

A recent study suggested that there was a significant relationship between spiritual intelligence and life satisfaction among gifted students (Alghraibeh & Alotaibi, 2017) [3]. Ari *et al.*, (2020) [4] stated that there was a significant positive relationship between mindfulness and life satisfaction among 379 university students from Gazi University. Hejazi *et al.*, (2020) [14] showed a significant relationship between spiritual intelligence and life satisfaction among nursing students. Cheung and Lau (2021) [10] found a significant positive relationship between mindfulness and life satisfaction among 133 Chinese mindfulness practitioners.

On the basis of review of literature following hypotheses were formed.

H1 There will be a significant relationship between spiritual intelligence and life satisfaction among young adults.

H2 There will be a significant relationship between mindfulness and life satisfaction among young adults.

H3 Spiritual intelligence and mindfulness are the significant predictors of life satisfaction among young adults.

Method

Sample

The sample of the present study consisted of 168 young adults of Jammu and Kashmir Purposive sampling technique was used for the selection of the sample.

Measures

Spiritual Intelligence Questionnaire (SIQ) by Abdollahzadeh *et al.* (2009) [1]. It is a 5-point scale with 29 items, where each statement has five alternatives ranging from completely agree to disagree completely. Responses are summed up to obtain the total score. There are no reverse items. The scores range from 29-145 and higher scores are associated with a higher level of Spiritual Intelligence.

Mindful Attention Awareness Scale (MAAS) by Brown and Ryan (2003) [7]. It is a 6-point scale with 15 items where each statement has six alternatives ranging from almost always to almost never. The total score is obtained by summing up all the items. There are no reverse items. The scores range from 15-90 and higher scores are indicative of a higher level of mindfulness.

Satisfaction with Life Scale (SWLS) by Diener *et al.*, (1985) [12]. This scale consists of 5 items with a 7-point scale from 1 (totally disagree) to 7 (totally agree). Higher scores indicated greater life satisfaction.

Data Analysis

Data was analyzed using IBM SPSS statistics version 20. Pearson product moment correlation was used to investigate the association between spiritual intelligence, mindfulness and life satisfaction among young adults. Stepwise regression analyses were used to explore the role of spiritual intelligence and mindfulness as predictors of life satisfaction of young adults.

Results and Discussion

Table 1: Showing mean and standard deviation among spiritual intelligence, mindfulness and life satisfaction (n=168)

| Variables | Mean | Standard deviation |
|------------------------|-------|--------------------|
| Spiritual intelligence | 62.05 | 14.18 |
| Mindfulness | 58.28 | 11.61 |
| Life satisfaction | 23.52 | 2.77 |

Table 2: Relationship between spiritual intelligence, mindfulness and life satisfaction among young adults. (N=168)

| | Spiritual intelligence | Mindfulness | Life satisfaction |
|------------------------|------------------------|-------------|-------------------|
| Spiritual Intelligence | 1 | 0.196** | 0.552** |
| Mindfulness | - | 1 | 0.205** |
| Life satisfaction | - | - | 1 |

**Significant at 0.01 level, *Significant at 0.05 level

The present study aimed to examine the relationship between spiritual intelligence, mindfulness and life satisfaction of young adults and to explore the understanding of spiritual intelligence and mindfulness as predictors of life satisfaction among young adults. Table 1 represents the mean score and standard deviations on spiritual intelligence, mindfulness and life satisfaction.

Table 2 shows the positive and significant relationship between Spiritual Intelligence and mindfulness at 0.05 level ($r=0.196$) on the other hand relationship between spiritual intelligence and life satisfaction were also found to be significant and positive at 0.01 level ($r=0.552^{**}$). In case of Mindfulness and life satisfaction a positive and significant association was found at 0.01 level ($r=0.205^{**}$).

Thus, our hypothesis stating that there will be a significant relationship between spiritual intelligence, mindfulness and life satisfaction among young adults is accepted.

The results indicate that higher the levels of spiritual intelligence and mindfulness, higher will be the life satisfaction in young adults. The present results are

consistent with the findings of Yuan, Xiang and Chen (2021) who also found a significant relationship between mindfulness and life satisfaction among 1021 college students. Kumawat and Puri (2019) ^[20] also found a significant relationship between spiritual intelligence and life satisfaction among youth.

Table 3: Stepwise regression for the criterion variable life satisfaction as predicted by spiritual intelligence and mindfulness.

| Model | Predictor | R | R square | R ² change | Beta | F | Sig |
|-------|------------------------|------|----------|-----------------------|------|-------|------|
| 1. | Spiritual intelligence | .552 | .305 | .301 | .552 | 72.80 | .000 |

Another hypothesis was whether spiritual intelligence and mindfulness could predict life satisfaction among young adults. It was found that spiritual intelligence alone accounted for 30.5 per cent unique variance in life satisfaction whereas mindfulness was excluded from the model itself. It was inferred that out of spiritual intelligence and mindfulness only spiritual intelligence predict the life satisfaction among young adults. Hypothesis 2 is also accepted. These findings corroborated the findings of previous study that showed that spiritual intelligence significantly predicted life satisfaction (Kalantarkousheh, Nickamal, Amanollahi & Dehghani, 2014) ^[17].

Conclusion

Findings of the present study throw light on the association between spiritual intelligence, mindfulness and life satisfaction among young adults and reflected a positive and significant association. Another finding showed that Spiritual intelligence was the significant predictor of life satisfaction among young adults. The present finding suggested that levels of mindfulness can be enhanced through mindfulness-based interventions which ultimately increase the life satisfaction of the individuals. Spiritual intelligence helps the individuals to solve daily life problems through their spirituality and to take benefit from situations and interactions with others. It gives them the capability to give and to express forgiveness, appreciation, contemplation, faithfulness acceptance, compassion, as well as tolerance. These all virtues boost the life satisfaction of the people. The present study has certain limitations which need to be discussed. The sample size of the present study was relatively small. Therefore, the findings may vary for a large sample. The participants were the young adults of Jammu and Kashmir therefore one can generalize results to the population of other young adults cautiously. Only young adults were taken in the study, middle aged and old aged people can also be taken in future researches.

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