



Role of Spiritual Intelligence in Parents' Resilience

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ROLE OF SPIRITUAL INTELLIGENCE IN PARENTS' RESILIENCE ABSTRACT Role of spiritual intelligence in parents' resilience was studied. It was hypothesized that parents with high spiritual intelligence would excel parents with low spiritual intelligence in regard to their resilience. A final random sample of 240 parents equally divided into two groups i.e.,

high (n = 120) and low (n = 120) spiritual intelligence were administered stress resistance scale to obtain resilience scores. The finding confirmed the research

Abstract

Role of spiritual intelligence in parents' resilience was studied. It was hypothesized that parents with high spiritual intelligence would excel parents with low spiritual intelligence in regard to their resilience. A final random sample of 240 parents equally divided into two groups i.e., high (n = 120) and low (n = 120) spiritual intelligence were administered stress resistance scale to obtain resilience scores. The finding confirmed the research hypothesis.

Keywords

Spiritual Intelligence, Resilience.

Introduction

Ungar et al. (2007) state that "resilience is better understood as the opportunity and capacity of individuals to navigate their way to psychological, social-cultural, and physical resources."

Zautra et al. (2010) defined resilience as the "result of an individual's ability to interact with their environments and the processes. This interaction leads to either promotion of well-being or protecting individuals against the threatening impact of risk factors."

Life presents a series of challenges and stressors that require a set of intelligence to cope with them. With the advent of the 21st century, there is growing evidence that there is third 'Q' - 'S.Q.' or spiritual intelligence, apart from I.Q. and E.Q..

Zohar & Marshall (2000) argue that spiritual intelligence is useful in solving problems of meaning, value, and those of an existential nature. It is a potential means of adaptation and problem-

solving. They suggest that spiritual intelligence provides a moral sense to people. It further allows individuals to be creative, to change the rules, and to alter situations. Indications of a highly developed spiritually intelligent person shows include: the higher capacity to be flexible and self-awareness; a capacity of facing suffering and pain and transcendence. He is inspired by vision and values and has, a reluctance to cause unnecessary harm. He has a tendency to see the connections between diverse things, a high tendency to ask 'why' or 'what if'? questions and to seek 'fundamental' answers apart from these, he has a facility for working against conventions.

According to Emmons (2000a) facilitation of everyday problem-solving and goal attainment through adaptive use of spiritual information can be defined as spiritual intelligence. He described five core components of spiritual intelligence i.e., the capacity for transcendence; the ability to enter into heightened spiritual states of consciousness; the ability to invest everyday activities, events, and relationships with a sense of the sacred; the ability to utilize spiritual resources to solve problems in living; and the capacity to engage in virtuous behaviour or to be humble to display compassion. Later, Emmons (2000b) removed the fifth component of this model.

Noble (2001) is of the opinion that a person's psychological health depends to a larger extent on spiritual intelligence as it increases resilience. She further suggests that people with higher spiritual intelligence adapt and overcome adversity by relying on their inner strengths better than those with lower spiritual intelligence. Vaughan (2003) also emphasizes that spiritual intelligence is highly associated with adaptation to stressful situation. Bakhtiarpoor et al. (2011) defined spiritual intelligence as the capability of sublimating deeds so as to orient with the integration of world-leading to a high level of self-consciousness, and purification of daily experiences which ultimately prove to be spiritual sources to solve life problems and thus be resilient.

Ebrahimi (2011), Shabani et al. (2011), Ebrahimi et al. (2012), Walsh (2012), Ajawani (2013), Kim et al. (2013), Ma et al. (2013), Pandya (2017), Das et al. (2017), and Picardi et al. (2018) also found positive association between spiritual intelligence and resilience.

Problem and Hypothesis

The only problem of the research pertained to role of spiritual intelligence in resilience. More specifically, the problem is whether parents with high and with low spiritual intelligence differ in regard to their resilience?

It is hypothesized that parents with higher spiritual intelligence would be more resilient than those with lower spiritual intelligence.

Methodology

Sample

A final random sample of 240 parents was selected. Care was taken to select one-half (n = 120) parents with high spiritual intelligence and another half (n = 120) with low spiritual intelligence.

Tools

Following tests were used for the purpose in the present research.

- (i) Spiritual Intelligence Scale constructed and standardized by Ajawani et al. (2009) was used to measure spiritual intelligence level of parents.
- (ii) Stress Resistance Scale constructed and standardized by Ajawani & Varwandkar (2010) was used to assess resilience level of parents.

Procedure

Initially 600 parents were contacted through schools of Raipur city on incidental basis, and were administered spiritual intelligence scale. On the basis of Q1 and Q3 statistics on spiritual intelligence scores, parents with high spiritual intelligence (above Q3) and with low spiritual intelligence (below Q1) were sorted out. One hundred and twenty parents with high spiritual intelligence and 120 parents with low spiritual intelligence were selected randomly. These finally selected 240 parents were administered a stress resistance scale to seek resilience scores which served the base for further computations.

Result and Discussion

Table 1: Average Resilience Scores of Parents with High and with Low Spiritual Intelligence and Obtained Statistics

Parents' Group	n	M	Σx^2	Obtained t value	Level of Significance
High Spiritual Intelligence	120	94.1075	3610.60	13.90	P<.01
Low Spiritual Intelligence	120	80.3725	3475.12		

It is clear from Table 1 that average resilience score of parents with high spiritual intelligence (M = 94.1075) is higher than that of parents with low spiritual intelligence (M = 80.3725). The obtained significant t ratio (t = 13.90, df 239, P<.01) provided ample statistical ground to conclude that parents with high spiritual intelligence truly excelled those with low spiritual intelligence in regard to their resilience.

It is thought that various components of spiritual intelligence i.e., Compassion, Critical Existential Thinking, Divinity, Egolessness, Equanimity, Flexibility, Forgiveness, Gratitude, Self-Acceptance, Meaning and Purpose in Life, Openness to Experience, Self-Actualization, Self-Awareness, Spiritual Practice, and Transcendental Awareness may be playing their vital roles in enhancing resilience of parents. That is, a parent with high spiritual intelligence is inculcating high resilience through nurturance of above protecting and promoting components both while interacting with his environment. Ajawani (2013) also observed higher resilience in people with high spiritual intelligence than those with low level of spiritual intelligence. Further, he observed that 29 percent variance in resilience was attributable to spiritual intelligence.

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