

Religiosity as a Predictor of Spiritual Intelligence among University Students

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The main purpose of the study is explored that spiritual intelligence and religiosity are the fascinating fields of research. In the Indian scenario, individuals exhibit their spirituality through their religiosity. The present study aims to investigate the relationship between spiritual intelligence and religiosity among university students and determine religiosity as a predictor of spiritual intelligence. The sample of the present study consisted 120 university students (60 male and 60 female) from different branches in the age range of 25 to 40 years selected through purposive sampling. Roquan Spiritual Intelligence Test and Religiosity scale are used for this study. Data was analyzed by using SPSS and results were verified using statistical methods like mean, SD, 't' test, Correlation, and regression. Results of t- test values revealed that a significant gender difference found on the construct of spiritual intelligence ($t= 2.29$, $df 118$, $p < 0.05$) but gender differences on religiosity is not significant. Findings show significant and positive correlation found between spiritual intelligence, dimensions of spiritual intelligence and religiosity ($r= 0.54$, $p < 0.01$). Regression analysis also indicated that religiosity is a significant predictor of spiritual intelligence explaining 29.6 % of the variance (Adjusted R Square= 0.296) ($\hat{\alpha} = 0.549$ $p = 0.00$) in spiritual intelligence with religiosity. The study provides important insight of Indian tradition with the help of psychological constructs like spiritual intelligence and religiosity.

Keywords: Spiritual Intelligence, Religiosity, University students

Spiritual Intelligence

Since the ancient period of Indian Psychology, spirituality in adults has been one of the fascinating areas of the study. Spirituality is a broad concept. Every individual has a different thought and perspectives of their life so, spirituality can understand their own experiences and emotions. Spirituality means breathing which is very essential element to every human being thus informs that spirituality has something to do with the essence of living. Oxford Dictionary defines spirituality means "Relating to or affecting the human spirit or soul as opposed to material of physical things." Spirituality refers to knowledge of yourself as a soul and understanding your spiritual qualities like purity, love, peace, and

bliss. Spiritual intelligence is the expression of these innate qualities through your thoughts, actions, and behaviour. Spiritual intelligence means being aware of yourself with reality. According to Emmons, (2000), spiritual intelligence emphasizes the abilities that draw on such themes to predict functioning and adaptation. He proposed five components of spiritual intelligence which are a) the ability to utilize spiritual resources to solve problems b) the ability to enter heightened states of consciousness; c) the ability to invest everyday activities and relationships with a sense of sacred; d) capacity for transcendence of the physical and material e) capacity to be virtuous.

Spiritual intelligence means the ability to utilize a range of religious and spiritual

resources. Much of previous research indicated that spiritual growth and orientation play an important role in developing better physical as well as mental health. Vaughan (2002) demonstrated that "Spiritual intelligence is associated with the inner life of mind and spirit and its relationship to being in the world." Shrivastava and Mishra (2012) explored that spiritual intelligence helps to people in the family, society corporate context to develop their spiritual ability and intelligence.

Religiosity

India is the biggest country in the world where the largest number of religions like Hindu, Islam, Sikh, Christian, Jain, Buddhism, etc. There are 330 million gods and goddesses which are worshiped variety of forms by individuals. Religion is one of the most crucial aspects of human community which provides guidelines to every individual on how to live their life with a better pathway. In the world, 80% of people are associated with any religion so religion refers to an organized system of beliefs, practices, rituals, and symbols designed to facilitate closeness to sacred transcendent (God, higher power, or ultimate truth/reality) Moreira-Almeida A. (2006). Religion has played a significant role in shaping the psychological, social, and ethical/ moral development of people. Recent studies focused on adolescents and explored that religiosity and spiritual beliefs are related to relationships with parents and outside of the home, their purpose in life, and many more aspects. Religion can help to build up prosocial behaviour, meaning of life and community-oriented attitude during the development stages.

Spirituality and Religiosity

Spirituality and religiosity are the major part of every individual's identity. Nowadays researchers have taken an interest in finding out the relationship

between spirituality and religiosity. many research evidenced that spirituality and religiosity are associated with each other and their impact on individuals' mental well-being. Anas M. (2023) conducted a study on religious commitment and spiritual personality among university students and found significant positive correlation between spiritual personality and religious commitment among students. Otabil et al (2023) explored that religiosity and spiritual intelligence was positively associated with each other. Muthamizhselvan (2017) found that there was no significant difference between spirituality and religiosity among B.Ed. students. Yang (2012) studied spiritual intelligence of nurses in Taiwan. The results of the study explored that spirituality and religious belief found significant and positive associations. Ahang, A. (2014) demonstrated that there were significant and positive association between all dimensions of spiritual intelligence and religiosity among students. However, study on spirituality and religiosity found positive link between each other among medical students. Tabitha, G. et.al (2019). A study relation between attachment styles and spiritual intelligence with the religious attitude of secondary students found a significant correlation between the variables of the study. (Khaleghkhan, et.al., 2014). Meimandi, et., al, (2023) demonstrated the link between spiritual intelligence and its type of religiosity of youth of Yazd. Study found that significant positive correlation between spiritual intelligence and types of religiosity. Kumar, A (2018) studied on B.Ed. teacher trainee concerning religiosity and spiritual intelligence of Moga District. The study showed that significant relationship between religiosity and spiritual intelligence among B.Ed. teacher trainee. There is another study conducted on 70 pilgrims in Haridwar and Rushikesh with respect to spiritual intelligence and religiosity across gender,

religion, and age. The present study evidence suggested that there was no significant difference found between spirituality and religiosity among urban and rural pilgrims and gender. Kumar, Pant and Sharma (2017). Modi and Gayathry (2022) studied religion, spirituality, mindfulness, and ethical attitudes among chartered accountant. Results of the study revealed that there was no correlation between religiosity, spirituality, and mindfulness. Yonker et al. (2012) studied on spirituality, religiosity, and psychological outcomes among adolescents. Results show that positive association between spirituality and religiosity and its impact on psychological outcomes. Golmakani et al. (2016) examined the relationship between spiritual intelligence, happiness, and religious activities among hospital midwives. Findings of this study showed spiritual intelligence is directly and significantly associated with happiness and religious activities.

Aim of the Study

Spirituality is one of the important constructs of every human being and with the help of religion, human can develop their spiritual practices. In India there are several religions i.e. Hindu, Muslim, Christian, Sikh, Jain, Buddha, etc and religion influence individual behaviours among male and female individuals. Numerous studies have explored that spirituality and religiosity are associated with each other. In the present study author investigate an what account the link between spiritual intelligence and religiosity. The Participants belong to this study to different background of religious practices, rituals, ethical norms, and many of communities of male and females they are taking higher education in various subjects in the university. Is male and female differ on spiritual and intelligence and religiosity? In this sense, this study aims to understand how

religiosity influences on spiritual intelligence among university students.

Objectives

- 1) To assess the difference between male and female students on spiritual intelligence and religiosity.
- 2) To identify the relationship between spiritual intelligence, its dimensions and religiosity.
- 3) To determine the religiosity as a predictor of spiritual intelligence.

Hypotheses

- 1) There will be significant difference between male and female university students on spiritual intelligence.
- 2) There will be significant difference between male and female university students on religiosity.
- 3) There will be significant positive correlation find between spiritual intelligence and its dimension and religiosity.
- 4) The religiosity would be significant predictor of spiritual intelligence.

Method

Participants

This study consisted of 120 university students with purposive sampling method from Shivaji University, Kolhapur in Maharashtra state. Out of the sample 60 participants of male and 60 of females with age group of 21 to 40 years. Sample were selected with different branches of the university and included different religions.

Measures

Roquan Spiritual Intelligence Test (2010): It was developed by Prof. Roquiya Zainuddin and Anjum Ahmad. Total 78 items were consisted in the test with 5-point Likert scale

such as 1- strongly agree, 2- agree, 3- undecided, 4- disagree, 5- strongly disagree. The test has constructed six dimensions given by Zohar and Marshall (1999) i.e. The Inner self, The Inter self, Bio-Steria, Life perspectives, Spiritual Actualizing, Value Orientation. The test has shows higher reliability and adequate validity.

Religiosity Scale (2009) : Religiosity scale was developed by L. Bhushan. A total 36 items were included out of that 25 items were positive and 11 items were negative. The positive items responded on ranging from 1- strongly agree to 5- strongly disagree and for negative items were reversely scored. The reliability was calculated by the Spearman-Brown formula which is 0.82 is indicates higher reliability. Validity of the test is also high.

Procedure

For this present study, 132 university students were included. After completing the data collection participants who did not complete the questionnaire researcher eliminated so in this study researcher has taken 120 sample. First the researcher contacted with the Head of every departments and permission taken granted. Good rapport was established with the participants and explained them the purpose of the study. They give assurance that their responses will remain strictly confidential and will be used only for research purpose. After that participants were given the questionnaire and necessary instruction given and collected the data. After completion the questionnaires, the participants were thanked for their participation.

Results

Table .1 shows mean, SD and t value of spirituality and religiosity among university students

Variables	Gender	N	Mean	SD	df	t	Sig
Spiritual Intelligence	Male	60	316.50	20.37	118	2.29	0.05
	Female	60	324.75	18.90			
Religiosity	Male	60	137.93	8.87	118	.16	NS
	Female	60	138.18	7.96			

Table1 demonstrates the descriptive statistics of spiritual intelligence and religiosity among male and female students. The mean score of the spiritual intelligence of male is 316.50 and SD score is 20.37 and for female students mean score is 324.75 and SD score is 18.90 respectively. The t value is 2.29 which is significant at 0.05 level. It means there was a significant difference found between male and female students on spiritual intelligence. So that study hypothesis there will be significant difference between male and female university students on spiritual intelligence is accepted. On religiosity construct mean score of male students is 137.93 and SD is 8.87 and female students found M= 138.18 and SD score is

7.96. the t value is 0.16 is not significant indicating that there was no significant difference found between male and female students on religiosity. It means hypothesis of the study, there will be significant difference between male and female university students on religiosity is rejected.

Table 2. Showing Pearson Product Moment correlation coefficient between Spirituality and its dimensions and Religiosity

Variables	
Spiritual Intelligence	Religiosity
The Inner Self	0.33**
The Inter Self	0.27**
Bio-Steria	0.19*

Life Perspectives	0.23**
Spiritual Actualization	0.41**
Value Orientation	0.29**
Total Spiritual Intelligence	0.54**

Table 2. indicated the correlation of spirituality and its six dimensions namely the Inner self, the Inter self, Bio-Steria, Life-perspectives, Spiritual Actualization, and value orientation with religiosity. The findings showed that six dimensions of spirituality that are Inter self ($r = .33$), Inter self ($r = .27$), Bio-Steria ($r = .19$), Life Perspectives ($r = .23$), Spiritual Actualization ($r = .41$), Value Orientation ($r = .29$) positively correlated with Religiosity. The overall spirituality ($r = .54$) exhibited significant and high positive correlation with religiosity, $p < 0.01$ level. Thus the hypothesis, there will be significant positive correlation find between spiritual intelligence and its dimension and religiosity is accepted.

Table 3. Showing Linear Regression analysis indicating Religiosity as the predictor of Spiritual intelligence

Predictor	R	R Square	Adjusted R Square	Beta Value	t	significance
Religiosity	.549	.301	.296	.549	7.13	.001

It can be observed from table 3, Religiosity as the predictor of spiritual intelligence scores of university students which is shown spiritual intelligence $R = .549$ which is highly significant ($F = 50.91$), $p < 0.01$). Moreover, R Square = .301 indicated that the model explains 30% of variance in spiritual intelligence. There will be significant positive correlation find between spiritual intelligence and its dimension and religiosity. Moreover, the study hypothesis religiosity would be a significant predictor of spiritual intelligence is accepted.

Discussion

The current study was carried out to explore the relationship between spiritual

intelligence, dimensions of spiritual intelligence and religiosity among male and female university students. Results of the study indicated that male and female students were significantly differ on the construct of spiritual intelligence. Female students showed more spiritual intelligence than male students. The findings of the present study consisted with previous research Dal et al. (2022) reported that male and female found significant difference on spiritual intelligence. Female found greater spiritual intelligence than male. Findings also supported with Jahanger et. al. (2018) study on spiritual intelligence among senior secondary students its suggested that significant difference found on spiritual intelligence with respect to gender. Study on spiritual intelligence clearly shown that on spiritual intelligence of female more than their male counterparts. Khan and Singh (2013). According to Indian culture most of the women are sensitive, peaceful, and tolerant than males. They are busy in their spiritual practices, and spiritual beliefs like Prayer, Namaj. They are trust on sattva and karma and in India's mythology women has engaged in family, children and taking care of family members, she has warm, loving, and caring, kind hearted so all these qualities exposed that females are more spirituals.

Additionally, findings indicated that religiosity among male female is not significant. It means both male and female students were same on religiosity. Research findings showed that on the term of religiosity, males and females' students not found significant difference, Bhargava, and Kaura (2020). Another study reported that male and female has not significantly differed on religiosity, Modi, and Gayathri (2022).

Results of the present study explained that religiosity is positively associated with spiritual intelligence and its dimensions (including the inner self, the inter-self, Bio-Steria, Life perspectives, Spiritual

Actualization, Value Orientation). Previous research findings consisted of the present study. Kawita Sawari et al. (2023) demonstrated the role of spiritual motivation, religiosity in students' English language achievement. Results indicated that spiritual motivation is positively and significantly associated with religiosity and its sub construction like religious engagement and religious commitment. One reason, why religiosity is significantly related with spiritual intelligence behind it might be reality that religious practices, faith, morality, beliefs, and positive outlook of life developed of spiritual practices in human being. Religious commitment learns to individuals how to connect with our pure soul through prayer and meditation. Additionally, India is rich with many of religious commitment they are teaching to interpersonal relationship, social connectedness, gratitude, forgiveness and many more so all these factors enhance happiness among the persons.

Additionally, results found that the religiosity would be significant predictor of spiritual intelligence. Moreover, religiosity has positively influence on spiritual intelligence. The findings consistent with previous research, Anisi et.al. (2013) studied spiritual intelligence and commitment to religious beliefs in military defense. Findings indicated that spiritual intelligence and commitment to religious beliefs correlated with each other. Results also explored that commitment of religiosity explained spiritual intelligence among participants. Research evidences shown that social oriented religiousness was the significant predictor of religiosity, Albursan, et.al. (2016).

Limitations and Implications

Some limitations having this study it is necessary to address to further research on spiritual intelligence and religiosity. The sample size was small it would be suitable if a large sample size taken for the study more

accurate generalizations could be made. The general population of university students has been taken as a participants but a specific population those who are doing spiritual practices is a suitable sample for such type of study. Only male and female were included in the study for further study if consisted of more religions like Hindu, Muslim, Christen communities people it would get a different type of results. Other variables like mindfulness, happiness, and well-being may prove the good predictor of spiritual intelligence.

Conclusion

Finally, the study reaches the findings that significant difference found among male and female students with respect to spiritual intelligence but on the term of religiosity male and female students found on same level it means no significant difference found between them. Study indicated that Spiritual intelligence and its dimensions dimension i.e. the inner self, the inter-self, Bio-Steria, Life perspectives, Spiritual Actualization, Value Orientation, and religiosity have positively correlated with each other. The study also explored that religiosity is significantly predicted of spiritual intelligence.

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