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A Correlational Analysis of Physical, Mental, Emotional, Spiritual, Social and Self-Consciousness

KEYWORDS: Self Consciousness, Spiritual Consciousness, Mental Consciousness, Correlational Analysis

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ABSTRACT *The present study aimed at determining the intercorrelations among physical, mental, emotional, spiritual, social and self-consciousness. The study was conducted on 135 students pursuing teacher education programme. 'Consciousness Quotient Inventory' developed by Brazdau (2011) was used to collect the required data. SPSS 16.0 was used to analyze bivariate correlation between the selected variables. The findings reveal that there exists significant correlation between most of the dimensions of consciousness with the exception of physical and mental, physical and self, physical and spiritual, emotional and spiritual consciousness. The inter-correlation between these pairs is insignificant. The strongest correlation was found between self and spiritual consciousness. The inter-correlations between none of the dimensions are negative.*

Introduction

Consciousness has been discussed in the last century from varied perspectives ranging from general to domain specific viz. self-consciousness, spiritual consciousness, emotional consciousness, etc. It has become a significant topic of research by neuro-scientists and cognitive scientists in recent years. Neuro-scientists relate consciousness to the brain whereas in modern scientific psychology, the mind is largely equated with consciousness. They rely on third-person data – brain processes, behavior and the like. There is also scientific and philosophical research into the nature and basis of consciousness (Baars 1988, Dennett, 1992, Crick 1994, Chalmers 1996). Philosophers refer to conscious states as phenomenal or qualitative states. They often view such states as having qualitative properties called 'qualia' (Gennaro, 2007). Chalmers (1996) has remarked that no purely third person description of brain processes and behavior will express precisely the data we want to explain, though they may play a central role in the explanation. In the past decades, attempts have been made to psychological theorizing of this concept, identifying research methods to define and assess consciousness and to apply statistical methods to quantify it. Of late there have been attempts to develop first-person methodology to study consciousness. Psychologists claim that consciousness is a subjective experience (Brazdau, 2008; Charlton, 2000). Satsangi (2010) has stated that subjective knowledge of human sentient entities, if based on facts and correct application of indicative reasoning, should not, even in the abstract, be, relegated to the category of illusions. The conscious processes can be operationally defined and it has been proved that consciousness can be researched as a variable (Baars, Banks, Newman, 2003; Brazdau & Mihai, 2011).

Pekala (2009) believes that consciousness can be as scientifically investigated as physics and chemistry investigate physical reality. He suggests psycho-phenomenological approach to study consciousness that is by combining the phenomenology of the philosophers with the rigorous methodological and statistical tools available in psychological science, consciousness can be scientifically investigated.

Some assessment instruments that have been in use to assess conscious experiences are Self-Consciousness Scale (SCS) (Fenigstein, Scheier, Buss, 1975), Psychological Well-Being Scale (Ryff & Keyes, 1995), Mindfulness Attention and Awareness Scale (MAAS) (Brown and Ryan, 2003), Freiburg Mindfulness Inventory (Walach H, Buchheld N, Buttenmuller V, Kleinknecht N, Schmidt S., 2006), Phenomenology of Consciousness Inventory (Pekala, 2009), Scale of Consciousness (Hawkins, 2002), Brazdau Consciousness Quotient Inventory (BCQI) (Brazdau, 2009). The Consciousness Quotient (CQ) Theory was introduced by psychologist Ovidiu Brazdau in 2008. He presented the concept of Consciousness Quotient to research conscious experience. Consciousness Quotient according to him is the general level of being conscious/aware throughout a day, in regular life conditions. He has discussed six dimensions of consciousness in his study – physical consciousness, mental/cognitive consciousness, emotional consciousness, social-relational consciousness, spiritual consciousness and self-consciousness.

Physical Consciousness is what a human being is conscious of sensing with its physical senses whilst awake in the physical world. It refers to the ability of being conscious of the body and organism, and of the physical elements of the environment (Brazdau & Mihai, 2011). In human frame, the spirit-force resides in the innermost core and is thus covered by subtle mind and gross matter (Satsangi, 2010). The consciousness of the outermost layer i.e. the body and that of the external world, the world as evidenced by the senses is physical consciousness. An individual conscious on the plane of outermost layer of the soul identifies itself with the physical body, and is conscious of thoughts of that body and the outside world. Mental Consciousness is the ability of being conscious of one's own ideas, thoughts and mental processes. It refers to the cognitive consciousness. Emotional Consciousness describes the ability of being conscious of one's own emotions and feelings, and generally, to be conscious of any emotional feeling (Brazdau & Mihai, 2011). It is consciousness of one's emotional state. Social – Relational Consciousness refers to the ability of being conscious about human relationships and the connections with the people you interact with (Brazdau & Mihai, 2011).

The other dimensions of consciousness are spiritual consciousness and self-consciousness. Self has two ends lower self and higher self. Lower self is limited to one's thoughts and actions at the material plane whereas higher self is the manifestation of self at the spiritual plane. Higher self may be referred as spiritual self. The consciousness of self refers to the ability of being conscious about your own person, your own self; this factor describes the ability of the reflexivity of the human being, of being able to look upon itself in an objective way (Brazdau & Mihai, 2011). Spiritual consciousness is the consciousness of higher self. It is a state of being where all limiting, conflicting and contradictory ideas, thoughts, feelings, beliefs, circumstances and events blend together and dissolve into harmony (Scheinfeld, 2010). It is the ultimate consciousness.

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The six dimensions of consciousness can have different extents of inter-correlations with each other. The present study attempts to shed scientifically credible light on this aspect by determining the inter-correlations among different dimensions of consciousness viz. physical, emotional, mental, spiritual, social and self consciousness.

2. Method

2.1. Design and Participants

This study is a non-experimental correlational study that looks at the relationship among different dimensions of consciousness viz. physical, mental, social, spiritual and self. Participants were 135 college students pursuing B.Ed. course in Dayalbagh Educational Institute. The sample was selected purposively utilizing a criterion sampling scheme (Miles & Huberman, 1994; Patton, 1990). Ages of participants ranged from 20 to 25 years. With regard to level of student (i.e., undergraduate vs. graduate), 55% represented undergraduate students.

2.2. Instrument

The tool 'Consciousness Quotient Inventory' developed by Brazdau (2009) was used to collect the required data. The CQI (Consciousness Quotient Inventory) evaluates the global consciousness level of an individual. The construct of CQI is based on 6 factors: Physical Consciousness Emotional Consciousness, Cognitive Consciousness, Spiritual Consciousness, Social – Relational Consciousness, Self-Consciousness; and also provides a general consciousness quotient. The inventory has 62 items, with the responses evaluated on a six point equal appearing type Likert Scale. The reliability analysis of tool, has a more than satisfactory internal consistency (N=62, Cronbach's Alpha =.920).

2.3. Procedure

All participants were administered the inventory during class sessions. Participants were recruited via whole classes. The university's "Schedule of Classes" (i.e., sampling frame) was used to identify classes offered within each of the six colleges that represented various class periods (day and evening) throughout the week of data collection. Once classes were identified, instructors/ professors were asked if researchers could survey their classes. All instructors/professors agreed. Data collector read a set of instructions to participants emphasizing their choice in completing the questionnaire. Consent forms and questionnaires were distributed together to all participants. Participants placed completed forms into envelopes provided by the collector. This instrument also extracted the following demographic information: gender, age, marital status, stream of study and educational qualifications. The instrument took between 15 and 30 minutes to complete.

3. Results and Discussion

3.1. Mean Scores on Consciousness Quotient Inventory

The means and standard deviations of the variables – Physical, mental, emotional, spiritual, social and self consciousnesses are presented in Table 1. The results reveal that the mean score on spiritual consciousness was highest (M= 57.22) in comparison to other dimensions followed by self-consciousness (M=51.69). The mean score on emotional consciousness (M=44.98), social consciousness (M=41.39) and mental consciousness (M=40.09) also indicate the upper values range. The mean score on physical consciousness (M=35.87) reflect upper-intermediate values range. The mean scores on different dimensions of consciousness indicate that the awareness level of participants is high. In addition, the high levels of emotional and mental awareness prove that they are well-rooted in reality and they make decisions accordingly. The high scores on spiritual, social and self- awareness subscales show that the participants are goal-oriented persons cognizant of the effects of the social relations and observant of their inner life.

Table 1. Means (M), Standard Deviations (SD), and Inter-correlations for scores of Physical Consciousness, Mental Consciousness, Emotional Consciousness, Social Consciousness, Spiritual Consciousness and Self Consciousness

Variables	M	SD	Physical Consciousness	Mental Consciousness	Emotional Consciousness	Social Consciousness	Spiritual Consciousness	Self Consciousness
Physical Consciousness	35.87	4.81	---	0.133	0.353*	0.217**	0.057	0.135
Mental Consciousness	40.09	5.54	0.133	---	0.383*	0.427*	0.373*	0.459*
Emotional Consciousness	44.98	5.84	0.353*	0.383*	---	0.389*	0.139	0.381*
Social Consciousness	41.39	5.29	0.217**	0.427*	0.389*	---	0.329*	0.348*
Spiritual Consciousness	57.22	8.18	0.04	0.373*	0.139	0.329*	---	0.516*
Self Consciousness	51.69	8.96	0.135	0.459*	0.381*	0.348*	0.516*	---

***p<0.01, **p<0.05**

3.2. Inter-correlations among Six Dimensions of Consciousness

The correlations among six dimensions of consciousness were analyzed using Pearson's bivariate correlation. The statistical software SPSS 16.0 was used for analysis. The Pearson correlations between each pair of variables are displayed in Table 1.

3.2.1. Correlation of Physical Consciousness with other Dimensions of Consciousness

Table 1 indicates that the physical consciousness has significant positive correlation with emotional consciousness (r = 0.353, p<0.01) and social consciousness (r = 0.217, p<0.05). However, there exists insignificant correlation of physical consciousness with mental consciousness (r = 0.133), self consciousness (r = 0.135) and spiritual consciousness (r = 0.057). Kurtus (2006) discussed in his study that there is an interrelationship between the body, mind and spirit, such that one can cause illness in the other. But the extent of interrelationship was not reported in his study. In the present study, results show that although there is positive correlation of physical consciousness with mental, self and spiritual consciousness, but it is statistically insignificant. The findings indicate that high level of physical consciousness does not ensure the high level of mental or self or spiritual consciousness. The physical consciousness refers to the ability of being aware of one's body and of the actual elements of the environment. High level of physical consciousness indicates that an individual is very much aware of what happens with his own body and of the changes occurring in his environment. It is very easy for him to describe his body and the various physiological changes while acknowledging at the same time his needs. But such consciousness does not imply high level of mental, self or spiritual consciousness.

The results also indicate that an individual having high physi-

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cal consciousness is also aware of his emotions and social relationships. The changes in body are related to changes in emotions like anger, frustration, hatred, love, affection. 'Emotions are also stored in the body. This is why we may literally develop a pain in the neck when we are suffering from a relationship with someone whom we call a pain in our neck, or may develop stomach problems when we are always swallowing down our feelings' (Benor, 2011). An analysis of bodily signals leads to more sophisticated responses to his environment. People, who are aware of their relationships in the society, are also conscious about their physical appearance, dress, etc. The results of the present study indicate insignificant correlation between mental and physical consciousness. This implies that changes in cognition of an individual are not significantly correlated to awareness changes in body. It is possible that an individual may be aware of bodily changes but this does not necessitate that he is focused on his thoughts and cognitive flow in general. In the present study, results show that although there is positive correlation of physical consciousness with self and spiritual consciousness, but it is statistically insignificant. This reflects that there is minimal effect of changes in the physical awareness on the awareness of self and spirit. But such consciousness does not imply high level of mental, self or spiritual consciousness. Spirit is that which is beyond our physical body (Benor, 2011).

3.2.2. Correlational Pattern of Mental Consciousness with other Dimensions of Consciousness

The mental consciousness has significant positive correlation with emotional consciousness ($r = 0.383$, $p<0.01$), social consciousness ($r = 0.427$, $p<0.01$), spiritual consciousness ($r = 0.373$, $p<0.01$) and self consciousness ($r = 0.459$, $p<0.01$). Goleman (1995) mentioned in his study that Emotional Quotient was a basic requirement for the use of Intelligence Quotient. Emotional equilibrium is must for mental consciousness. Mind works closely with emotions (Benor, 2011). This explains the significant correlation between mental and emotional consciousness. As the mind and spirit are closely connected, so the results affirm this statement that the lower self and higher self that is spirit have significant correlation with mental consciousness. Also, high level cognition affects our social behavior. Intelligence is the aggregate or global capacity of an individual to think rationally, act purposefully and deal effectively with his environment (Wechsler, 1944). This concept of intelligence clearly reflects that an individual with good cognition is able to adjust well in the society. Thus, mental consciousness has significant correlation with social consciousness.

3.2.3. Correlation of Emotional Consciousness with other Dimensions of Consciousness

The correlation of emotional consciousness with physical consciousness ($r = 0.353$, $p<0.01$), social consciousness ($r = 0.389$, $p<0.01$) and self consciousness ($r = 0.381$, $p<0.01$) is positive and significant. All emotional states convey information about the physical or psychological significance of particular internal or external stimuli. Therefore, rather than being experiences of the global conditions of the self, emotions are sources of information regarding specific aspects of the self as a physical or psychological subject. (Bortolan, 2010). High level of emotional consciousness implies greater level of awareness of social aspects. The awareness of changes in emotions affects the social behavior. An empathetic person is capable of assertive behavior adapted to the environment and leads good social life. The awareness of changes in emotions implies the connection with self. The awareness of changes in emotion like anger, hatred, jealousy or positive emotions like love, affection affect the lower self.

However, emotional consciousness is insignificantly correlated to spiritual consciousness ($r = 0.139$). According to Ayranci (2011), some relationships existed among factors related to emotional and spiritual intelligences but that there was not a mixture of these two intelligences. In other words, there was not a common factor that included some of the items of these two forms of intelligence together. The awareness of emotions can lead to introspection and sublimate the emotions for the development of higher self and qualities of spirit.

3.2.4. Correlation of Social Consciousness with other Dimensions of Consciousness

Social consciousness has significant correlation with spiritual consciousness ($r = 0.329$) and self consciousness ($r = 0.348$, $p<0.01$). Social consciousness is positively correlated to all the other dimensions of consciousness and correlation is significant. This correlational pattern of social consciousness obtained in the present study may be best explained by the hypothesis, having to do the influence of social consciousness upon the consciousness of the body, mind, emotions, self and spirit. Social consciousness refers to the ability of being conscious about human relationships and the connections with the people we interact with. This implies connections with oneself and with others. Each individual as a spirit entity is part of the ultimate reservoir of spirits. High social consciousness implies that we are connected to one another by realizing the universality of the basic spiritual essence. Hence, high social consciousness can be correlated to high spiritual consciousness.

3.2.5. The Relationships between Spiritual Consciousness and Self Consciousness

The strongest correlation ($r = 0.516$, $p<0.01$) was observed for spiritual consciousness and self – consciousness. Self is the part of spiritual component. Self consciousness is the lower level of the spiritual consciousness. Self consciousness leads to spiritual consciousness. One is the lower end and other is the higher end. Self and spirit being the parts of the same component, have significant positive correlation.

One hypothesis is that these two dimensions of consciousness depend on the consciousness of inner senses. It may be argued that the observed association proceed from this common component. Although a conclusive rebuttal of this account would require further systematic investigation, a general criticism can be put forward. A second hypothesis is that self-consciousness mediates to some extent spiritual consciousness. Tekkevellid (2001) has also mentioned in his study that one of the eight signs of high spiritual quotient is self-awareness. This conceptualization leads to a prediction of positive correlations of self-consciousness with spiritual consciousness. Spiritual consciousness can be developed through self-consciousness. Jung also proposes that the ultimate goal of the collective unconscious and self-realization is to pull us to the highest experience. This, of course, is spiritual. Through continuously seeking self-awareness and connecting to a dimension beyond the self for inner resource, the contented whole self will be able to provide spiritual care.

4. Conclusion

It is interesting to note from the results that although the inter-correlations among different dimensions of consciousness are insignificant in some cases, but not negative between any two dimensions. This leads to conclusion that all dimensions of consciousness are positively associated with each other. Thus, with the increase in consciousness in one of the dimensions, the consciousness of another dimension also increases, even if the extent is less in some cases. The findings also reveal that the highest correlation is between spiritual and self consciousness among inter-correlations of other dimensions. The higher the self-consciousness, higher will be spiritual-consciousness.

The nature of bivariate relationship determined between various dimensions of consciousness can be used to develop theoretical models. This study can lead into experimental research in which the causal relations among those key variables which have significant association with other dimensions such as social consciousness, self consciousness and spiritual consciousness can be examined under controlled conditions.

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It can also be extended to determination of the impact of the social consciousness or self consciousness on spiritual consciousness, allowing a test of strong causal inference. The results of the study can be useful in developing psycho-spiritual model to determine the predictors of spiritual consciousness.

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