



INFLUENCE OF SPIRITUAL INTELLIGENCE ON MENTAL WELL-BEING AMONG MARRIED COUPLES

George, J. M

Post Graduate Student, PG Department of Psychology, Holy Cross College (Autonomous), Tiruchirappalli-2, Tamil Nadu, India.

Vijay M*

Assistant Professor & Head, PG Department of Psychology, Holy Cross College (Autonomous), Tiruchirappalli-2, Tamil Nadu, India. *Corresponding Author

ABSTRACT Spiritual intelligence plays a vital role in many domains of individual's life. It is considered to be an essential for achieving happiness, life satisfaction and positive psychological functioning and self-realization. This study aims to find out the influence of spiritual intelligence on mental well-being among married couples. Survey method was adopted in this study. The study participants were 211 married couples, who responded to standardized measures. The result shows that spiritual intelligence had a significant positive influence on mental well-being of married couples. Couples do not differ in their spiritual intelligence and mental well-being on the basis of gender. Other findings and discussion are presented in detail in this article.

KEYWORDS : Spiritual Intelligence, Mental Well-Being

Background

Marital relationship is considered to be an important part of an individual's life which is associated with many positive and negative outcomes, it tends to affect their positive mental health and well-being. It is one of the major sources of individual's mental and physical support. Spiritual intelligence plays a significant role through out the life span development of the individual. It is "an ability to find meaning and align with one's purpose of life or to change the situation to create a better one" (Madalaimuthu & Kadiravan, 2016). It is considered to be "one of the fundamental beliefs of individual which plays a vital role in promoting and maintaining one's mental health" (Vegan, 2002; Richards, 1999). Spiritual intelligence as "the intelligence which enabling one to search for meaning and value in life and successfully deal with life problems" (Zohar and Marshall, 2000). King (2008) defined "spiritual intelligence as a set of adaptive mental abilities based on non-material and transcendental aspects of reality, particularly those that contribute to the awareness, integration, and adaptive application of the nonmaterial and transcendent aspects of one's existence, leading to such outcomes as deep existential reflection, enhancement of meaning, recognition of a transcendent self, and mastery of spiritual states". Sisk (2002) opinioned spiritual intelligence as "a deep self-awareness in which one becomes more and more aware of the dimension of self, not simply as a body, but as mind body and spirit". Noble (2000) criticized that spiritual intelligence would be "a quality of awareness that recognizes the multidimensional reality in which physicality was imbedded and the personal and societal importance of cultivating empathy, self-awareness, and psychological health". The "religious belief and spiritual intelligence positively influence on marital satisfaction among couples" (Bakhshayesh & Sadth Zadeh, 2015). Studies highlighted that individuals who higher in spiritual intelligence were found to be more flexible, high in self-awareness; and also indicated that individuals' happiness and marital satisfaction increased by doing religious affairs and worship (Roohani & Manavipoor, 2008; Ebrahimi et al, 2012). Pargament and Sanders (2007) highlighted that individuals' spiritual faith had a significant positive association with life satisfaction and purposefulness, as well as physical and mental health and well-being.

Mental well-being is viewed as an individual's positive aspect of mental health and it is largely accepted by covering two different perspectives such as, 'Hedonic' and 'Eudaimonia perspective' (Stewart-Brown, Janmohamed & Parkinson, 2008).. According to the hedonic perspective, mental well-being focuses on individual's subjective experience of happiness and life satisfaction, on the other hand, Eudaimonia perspective, focuses mental well-being on individual's positive psychological functioning, maintaining interpersonal relationship with others and self-realization. Mental well-being is also associated with "individual's positive relations with others, ability to develop own self, self-acceptance, autonomy,

and competence" (Ryan and Deci, 2001; Stewart-Brown et al, 2008).

Need for the Study

Marital life includes lot of positive and negative events and beliefs which is associated with individuals' mental health and well-being. It is witnessed that self-awareness, competence, positive interpersonal relationship are associated with individuals' mental well-being. Due to many domestic problems, married couples may not be peaceful in their lives which leads to affect their well-being. Spiritual intelligence is related to individuals' sense of happiness, marital satisfaction, and mental health. It is also witnessed that spiritual intelligence involves in problem solving and marital adjustment among married couples which may affect their mental well-being (Lotfi and Sayyar, 2008; Dhote, 2017). Hence, there is a need to study the influence of spiritual intelligence on mental well being among married couples.

Hypotheses

1. There will be a significant relationship between spiritual intelligence and mental well-being among married couples
2. There will be a significant influence of spiritual intelligence on mental well-being among married couples.
3. There will be a significant difference in spiritual intelligence and mental well-being among married couples with regard to their gender.
4. There will be a significant interaction between place of residence and socio economic status on mental well-being of married couples.

Method

This study adopted a survey method, which is descriptive and associative in nature. The study aims to find out the significant influence of spiritual intelligence on mental well-being among married couples. 211 married couples from different age range such as from 18 to 76 participated from in and around Tiruchirappalli city, Tamil Nadu, India. The participants were administered the standardized tools such as "Spiritual Intelligence Questionnaire" by Abdollahzadeh et al (2009), "Warwick Edinburgh Mental Wellbeing Scale" (WEMWBS) by Sarah Stewart-Brown & Kulsum Janmohamed (2008) along with personal data sheet. The scoring procedure was done with the help of manual key. The data was analyzed with SPSS version 22.

Results and Discussion

Table 1: Relationship between Spiritual Intelligence and Mental Wellbeing among Married Couples

Variables	Mental Well-being
Spiritual Intelligence	0.408*

*Significant at 0.05 level (2-tailed)

From table-1 it is observed that there is a significant relationship between spiritual intelligence and mental wellbeing among married couples. Hence the hypothesis -1 is accepted. Thus it is concluded that

there is a significant positive relationship between spiritual intelligence and mental wellbeing among married couples. Generally spirituality lays the foundation for many positive activities. In India, it is witnessed that people especially married couples display more importance towards faith in God with regarding many activities they do, such as getting a job, making a decision, handling problems and so on. Some of the research studies highlighted that spiritual intelligence had a positive association with marital satisfaction, life satisfaction, flexibility, self-awareness and self-development which leads to the individual's positive mental health and well-being (Roohani and Manavipoor, 2008; Stewart-Brown et al, 2008; Ebrahimi et al., 2012). Hence it is understood that the significant positive relationship between spiritual intelligence and mental wellbeing among married couples is quite logical.

Table 2: A Significant Influence of Spiritual Intelligence on Mental Wellbeing among Married Couples: Regression Analysis

Independent Variable	Dependent Variable	Un-standardized Coefficient		Standardized Coefficient	't' value	Model Summary
		B	S.E			
Spiritual Intelligence	Mental Wellbeing	0.252	0.041	0.393	6.172*	F=38.09* R ² =0.15 Adjusted R ² =0.150

*- Significant at 0.05 level

To find out the significant influence of spiritual intelligence on mental wellbeing among married couples the researchers utilized regression analysis and found that spiritual intelligence had a significant positive influence on mental wellbeing among married couples. From table-2, it is noticed that spiritual intelligence predicts the criterion variable and explains 15% of the variance of mental wellbeing. Due to many domestic problems, married couples may have increased spirituality, faith and also worship God. In this context, spiritual intelligence plays a vital role in enhancing positive mental health and well-being and maintaining the confidence with regard to their self-awareness, self-acceptance, experience of happiness mutual interpersonal relationship, problem solving and so on. Hence, it is understood that significant influences of spiritual intelligence on mental wellbeing among married couples is quite natural.

Table-3: Significant Difference in Spiritual Intelligence and Mental Wellbeing among Married Couples with regard to their Gender

Variable	Male [N-106]		Female [N-105]		't' value
	Mean	SD	Mean	SD	
Spiritual Intelligence	121.40	13.4	121.51	15.7	0.059 NS
Mental Well-Being	54.18	8.429	52.67	9.213	1.244 NS

NS- Not Significant at 0.05 level

From the above table-3, it is noticed that 't' values are not significant for spiritual intelligence and mental well being of married couples with regard to gender. Hence the hypothesis-3 is not accepted. It is concluded that there is no significant difference among males and females in spiritual intelligence and mental well being of married couples. This result is in line with the findings of Rostami and Gol (2014), which stated that there is no significant gender difference in spiritual intelligence among married couples. Stewart-Brown et al, (2008) concluded in his study that there was no significant gender difference found among individuals on spiritual intelligence and mental-wellbeing. An individual's marital life revolves around many problems like conflict between couples, within the family and accepting each other's differences, sensitivity, respect and giving space to each other. So both the spouse places their faith in God. In this regard, it is considered that both males and females have the equal chance to solve the problems, taking decision, believing and worshipping God and also they are equal in their positive mental health and well-being. Hence, it is inferred that there is no significant difference in spiritual intelligence and mental well-being among married couples with regard to their gender, which is quite understandable.

Table-4: A Significant Interaction between Place of Residence and Socio Economic Status (SES) on Mental Wellbeing among Married Couples: Two-Way ANOVA

Source	Type III Sum of Squares	df	Mean Square	F value	Sig
Corrected model	1034.865	4	258.716	3.515*	0.008
Intercept	50746.754	1	50746.754	689.397*	0.000
Place of Residence (Urban & Rural)	751.725	1	751.725	10.212*	0.002
SES (Low, Middle & High)	317.518	2	158.759	2.157	0.118
Place of Residence * SES	641.531	1	641.531	8.715*	0.004

R²=0.064 (Adjusted R²=0.046)*-Significant at 0.05 level

From table-4 it is observed that there is a significant interaction between place of residence and socio economic status on mental well-being of married couples. Hence, the hypothesis-4 is accepted. From the above table-4 it is also noticed that urban and rural individuals differ significantly in their mental well-being. Individual's dwelling place and their socio-economic conditions play a vital role in their self-awareness, self-acceptance and self-development. It is also associated with their positive mental health and well-being. Hence, the significant interaction between place of residence and socio economic status on mental wellbeing of married couples is quite natural.

CONCLUSION

On the basis of obtained findings, it is concluded that spiritual intelligence had a significant positive influence on mental well-being of married couples. Belief and faith, the components in spirituality would play a significant role among married couples in their interpersonal relationship, self-awareness, self-development, competence, subjective happiness and so on. Socio-economic conditions and living place have also play an important role in mental well-being of married couples. Spirituality related therapeutic techniques would be useful to cope many challenges which lead to promote positive mental health. The study emphasizes to frame a module on personal happiness, empathy, adjustment in relationships, understanding the different roles and responsibilities of each other, their different contribution in family's growth economically, socially that leads to positive parenting and mental well-being. This will lead to a healthy family environment that can contribute productively towards the development of the society.

REFERENCES:

- Abdollahzadeh H., Baqherpour M., Bozhmehran S., Lotfi M.. (2009). Spiritual intelligence: concepts, measurements and its applications. Tehran: Ravansanji Publications.
- Bakhshayesh, A., & Sadthzadeh, B. H., (2015). An investigation of the role of religious beliefs and spiritual intelligence in marital satisfaction, J. Appl. Environ. Biol. Sci., 5(11S), 631-635.
- Dhote, S. (2017). Marital adjustment as a function of spiritual intelligence, Andean Research Journal, 6, 39-46, ISSN 2278-9294.
- Ebrahimi, A., Keykhosrovan, M., Dehghani, M., & Javdan, M. (2012). Investigating the relationship between resiliency, spiritual intelligence and mental health of a group of undergraduate students. Science Journal, 9(1), 67-70.
- Faculty of Public Health and Mental Health Foundation. Better Mental Health for All: A Public Health Approach to Mental Health Improvement. 2016.
- Frances Vaughan. (2002). What is spiritual intelligence?, Humanistic Psychology, Creative, Vol. 42.
- Khalajani S. M., Farhangi, A. (2017). Relationship between spiritual intelligence components and individual identity in students of foreign languages in Tehran. International journal of scientific study; 5(4): 784-792, ISSN 2321-595X.
- King, David Brian. (2008). Rethinking claims of spiritual intelligence: A definition, model, and measure. Trent University (Canada), Canada.
- Lotfi, M., & Sayyar, S. (2008). The relationship between spiritual intelligence and mental health of persons older than 15 years. M.A. thesis. General psychology. PayameNoor University of Behshahr.
- Madalaimitu, A. & Kadiravan, S. (2016). Influence of spiritual intelligence on personality factors among college students. International Journal of Education and Psychological Research, 5(2), 75-77.
- Noble, K. D. (2000). Spiritual intelligence: a new frame of mind, Advance Development, 9, 1-29.
- Pargament, K. I., & Saunders, S. M. (2007). Introduction to the special issue on spirituality and psychotherapy. Journal of Clinical Psychology, 63(10), 903-907.
- Rostami, Amir & Cheraghali, Hayedeh. (2014). Prediction of Marital Satisfaction based on Spiritual Intelligence. Procedia - Social and Behavioral Sciences, 116, 10.1016/j.sbspro.2014.01.613.
- Roohani, A., & Manavipoor, D. (2008). The relationship between practice of religious beliefs and happiness and marital satisfaction in Azad University, Mobarake branch. Knowledge and research in psychology, Azad University, khorasgan branch (Isfahan), 36, 189-206.
- Richard, J. Morris, & Kratochvil, Thomas (2010). The practice of child therapy.

- (Mohammad reza Naeenian, Trans.), Tehran: Roshd. ((Original work published 2008).
16. Ryan, Richard & Deci, Edward. (2001). On happiness and human potentials: a review of research on hedonic and eudaimonic well-being, *Annual review of psychology*, 52, 141-66.
 17. Stewart-Brown S. In: Population level: Wellbeing in the general population. Slade M, Jarden A, Oades L, editors. *Wellbeing: Recovery and Mental Health*: CUP; 2017.
 18. Sisk, D. (2008). Engaging the spiritual intelligence of gifted students to build global awareness in the classroom engaging gifted students' spiritual intelligence.
 19. Zohar, D. & Marshall, I. (2000), "SQ: Connecting with our spiritual intelligence. New York", Bloomsbury Publishing.