



**ORIGINAL RESEARCH PAPER**

**Psychology**

**SPIRITUAL INTELLIGENCE AND REJECTION SENSITIVITY AMONG YOUNG ADULTS**

**KEY WORDS:** Spiritual Intelligence, Rejection Sensitivity, Young Adults.

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**ABSTRACT**

**Aim:** The aim of the study was to scrutinize the impact of spiritual intelligence on rejection sensitivity among young adults. The study also assessed the association between, Spiritual intelligence and rejection sensitivity. **Methods:** The data was drawn from an online survey of 203 adults between the age of 19-30 years, through convenience sampling the data was collected using, The Spiritual Intelligence Self-Report Inventory (SISRI 24), constructed by David B King and the RS-Adult questionnaire (A-RSQ) is an adaptation of the RSQ developed by Downey & Feldman, 1996. **Statistical Analysis Used:** The statistical technique of correlation was used to access the relationship between spiritual intelligence and rejection sensitivity, a t-test to access the gender difference in spiritual intelligence and rejection sensitivity was also used. Regression analysis was also used to understand the impact of spiritual intelligence on rejection sensitivity. **Results:** The findings of the study indicated that there is a negative correlation between spiritual intelligence and rejection sensitivity. In males and females, there was no significant gender difference in spiritual intelligence and rejection sensitivity which is in line with the previous studies. Finally, in terms of impact, spiritual intelligence had an impact of 42% on rejection sensitivity.

**Summary**

The goal of the current study was to determine how spiritual intelligence affected young people's receptivity to rejection. The study's goals were to determine whether there is a substantial connection between spiritual intelligence and rejection sensitivity and to determine whether spiritual intelligence has a significant effect on rejection sensitivity. The study also sought to determine whether there are any notable differences between boys and girls in terms of rejection sensitivity and spiritual intelligence. For the study's execution, non-experimental correlational research approach was chosen. 99 females and 104 males between the ages of 19 and 30 made up the sample for the study.

Tools used in the study included, King's (2008) Spiritual Intelligence Questionnaire and Rejection Sensitivity RS-Adult questionnaire (A-RSQ) and the responses were collected through Google forms. Statistical techniques used to analyse the data included Descriptive statistics, Pearson correlation, which was used to find out the significant relationship among the variables, Linear Regression, which was used to determine the impact of spiritual intelligence on rejection sensitivity and independent sample t-test to check the difference between spiritual intelligence and rejection sensitivity among males and females with the help of IBM SPSS 20.0 version.

**INTRODUCTION**

**Spiritual Intelligence**

The terms "spiritual intelligence" is made up of the words "spiritual" and "intelligence." The Latin term spiritus, which means "that imparts life or vitality to a system," is where the word "spiritual" originates (Zohar, 1997). Numerous social scientists, psychologists, philosophers, thinkers, educators, educationalists, and academic disciplines hold that intelligence is based on the mind's capacity for mental growth and place a high emphasis on the mind while placing a low value on the spirit. What ties "spiritual" and "intellectual" together, then? The concepts of "spiritual" and "intellectual," according to Zohar (1997), are interconnected. What is meant by "spiritual intelligence," which is the key to an individual's well-being and a successful existence, is the relationship between the spiritual and the intelligent.

While acknowledging the overlap and integration between religion and spirituality, it is also understood that these two

disciplines differ in their emphasis on the sacred and their emphasis on the experiential aspects of meaning, eminence, and quality. (Worthington E.,2001) "Religion is believing in someone else's experiences. Spirituality is having your own experience."

Through spirituality, the reasons for life are always being investigated. Spiritual intelligence explores the mind and spirit's inner lives as well as how they interact with everyday life. (Vaughan,2002).

The three A's of spirituality are AWARENESS, ACCEPTANCE, and ACTION. Awareness of the problems accounts for 40%, accepting them as they are accounts for 40% more, and acting accounts for the final 20%. (Vaidyanathan,2009)

**Rejection Sensitivity**

Everyone wants to be liked and despises being rejected by individuals who matter to them. However, other people, who are said to be rejection sensitive, are more worried about rejection. Few people stand out from the rest due to their sensitivity to rejection. People who are sensitive to rejection feel restless and anticipate rejection when they enter unfamiliar situations.

Another sign of rejection sensitivity is how someone responds to rejection. Karen Horney was the first scientist to investigate the phenomena of rejection sensitivity. She said it is a trait of a neurotic personality and a tendency to feel extreme anxiety and embarrassment in even the most banal circumstances.

**Background and context**

The significance of trusting connections between children and their primary caregivers has long been highlighted in psychology. John Bowlby's attachment theory is one of the most widely used explanations for the relationship between early relationship experiences and later interpersonal functioning. According to this hypothesis, early experiences lead to infants developing mental representations (i.e., concepts or pictures of what intimate relationships look like) that have an impact on later social interactions. They develop secure representations if they can rely on their caretakers to meet their requirements. If their wants are not addressed or are met with non-loving or unavailable replies, they become uneasy and anxious in their relationships. Adult rejection sensitivity may result from early rejection experiences.

Rejection sensitivity is described by Downey and her colleagues in 1998 as "the inclination to anxiously expect, rapidly recognise, and overreact to rejection." Early rejection or unresponsiveness experiences are thought to cause rejection sensitivity, which affects future expectations about rejection (Downey et al., 1998). People who are rejection sensitive anticipate rejection from others, read into ambiguous indications as rejection, and are more likely to experience genuine or imagined instances of rejection (Downey et al., 1998).

**METHOD**

**Participants**

Convenience sampling method

A non-probability sampling approach was used to take a total of 203 respondents for the study. The study comprised young adults who satisfied the study's inclusion and exclusion criteria.

**Inclusion criteria:**

- Male and female participants falling within the age group of 19-30 years.
- Subjects with the understanding of English language.
- Young adults who are studying or working.

**Exclusion criteria:**

- Young adults going through any psychotherapy.

**Research Design**

The current study has a non-experimental correlational design with a quantitative approach.

**Aim**

The present study aims to study the influence of variables, spiritual intelligence on rejection sensitivity among young adults.

**Tools Used**

- The Spiritual Intelligence Self- Report Inventory (SISRI 24), King, 2008
- The Rejection Sensitivity RS-Adult questionnaire (A-RSQ), Downey and Feldman, 1996

*The Spiritual Intelligence Self-Report Inventory (SISRI 24), constructed by David B King in 2008:* It is a 24-item scale. This questionnaire has 4 dimensions: (a) critical existential thinking, (b) personal meaning production, (c) transcendental awareness, and (d) conscious state expansion. Each item is scored on a 4-point Likert scale: not at all true at all of me, not very true of me, somewhat true of me, very true of me, is completely true of me. Scoring is done either domain wise by adding the scores assigned to the items assigned to each domain or by arriving at a composite score by adding all the scores. Higher scores indicate higher spiritual intelligence. Min score- 0 and max score of 96. The Cronbach's alpha was 0.95 and split-half reliability was 0.84.

*The Rejection Sensitivity RS-Adult questionnaire (A-RSQ) The RS-Adult questionnaire (A-RSQ) is an adaptation of the RSQ developed by Downey & Feldman, 1996:* It consists of 9 items. Score of rejection sensitivity for each situation is obtained by multiplying the level of rejection concern (the response to question a) by the reverse of the level of acceptance expectancy (the response to question b). The formula is: rejection sensitivity = (rejection) \* (7 - acceptance expectancy). The total rejection sensitivity score is obtained by taking the mean of the resulting 9 scores. The total score will be between 1 and 36. Internal consistency (alpha) = .89 and Test-retest reliability (Spearman-Brown coefficient) = .91.

**Procedure**

For the purpose of the study, young adults were approached. Based on the inclusion and exclusion criteria, participants

were approached. A general overview of the study was provided and thereafter informed consent from the participants was taken. Sociodemographic details were noted and ethical aspects were clearly stated. The King's (2008) Spiritual Intelligence Questionnaire and Rejection Sensitivity RS-Adult questionnaire (A-RSQ) were given to the participants. All the responses were taken into consideration in the current study.

**RESULTS**

**Table 1:** Descriptive statistics of Spiritual Intelligence and Rejection Sensitivity

Variables	N	Mean	SD
Spiritual Intelligence	203	53.08	13.05
Rejection Sensitivity		11.20	2.15

M=Mean, SD= Standard deviation, N=203

In table 1, the variables spiritual intelligence illustrates the mean value of 53.08 and standard deviation of 13.05. On the other hand, the mean value of rejection sensitivity is 11.20 and the standard deviation is 2.15. The data was collected from 203 young adults. From the table it can be concluded that the mean value of spiritual intelligence is 53.08 which is high and the mean value of rejection sensitivity is 11.20 which is low.

**Hypothesis 1**

There will be a significant relationship between Spiritual Intelligence and Rejection Sensitivity.

**Table 2:** Correlation between Spiritual Intelligence and Rejection Sensitivity

Variables	Spiritual Intelligence	Rejection Sensitivity
Spiritual Intelligence	---	-.204**

\*\* Correlation is significant at the 0.01 level (2-tailed), N=203

In table 2, for the variables spiritual intelligence and rejection sensitivity, there is a statistically significant negative correlation between the spiritual intelligence and rejection sensitivity at p<=0.01 level, there is a difference of -.204.

**Hypothesis 2**

There will be a significant impact of spiritual intelligence on rejection sensitivity.

**Table 3:** Linear regression to access the impact of Spiritual Intelligence on Rejection Sensitivity

Variable	Dependent Variable	B (β)	F	R square	t value	Sig
Spiritual Intelligence	Rejection Sensitivity	-.204	8.753	0.42	-2.959	.003

- a. Dependent variable: Rejection Sensitivity
- b. Independent variable: Spiritual Intelligence

Table 3, shows regression analysis of spiritual intelligence on rejection sensitivity with Beta value of -.204, F value of 8.753 and t value of -2.959.

The table also indicates that the R2 value is 0.42 and the result was found to be significant with p<=0.05.

**Hypothesis 3**

There will be a significant difference between males and females in spiritual intelligence.

**Hypothesis 4**

There will be a significant difference between males and females in rejection sensitivity.

**Table 4:** Independent sample t-test for difference between males and females in spiritual intelligence and rejection sensitivity

Variable	Gender	Mean	SD	t	p
Spiritual Intelligence	Male	104	51.34	-1.977	.193
	Female	99	54.92		
Rejection Sensitivity	Male	104	11.63	3.023	.489
	Female	99	10.74		

Table-4 depicts that there is no significant difference among males and females at 0.05 level in spiritual intelligence and there is no significant difference between males and females in rejection sensitivity. As the sig p .193 > 0.05 and .489 > 0.05 so, we it can be concluded that there is no significant difference between males and females based on spiritual intelligence and rejection sensitivity.

**DISCUSSION**

Obtaining acceptance and avoiding interpersonal rejection is a basic drive that all people share. Because all humans share this deep and persistent want to belong, rejection by others has a negative impact on the physical and mental health, as well as on the ability to function.

“In India, spiritualism is not an obsession of the human mind, rather it is a heritage as well as a continuous tradition” - *Dr Asha Goswami*

The academic interest in spirituality has increased in the form of wide body of research studying the effects of spirituality on a host of psychological and behavioural aspects of humans. The present study aims to study the influence of variables, spiritual intelligence on rejection sensitivity among young adults. In this study the data was collected from 203 participants including both males and females who are working or studying, by using Google forms. During analysis it was found that people from seven different religions across India participated in the study. The participants were not forced to take part in the study and the consent was taken from them through the Google forms.

From the results obtained it was shown that there is a negative correlation between spiritual intelligence and rejection sensitivity. The results are contradictory to the findings done by, Seena, N S; Sundaram (Jan 2018), who found that there is a positive correlation between the two variables as the one increases the other will also increase, there is a contradiction because of the variation in the sample location and sample size. Linear analysis in the study portrayed that there is a considerably significant impact of spiritual intelligence on rejection sensitivity. The R<sup>2</sup> value indicates that 42% change in rejection sensitivity is predicted by spiritual intelligence. So, it can be understood that person having high level of rejection sensitivity may be because of the variation in spiritual intelligence. Similarly, Korankye, B., & Amakyewaa, E. (2021) in their study portrayed the impact of spiritual intelligence by using regression analysis and showed the similar results. Furthermore, study illustrated that there is no significant difference among males and females based on spiritual intelligence and there is no significant difference between males and females based on rejection sensitivity.

This study will help a person with spiritual intelligence to

better able to deal with rejection and experience less stress as a result of both the expectation of rejection and the actual rejection. Since it fosters awareness and contemplation, spiritual intelligence will enable one to manage their connection with themselves and others more skillfully.

**CONCLUSION**

Results indicate a negative relationship between spiritual intelligence and rejection sensitivity. Regression analysis reveals that rejection sensitivity accurately predicts a change of 4.2% in spiritual intelligence. Additionally, there is no statistically significant difference between men and women based on rejection sensitivity and spiritual intelligence, according to the independent sample t-test.

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