

Relationship of Spiritual Intelligence and Self-determination Among Young Adults

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Master of Science in Psychology

By

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CERTIFICATE

This is to certify that the dissertation entitled, “Relationship of spiritual intelligence and self-determination among young adults”, is a bonafide record submitted by Ms. Merina Mathew, Reg.no. SM20PSY000, of St. Teresa’s College, Ernakulam under my supervision and guidance and that it has not been submitted to any other university or institution for the award of any degree or diploma, fellowship, title or recognition before.

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DECLARATION

I, Merina Mathew, do hereby declare that the work represented in the dissertation embodies the results of the original research work done by me in St. Teresa's College, Ernakulam under the supervision and guidance of Ms. Ashya K Salim, Assistant Professor, Department of Psychology, St. Teresa's College, Ernakulam, it has not been submitted by me to any other university or institution for the award of any degree, diploma, fellowship, title or recognition before.

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ABSTRACT

Spiritual Intelligence is an ability to recognize theistic meaning in a given situation and to direct one's motivation from a self-centred one to one that represents the spiritual, theistic meaning. Spiritual intelligence is a ability to move towards spiritual meaning from materialistic world by understanding, feeling, evaluating, creating, and acting beyond self-centred motives. Self-determination is ability with which each person can make choices and manage their own life. It can also be considered as the belief that you can control your destiny. The present study try to find the relationship between spiritual intelligence and self determination young adults, age range from 18-25 years. The study was conducted on 200 young adults from rural (110) and urban(90) area of residence. Data collected using demographic sheet, Spiritual Intelligence Self-Report Inventory, The Self-Determination Scale. The statistical analysis used are Spearman's rank correlation, Mann Whitney U test, and independent t test. It was found that there is significant correlation between spiritual intelligence and self-determination among young adults.

Keywords. Spiritual intelligence, self determination, young adults

CHAPTER 1

INTRODUCTION

The ultimate strive in human life is the pursuit of happiness and meaning. All other aspects of life are secondary and meaningless until you know the true meaning of life. Spiritual Intelligence covers whole dimensions of a human, holding certain values and characteristics. It is something far above religion and displays greater importance to commitment, integrity and empathy towards oneself and everything around them. Everyone wishes to have a better life and control it. Self-determination is ability with which each person can make choices and manage their own life. It can also be considered as the belief that you can control your destiny. People set goals for themselves and take initiative to reach those goals. It is an ability to face difficulties and overcome them by making the right choices.

Spiritual intelligence is an ability to move towards spiritual meaning from materialistic world by understanding, feeling, evaluating, creating, and acting beyond self-centred motives. It is an ability to recognize theistic meaning in a given situation and to direct one's motivation from a self-centred one to one that represents the spiritual, theistic meaning. Spiritual intelligence is perceived as an ability to understand the world and oneself through God-centeredness and to adapt one's life accordingly. It is a basic ability that shapes and directs all other abilities. Spiritual intelligence is considered developmental, built through the accumulation of separate experiences, as manifestations of spiritual intelligence appear in an individual's life increasingly.

According to Emmons (2000), specific abilities and competencies construct spiritual intelligence and may guide adaptive problem-solving. He offered five characteristics that may illustrate spiritual intelligence: (a) an ability for transcendence; (b) an aptitude for reaching spiritual states of consciousness; (c) penetration of the sacred into everyday performance; (d) service of the spiritual as a resource for problem-solving; and (e) the capacity to be virtuous, internally and in behaviour. The spiritual is the core intelligence that describes the ability to solve

problems that relate to values, vision, and meaning. According to these authors, creativity is a major aspect of spiritual intelligence, and spiritual processes are manifested in physiological ones.

Self-determination is the belief in oneself a belief that one is an active contributor and the author of one's life. Self-determination involves choosing and setting goals being involved in ranking one's own life decisions self-advocating and working to reach the goal. It is a basic psychological need. The four main characteristics of Self-Determination are: actions are taken independently, the behaviour is self-monitored, events are begun and responded to in a way that is psychologically enabling and self-fulfilment is a key component of the outcome.

Self-determination theory (Deci and Ryan, 2012) is a broad framework for understanding factors that facilitate or undermine intrinsic motivation, autonomous extrinsic motivation, and psychological wellness, all issues of direct relevance to educational settings. We review research from SDT showing that both intrinsic motivation and well internalized (and thus autonomous) forms of extrinsic motivation predict an array of positive outcomes across varied educational levels and cultural contexts and are enhanced by support for students' basic psychological needs for autonomy, competence, and relatedness. The three psychological needs autonomy competence and relatedness are essential for understanding the what and the why pursuits.

Spiritual intelligence is perceived as an ability to understand the world and oneself through God-centeredness and to adapt one's life accordingly. It is a basic ability that shapes and directs all other abilities. Self-determination involves choosing and setting goals, being involved in ranking one's own life decisions, self-advocating and working to reach a goal. The study is to find the relationship between self-determination and spiritual intelligence in young adults.

Need and Significance of the Study

Spiritual Intelligence extends across life. The individual can lead a meaningful and fruitful life with satisfaction. Self-determination makes one feel to have control over life and have the ability to shape destiny.

By proper intervention and necessary adjustment, we can improve spiritual intelligence which in turn increases the productivity of a person. It helps to bring satisfaction in life, feel fulfilment and reach goals. Self-determined people have proper control in their life and optimistic ones. Improving both and understanding its importance among adults helps to increase productivity in different settings. In the workplace, they appear competitive in a healthy way. They have a good relationship with the people around them. In the school setting, they are good in academics and relationships with students.

CHAPTER 2
REVIEW OF LITERATURE

A regression analysis conducted on a group of Jordanian undergraduate students indicate that critical existential thinking is the first predictor dimension of spiritual intelligence in terms of neuroticism, extraversion, openness to experience, agreeableness, and conscientiousness. (Mahasneh, Shammout et al 2015). Similarly, Sodo, Bakhsh & Gupta, (2012) researched to explore the relationship between personality traits, spiritual intelligence and well-being among 120 university students doing their post-graduation in psychology. Findings shows a positive relationship between personal meaning production and agreeableness and neuroticism. A significant relationship appeared between transcendental awareness and openness. Regression analysis revealed that transcendental awareness predicted well-being.

Having a purpose in life there was a significant association between the components of spiritual intelligence, including conscious state expansion, personal meaning production, transcendental awareness, and critical existential thinking with psychological well-being.

A descriptive correlation study on 270 nurses from hospitals of Tehran University showed significant relationship between spiritual intelligence and psychological well-being. The high level of spiritual intelligence in nurses helps them to improve their psychological well-being and have a purpose in life, which can lead to the health provision of them and their patients. (Sahebalzamani, Farahan, Abasi et al, 2013)

A study found that the spiritually intelligent adolescents, who were less emotionally intelligent, had a healthier Identity development than those who were less spiritually Intelligent. A sample of 200 adolescent students was studied to know the moderating role of spiritual

intelligence on the relationship between emotional intelligence and identity development.

(Cisheng, Shah, Jamala et al ,2017

Spiritual intelligence and organizational commitment have definite correlation. Higher spiritual intelligence corresponded to higher organizational commitment, which was proven for both males and females. It was based on a study conducted on university staffs in Tehran, Iran (Kalantarkousheh, Sharghi, Soleimani et al, 2014).

Achievement motivation has significant effect on spiritual intelligence. It means spiritual intelligence facilitates the achievement of desired goals among students. The influence of gender is found significant on spiritual intelligence. On a study aimed to study the effect of achievement motivation and gender on spiritual intelligence of 200 male and 200 female students studying at Aligarh Muslim University (Siddiqui, 2013).

Spiritual intelligence has a positive relationship between resilience and negative relationship with perceived stress based on a study conducted on 307 university students. (Khosravi and Nikmanesh, 2014). Promoting spiritual intelligence of the can help them have more stable happiness. A cross-sectional descriptive study on 125 hospital nurses show happiness have significant relationship with spiritual intelligence variables like patience, self-conscious transcendence and spiritual experiences (Bagheri, Akbarizadeh, & Hatami, 2011).

A cross-sectional study results revealed a that there is significant relationship between spiritual intelligence and hardiness, spiritual intelligence and well-being, and Hardiness and well-being. It also showed working ward significantly correlated with spiritual intelligence Akbarizadeh, Jahanpour and Hajivandi(2013).

Aydin (2018) conducted a study reveals there is a low level of relationship between students' spiritual intelligence characteristics and self-regulation skills, and it doesn't differ by the gender and place of residence variables.

Singhal and Kulshrestha (2017) was able to prove that teachers with a high spiritual quotient are better educators to contribute more and result in the formation of a better community which in turn would lead to teachers taking the most meaningful, uplifting and practical courses in life. A study shows that there was a significant relationship between teachers' spiritual intelligence and their job satisfaction. The study also revealed that there was a significant difference found between teachers' spiritual intelligence and their academic levels (Yahyazadeh-Jeloudar and Lotfi-Goodarzi, 2012).

The study conducted by Pant and Srivastava (2019) revealed that there is significant relationship between spiritual intelligence and mental health among both male and female arts students, and science students, On the same study it was found that there was no significant difference on the basis of gender and stream of education.

Spiritual intelligence as a key intervention decreased interpersonal sensitivity, somatization, obsessive-compulsive, depression, anxiety, aggression, phobic, paranoid ideation, and psychoticism in the experimental group compared with the control group. An experimental study aimed to determine the effect of spiritual intelligence training on the indicators of the mental health situation of Iranian students. Experimental findings supported the notion that spiritual intelligence training as a new psychological and religious construction can decrease psychological disasters and improve the experienced level of mental health among high school students (Charkhabi, Mortazavi, Alimohammadi et al 2014).

Deci, Connell, and Ryan (1989) conducted a study on "Self-Determination in a Work Organization". The data was collected from 23 managers and their subordinates on three occasions, managers' interpersonal orientations toward supporting subordinates' self-determination versus controlling their behaviour were related to perceptions, effects, and satisfactions of the subordinates. It shows a positive impact on subordinates' target variables.

Research has demonstrated that self-determined individuals are more successful in the achievement of their stated goals. Critics of services for students with disabilities claim that the focus remains too much on process and accommodations and not on demonstrating effective outcomes. Strategies that promote self-determination and success for students with learning disabilities in postsecondary settings include using universal design principles when preparing and delivering instruction, offering opportunities for students to set personal goals and make choices, and providing self-determination skill instruction and support for students and faculty Field, Sarver & Shaw, (2003).

Manning (2014) conducted a study on the influence of key worker values on consumer self-determination. Findings also demonstrate that recovery is not a spontaneous or fortuitous event. Instead, it is an experience underpinned by processes of self-determination. The findings provide important insights into recovery in the context of homelessness. Moreover, consumer choice and personal mastery showed to be part of the recovery process.

A study investigated the impact of these three factors on success in increasing physical activity among patients with type 2 diabetes but considered also the role of other important life-context factors, such as mental health, stress and social support. Results show that

autonomous motivation using the Self-termination theory predicted success in increasing PA (Koponen, Simonsen & Suominen 2018).

Competence needs satisfaction partially mediated by the relationship between autonomy support and intrinsic motivation. Fulfilment of the 3 basic psychological needs (i.e., competence, autonomy, and relatedness) related to more self-determined motivational regulations. Identified and introjected regulations emerged as positive predictors of strenuous and total exercise behaviours. These findings support SDT in the exercise domain (Edmunds, Ntoumanis & Duda, 2007)

Ang, Talib, Tan et al (2015). A model linking computer-mediated communication (CMC) attributes to psychological need satisfaction in online friendships and life satisfaction based on theories gratifications, and self-determination, The findings suggest direct links between media orientations and psychological need satisfaction in online friendships reported direct links between online communication, online self-disclosure and psychological need satisfaction in online friendships, I also a direct link between psychological need satisfaction in online friendships and life satisfaction. The findings suggest that CMC attributes may serve as a new social milieu for adolescent subjective well-being (Ang, Talib, Tan et al 2015).

Silva, Vieira, Coutinho et al 2010) one year weight management intervention based on self-determination theory (SDT) on theory-based psychosocial mediators, physical activity/exercise, and body weight and composition in women. At 12 months, the intervention group showed increased weight loss and higher levels of physical activity/exercise compared to controls. Main intervention targets such as more autonomous self-regulation. Interventions grounded in SDT can be successfully implemented in the context of weight management,

enhancing the internalization of more autonomous forms of behavioural regulation, and facilitating exercise adherence (Silva, Vieira, Coutinho et al 2010)

Dyadic self-determination moderated the relationship between individual self-determination and cohesion as well as the relationship between individual self-determined motivation and relationship quality (Gaudreau, Fecteau, & Perreault,2010)

In a face-to-face interview possible associations are mediated by psychological distress and perceived social support was examined and found that Psychological distress mediates both competence and autonomy, and social support mediates competence as well as relatedness. These findings emphasize the importance of intervention programs for homeless young adults, focusing on the enhancement of self-determination, especially competence, to improve their quality of life (Krabbenborg, Boersma, Veld et al (2017

In a study, performance-orientated (music and sport) students to other students and the general population on a selection of wellbeing , mental and physical health , and trait measures was compared. Students reported more health and wellbeing issues than the general population. Results are in line with Self Determination Theory and suggest the need for institutions to embed health and wellbeing into a ‘living curriculum’ to accommodate the needs of different student groups (Elena Alessandri, Dawn Rose and David Wasley 2020)

Ghorbani (2009) did a multidimensional study on Mysticism and Self-Determination in Iran. Cultural factors will just necessarily influence the psychology of religion and mental health and will invariably present important challenges in an attempt to examine relationships between the two. The present data was that the multidimensional complexity of mysticism and the assumptions of Self-Determination Theory may be useful in that future process.

A longitudinal study conducted to measure Hope and self-determination of young adults in the workplace. The study tested positive reciprocal longitudinal interactions between components of hope theory and the satisfaction of basic psychological needs in the work environment during 3 years of vocational training. The study suggested that perceived vocational competencies lead to increases in hope, while the trainees' hope in turn also had positive effects on the development of perceived vocational competencies (Wandelera, Bundick (2011) .

Nota, Ferrari, Soresi & Wehmeyer (2007) examine the relationship among and between personal characteristics, self-determination, social abilities and the environmental living situations of people with intellectual disabilities. The study replicated findings of the relative contribution of intelligence to self-determination and QoL, added information about the potential contribution of social abilities, and pointed to the potentially important role of opportunities to make choices as a particularly important aspect of becoming more self-determined, at least in the context of residential settings.

Research Gap

The present study aimed to find the relationship between spiritual intelligence and self-determination as there was no study conducted on the variable particular group. Certain variables which spiritual intelligence had relationship found to be also related with self-determination. The presented study conducted on young adults age ranges from 18 to 25.

CHAPTER 3
METHODOLOGY

Research Design

Descriptive and correlation design used in the present study.

Aim

The present study is aimed at identifying the relationship between spiritual intelligence and self-determination among young adults.

Statement Problem

The present study is done to find whether there is significant relationship between spiritual intelligence and self-determination among young adults. It also finds whether there is any significant difference in spiritual intelligence and self-determination on area of residence among young adults. The study is entitled " RELATIONSHIP BETWEEN SPIRITUAL INTELLIGENCE AND SELF DETERMINATION AMONG YOUNG ADULTS".

Objectives

- To understand the relationship between self-determination and spiritual intelligence in young adults.
- a significant difference in spiritual intelligence among rural and urban young adults .
- a significant differences in self determination among rural and urban zoung adults.

Hypothesis

It was hypothesized that:

H1: There is significant relationship between spiritual intelligence and self-determination among young adults.

H2: There exists a significant difference in spiritual intelligence in rural and urban young adults.

H6: There exists a significant difference in self determination among rural and urban young adults.

Operational Definition

Spiritual Intelligence

Spiritual intelligence is a set of adaptive mental capacities based on non-material and transcendent aspects of reality (King and Teresa, 2009).

Self Determination

Self- determination is the body of attitudes and skills required for an individual to act independently of external influences and interventions and to make choices about their own actions as the primary subjects in their own life. (Wehmeyer, 1992).

Young Adults

Individuals age from 18 -25 years are considered as young adults

Sample

Population

The Samples for the present study were young adults both male and female, selected from different parts of Kerala. The sample size of the study included 200 participants of ages ranging from 18 to 25 years. There is 110 participants from rural and 90 participants from urban areas.

Sampling Design

Samples are selected randomly from the population/ A convenient sampling method was used to collect the data. Convenience sampling is a type of non-probability sampling that involves the sample being drawn from that part of the population that is close to hand.

Inclusion criteria

- Participant who can read and comprehend.
- Young adults between ages 18 and 25.
- Young adults have passed 12th.
- Young adults having no identified physical or mental disorder

Exclusion Criteria

- Those who are below 18 years of age and above 25 years of age.
- Adults have identified physical and mental disorders.
- Participant who cannot understand and read .

Tests/ Tools Used for Data collection

1. Informed consent
2. Demographic Sheet
3. Spiritual intelligence self-report inventory
4. The Self-determination scales

Informed Consent

This was developed by the researcher. It contains the voluntary consent of the participants to take part in the questionnaire provided their identity will be kept confidential.

Demographic sheet

This part of the questionnaire collects the basic details of the participants such as name, age gender religion area of residence education and current status

Spiritual Intelligence Self-Report Inventory

The Spiritual Intelligence Self-Report Inventory (SISRI) was developed by King and DeCicco (2007). The SISRI comprised 24 items that were used to measure the level of spiritual intelligence. The Spiritual Intelligence Self-Report Inventory (SISRI) has four different dimensions: a)Critical Existential Thinking (CET)b)Personal Meaning Production (PMP), c)Transcendental Awareness (TA), and d)Conscious State Expansion (CSE). The responses were obtained following the 5-point rating scale: Not at all true of me, not very true of me, somewhat true of me, very true of me and completely true of me. The score ranges from 0 to 96. The reliability was determined through internal consistency methods- Cronbach's Alpha and Split-Half were found to be 0.95 and 0.94 for all items. The validity of the SISRI was determined by construct and criterion-related methods. Scoring: Item 6 is reversed scored And total score is obtained.

The Self-Determination Scale is

It is developed by Sheldon and Deci in 1993. It was designed to capture the prototype of the grounded and self-determined person. It contains 10 items. Preliminary research showed strong relations between this 10-item instrument and a variety of indices of well-being. The scale has two facets, Self-Contact and Choicefulness. The alpha coefficients for the full scale ranged from .86 to .92 in several samples. The subscales can either be used separately or they can be combined into an overall SDS score. For each item, subjects are asked to determine which of two statements feels more true, using a scale ranging from only A feels true (1) to only B feels true (9). For example, "my body sometimes feels like a stranger to me" versus "my body always feels like me" is 1 item of the Self-Contact facet, and "I feel that my choice of actions is often very limited" versus "I feel that I always freely choose my actions" is 1 item of the Choicefulness facet. The present study collapsed across the two facets.

Scoring: First, items 1,3,5,7,9 need to be reverse-scored so that higher scores on every item will indicate a higher level of self-determination. To reverse score an item, subtract the item response from 6 and use that as the item score.

Procedure

The data of the samples were collected through a digital platform where the scale was circulated as an online questionnaire through Google forms. The questionnaire began with a voluntary participation form which also included the confidentiality of the data that was entered followed by the demographic details. The two scales along with instructions was distributed to the sample. The obtained data were scored and left to further analysis. It will take about 10 minutes to complete the questionnaires. The data were collected from young adults from different

parts of Kerala. After receiving the responses, the participants were thanked for their participation.

Data Analysis Techniques

The statistical techniques selected were based on the objectives set forth and the hypothesis for the study. The present study is to find out the relationship between spiritual intelligence and self-determination among young adults. The responses of the subject were analysed using Statistical Package for Social Sciences (SPSS) and Excel sheet. SPSS is a statistical software developed by IBM for data management, analysis and investigation. The following statistical tool was applied for data analysis. Spearman Rank Correlation coefficient was used to find out the relationship between the variables spiritual intelligence and self-determination. Independent T Test is used to find the significant difference in spiritual intelligence between rural and urban young adults. Mann Whitney U test is done to find significant difference in self determination among rural and urban young adults. It was done because sample was not normally distributed.

Test for Normalit

CHAPTER 4
RESULT AND CONCLUSION'

This chapter describes the findings of the current study. The data obtained from the study were subjected to quantitative analysis using descriptive statistics, Spearman rank correlation, and Mann- Witney U test, by employing the SPSS software. This study was designed to examine the relationship between Spiritual Intelligence and self-determination among young adults. The results are discussed below, keeping in view the study's objectives.

Test for Reliability

Table 1

The result of reliability test on the sample for spiritual intelligence and self determination young adults

cales	N	Cronbach's Alpha
SISRI 24	200	0.900
Self determination Scale	200	0.758

The table shows the reliability of instruments using Cronbach's Alpha and No of participants. The reliability score is 0.900 and 0.758 for spiritual intelligence and self determination The scores implies the scale is reliable in the sample.

Table 2

The Result Kolmogorov- Smirnov test of normality for spiritual intelligence and self determination

Variables	K	df	Sig
Spiritual intelligence	0.050	200	0.200*
Self determination	0.110	200	<0.001

*This is the lower bound of true significance

The result of Kolmogorov- Smirnov of normality of spiritual intelligence shows that the variable is normally distributed among the sample ($p=.200$, $p>0.05$). The Kolmogorov- Smirnov test of normality self determination shows that the variables are not normally distributed in the sample ($p<0.05$).

Descriptive Analysis

The study was conducted among 200 participants. The descriptive research design was used to meet the objectives of the study. The data was analysed using Spearman's rank correlation, Mann Whitney U test, t-test

Figure 1

*Distribution of participants on the basis of age *

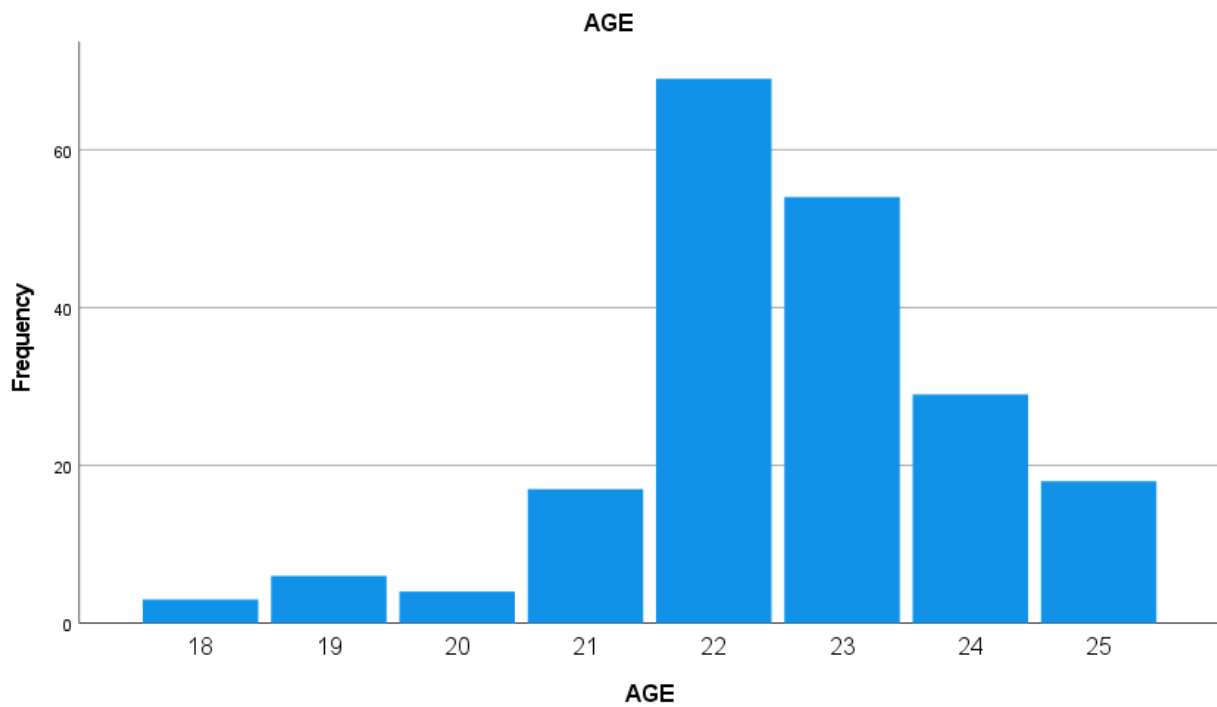


Figure 2 shows the distribution of participants in the study based on age. The age range from 18 to 25 years.

Figure 2

Distribution of participant on the basis of locality

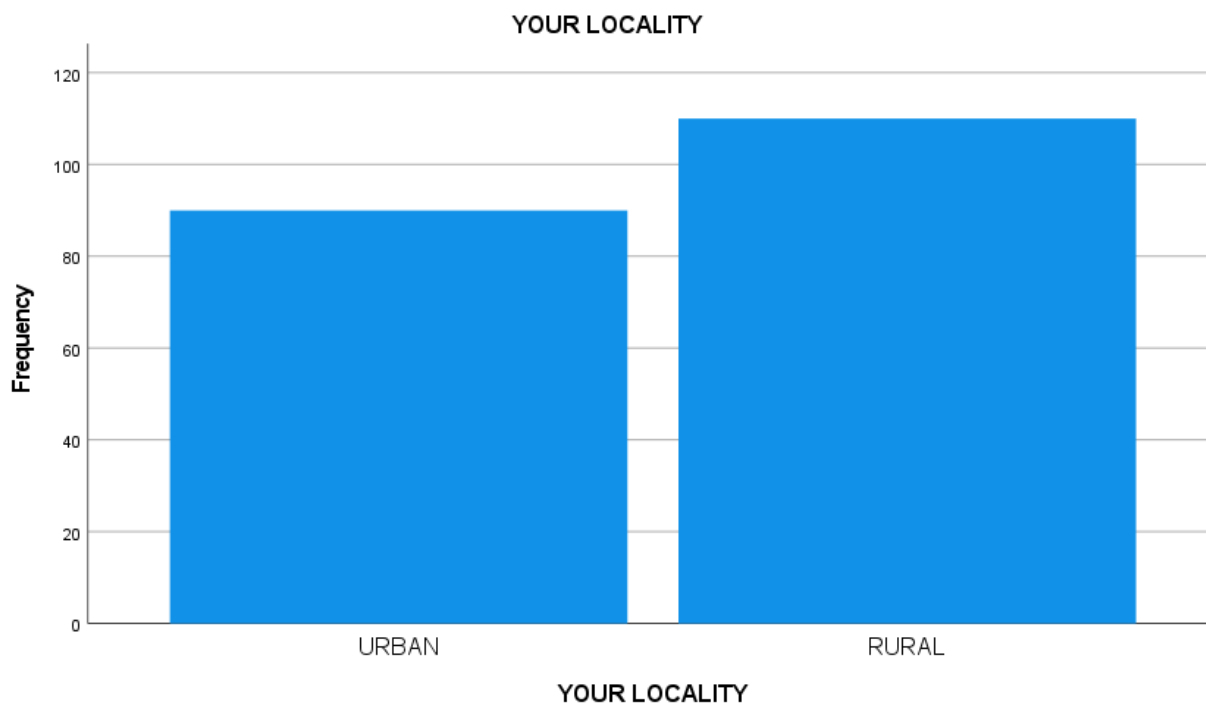


Figure 2 shows the distribution of participants on the basis of area of locality. There are 90 from urban and 110 from rural area.

Table 3

Mean and Standard Deviation - Spiritual Intelligence and Self Determination

Variables	N	Maximum	minimum	Mean	Standard deviation
Spiritual intelligence	200	25	96	63.26	14.437
Self determination	200	18	50	35.30	7.290

Table shows the mean and standard deviation of spiritual intelligence and self determination on the sample.

Inferential Statistics

H1: There is a significant relationship between spiritual intelligence and self-determination among young adults.

Table 4

The table shows the Correlation between communication apprehension and family pathology.

Variables	Self determination
Spiritual Intelligence	0.0.202**

*Significance at 0.01 level.

The table shows the correlation between spiritual intelligence and self determination The correlation coefficient is found to be 0.202 which is significant at 0.01 level. This indicates a substantial positive relationship between the variables. This means that an increase in the level of spiritual intelligence will lead to increase in self determination. There is no earlier studies between spiritual intelligence and self determination among young adults. Hence, the hypothesis H1 “To find the relationship between ” spiritual intelligence and self-determination among young adults is accepted.

H2: There exists a significant difference in spiritual intelligence among rural and urban young adults.

Table 5

The table shows the result of independent t test comparing difference in spiritual intelligence among rural and urban young adults.

Variable	Area of residence	N	Mean	t	df	Sig
Spiritual Intelligence	urban	90	64.72	1.298	198	0.198
	rural	110	62.06			.000

The above table shows the result of t-test comparing difference spiritual intelligence among urban and rural young adults. The mean value of urban 64.72 is and rural is 62.06 . The t value is 1.298 , df is 198 which has significance value of $p=0.198$ ($p>0.01$). which means that there is no significant difference in spiritual intelligence . A study conducted by Aydin (2018) show there is a low level of relationship between students' spiritual intelligence characteristics and self-regulation skills, and it doesn't differ by the gender and place of residence variables. Hence, the hypothesis rejected.

H3: There exists a significant difference in Rumination among men and women.

Table 6

The table shows the result of Mann-Whitney U test comparing difference in self determination among rural and urban young adults

	Area of residence	N	Mean rank	U	z	sig
Self determination	urban	90	108.89	4194.500	-1.857	.063
	Rural	110	93.63			

The result of Mann-Whitney U test comparing difference in self determination shows that the mean rank of rural (mean =93.63, n=110) and urban(mean=108.89, n=90) areas for self-determination U=3727.000, z=-3.075, p= 0.002. There is no significant difference in the rural and urban areas of locality for self determination. Hence the hypothesis is rejected..

CHAPTER 5

CONCLUSION

The study seeks to find out the relationship between spiritual intelligence and self determination among young adults and also to find out the significant difference in spiritual and self determination among rural and urban young adults..

Findings

- There is significant relationship between spiritual intelligence and self determination among young adults
- There is no significant difference in spiritual intelligence among urban and rural young adults
- There is no significant difference in self determination among urban and rural young adults.

Implications

1. The study provides an insight about how spiritual intelligence and self determination related , help people to understand about how is spiritual intelligence affecting their lives and make the needful changes.
2. This data can be used by psychologists, counsellors in planning and conduct intervention programs to for young adults who find lack in self determination among all individuals and build a confident society.
3. Schools can take initiatives to help children grow to a confident person without by developing spiritual intelligence.
4. A spiritually intelligent population is a asset for society who gave believe everything above materialist thing exist in society.

Limitations

1. The data were collected mostly using google form.
2. The samples were not of equal gender distribution.
3. Sample size was small
4. Since non probability sampling was used the findings cannot be applied to the entire population.
5. Include more population.

Suggestions for future research

1. Demographic variables like, socio economic status and other cultural factors can be included.
2. It might be beneficial in the future to extend the sample to wider groups.
3. we find no significant difference in spiritual and self determination among rural and urban young adults. If we look have large sample that could be useful.
4. With similar sample sizes for independent groups in gender we can find the significant difference between male and females in the respective study.

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Journal

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APPENDIX A

CONSENT FOR PARTICIPATING IN THE RESEARCH

I am Merina Mathew currently pursuing my MSc Psychology at St. Teresa's College Ernakulam. I am conducting a study on the topic "Relationship Spiritual Intelligence and self determination in young adults" as part of requirement of my curriculum. Kindly request to read the questions and mark the responses carefully. Please try to make your responses honestly which will be very helpful to my survey research.

For queries or suggestions, feel free to contact- merinamathew18@gmail.com

Protection of rights and confidentiality

The confidentiality of your identity as well as responses will be maintained. the information collected are only used for academic purposes. Information gathered in this research will be subjected to statistical analysis, may be published or presented in public forums, however any of your identifying information will not be used or revealed. You can stop participating at any time

I have read all the above information and I truly understood the nature of the study. I agree to participate in the study.

I Agree

I Disagree

APPENDIX B**DEMOGRAPHICAL DETAILS**

Name:

Age:

Gender : Male /Female/third gender

Religion: Christian/ Hindu/Islam/ Other

Education: 12th passed/ UG/ PG

Current Status: Studying/ Job/ Other

Area Of Residence: Urban/ Rural