

 <p>ISSN NO. 2320-5407</p>	<p>Journal Homepage: - www.journalijar.com</p> <h2 style="text-align: center;">INTERNATIONAL JOURNAL OF ADVANCED RESEARCH (IJAR)</h2> <p style="text-align: center;">Article DOI: 10.21474/IJAR01/1619 DOI URL: http://dx.doi.org/10.21474/IJAR01/1619</p>	 <p>INTERNATIONAL JOURNAL OF ADVANCED RESEARCH (IJAR) ISSN 2320-5407 Journal homepage: http://www.journalijar.com Journal DOI: 10.21474/IJAR01</p>
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RESEARCH ARTICLE

Spiritual Intelligence: Study of disciples and non-disciples of spiritual-Gurus.

Dr. Richa Rani Yadav.

Assistant Prof., Department of Psychology, D.A.V. P.G. College, B.H.U., Varanasi.

Manuscript Info

Manuscript History

Received: 15 July 2016

Final Accepted: 19 August 2016

Published: September 2016

Key words:-

Spiritual intelligence, disciples and non-disciples of spiritual gurus.

Abstract

This cross-sectional study was conducted on 240 male- female youth and adult disciples and non- disciples of spiritual gurus from rural and urban areas of Varanasi district. The sample of present study was drawn on the basis of stratified proportion random sampling from disciples of spiritual gurus from ashram like “Art of Living”, and “Nirankari” etc. and non-disciples (have faith in God). Data collection tool was “Roquan Spirituality Intelligence Test (RSIT)” developed by prof. Roquiya Zainuddin and Ms. Anjum Ahmed (2010). Data was analyzed with the help of Mean, S.D. and Two-way ANOVA. Findings explores that devotee status and habitat is influencing the spiritual intelligence of disciples and non-disciples belongs to rural and urban area of Varanasi whereas habitat & age status and age & gender status were jointly and significantly affecting the variable spiritual intelligence.

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Introduction:-

The term search for the sacred is a widely accepted description of spirituality. Religion and religious behaviour represent the many ways in which the search for the sacred becomes organised and sanctioned in society; for example -through the attendance of religious service, frequency and duration of the prayer. Spirituality is “the feeling thoughts and the behaviour that arise from a search for the sacred”.

Psychology researchers agree with the foregoing definition of the spirituality, and there is a general support for the believe that spirituality is a positive state of mind experienced by the most people. Peterson and Saligman (2004) contend that spirituality is a Universal strength of transcendence, stating, “Although the specific content of spiritual believes varies, all cultures have a concept of an ultimate, transcendence, sacred and divine force”.

Intelligence has been defined in many different ways such as in terms of one's capacity for logic, abstract thought, understanding, self-awareness, communication, learning, emotional knowledge, memory, planning, creativity and problem solving. It can also be more generally described as the ability to perceive and/or retain knowledge or information and apply it to itself or other instances of knowledge or information creating referable understanding models of any size, density, or complexity, due to any conscious or subconscious imposed will or instruction to do so.

Spiritual Intelligence

Spiritual intelligence is the ultimate intelligence which we address and solve problems of meaning and value, the intelligence with which we can place our action and our lives in a wider, richer meaning giving context, the


Corresponding Author:- Richa Rani Yadav.

Address:- Assistant Prof., Department of Psychology, D.A.V. P.G. College, B.H.U., Varanasi.

intelligence with which we can assess that one course of action or one life path is more meaningful than another (Zohar and Marshal 1999)

Emmons (2000) recommended that spirituality as an element of intelligence because it predicts functioning and adaptation and offers capabilities that enable people to solve problems and attain goals.

Therefore those who have spiritual intelligence: have the capacity for transcendence: have heightened consciousness, have the capacity to endow everyday activity with a sense of the sacred: use spiritual resources on practical problem engage in virtuous behaviour (forgiveness, gratitude, humility, compassion and wisdom. (Robert A Emmons, 2000)

 **SQ21 - 21 Skills of Spiritual Intelligence**

	Self / self focused	Other focused
What You See - Inner World	1. Self / self Awareness 1. Awareness of own worldview 2. Awareness of Life Purpose 3. Awareness of Values Hierarchy 4. Complexity of inner thought 5. Awareness of Ego self / Higher Self	2. Universal Awareness 6. Awareness of interconnectedness 7. Awareness of worldviews of others 8. Breadth of Time perception 9. Awareness of limitations / power of human perception 10. Awareness of Spiritual Laws 11. Experience of transcendent oneness
What Other People See - Outer World	3. Self/self Mastery 12. Commitment to spiritual growth 13. Keeping Higher Self in charge 14. Living your purpose and values 15. Sustaining faith 16. Seeking guidance from Spirit/Higher Self	4. Social Mastery, Spiritual Presence 17. Wise and effective teacher 18. Wise and effective change agent 19. Makes Compassionate & Wise decisions 20. Being a calming, healing presence 21. Aligned with the ebb and flow of life

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Susan tee susan chin, R.N. Anantharaman and David yoon keen tong (2011) revealed that with both these intelligence i.e. Emotional intelligence and spiritual intelligence happening in the workplace, the environment will be more conducive. A better working environment relates to a higher level of productivity. Globalization has made the world boundaryless and people are now more mobile. Organization required its employees to be more committed as well as to have a better cohesive working interrelationship.

Mandeep kaur (2013) revealed a significant positive relationship between teachers' spiritual intelligence and their job satisfaction. A significant difference is found between spiritual intelligence of government and private secondary school teachers. But insignificant difference is found between job satisfaction of government and private secondary school teachers. The study also indicated that spiritual intelligence and job satisfaction are not influenced by gender.

Alethea Desrosiers (2011) Findings suggest that Relational Spirituality is differentially associated with widespread forms of psychopathology in adolescents, and our understanding of these disorders may be enhanced through a spiritual perspective.

Peter McGhee and Patricia Grant (2008) found that these values, particular to spiritual persons, contribute to the flourishing of individuals and therefore lead to the acquisition of virtue. Spiritual persons are likely to be ethical persons. Such individuals are likely to be of significant benefit to their organisations.

A theorist named Erikson (1902-1994) was oriented psychoanalytically whose assessment about adolescence has been rooted from his examination on adolescents who were disturbed emotionally during the course of treatment. Influential ideals of Erickson have encouraged permit a complete effect on adolescents mainly who were uncertain and anxious regarding themselves and their future as well. Identity diffusion has been naturally encountered by adolescents comprising a resilient nature of ambiguity as claimed by Erikson (1950, 1968, and 1969). There is an essentiality in attaining a true sense of identity that can be described as "a feeling of being at home in one's body, an impression of "awareness in one's direction", and "an inner certainty of predicted recognition from those who reckon" (Erikson, 1950, p.165). Given that adolescents were able to endure speedy changes in biological and social aspects, they realized it to be complicated to do this, Moreover; they are also obliged to formulate major decisions in

entirely all aspects of life. It has been claimed by Erikson (1950, p.139) that conventional adolescents consider themselves in certain ways such as "I am not what I ought to be, I am not what I'm gonna be, but I am not what I was." and were embracing identity crisis because they were unaware of life's direction. What has been involved in such crisis in identity was brought out in a detailed way by Erikson (1969).

Enhancing the SQ of these adolescents can do lot in their proper personality development.

Rationale of the study:-

Spirituality is an element of intelligence because it predicts functioning and adaptation and offers capability that enable people to solve and attain goal.

Mandeep kaur (2013) found in his study that significance difference between spiritual intelligence of government and private secondary school adult teacher.

It has also been claimed by Erikson (1950, p.139) that conventional adolescents consider themselves in certain ways such as "I am not what I ought to be, I am not what I'm going to be, but I am not what I was." and were embracing identity crisis because they were unaware of life's direction. What has been involved in such crisis in identity were brought out in a detailed way by Erikson (1969). So, here the purpose of study is to measure and compare the spiritual intelligence in youth and adult (male, female) of rural and urban areas, specifically those who are disciples and non-disciples of spiritual gurus.

Objective:-

- ❖ To examine the main and interactional effect of different devotee categories (Disciple/Non-disciple, Rural/Urban, Adult/Youth, Male/Female) on RSIT.

Hypothesis:-

- ❖ There will be a significance difference found regarding main and interactional effect of different devotee categories (Disciple/Non-Disciple, Rural/Urban, Adult/Young, Male/Female) on RSIT.

Methodology:-

Sample- The present study has been conducted on 320 male- female youth and adult disciples and non-disciples of spiritual gurus from rural and urban areas of Varanasi district. The sample of present study has been drawn on the basis of stratified proportion random sampling from disciples of the spiritual gurus from ashram like ashram of Ravishankarji and Nirankari etc. and non-disciples like people having faith in God. The age ranges of youth were 19.25 and adults 37.00 years.

Tools-

Following tool has been employed in the present study-

- a. Roqan Spirituality Intelligence Test (RSIT) developed by prof. Roquiya Zainuddin and Ms. Anjum Ahmed (2010). There are 78 items in this scale and consists of six dimensions-
 - i- The inner self (items on scale-1, 3, 4, 7, 8, 16, 38, 61, 69)
 - ii- The inter self (items on scale-10, 12, 14, 15, 17, 18, 20, 22, 23, 24, 25, 31, 37, 43, 49, 63, 73, 77, 78).
 - iii- Biostoria (items on scale-6, 19, 27, 28, 30, 32),
 - iv- Life perspectives (items on scale-2, 11, 26, 33, 34, 39, 40, 42, 45, 76)
 - v- Spiritual Actualization (items on scale-5, 9, 21, 35, 41, 44, 46, 48, 50, 51, 52, 53, 55, 57, 58, 59, 62, 65, 66, 70, 72, 75) and
 - vi- Value orientation (items on scale-13, 29, 36, 47, 54, 56, 60, 63, 67, 68, 71, 74)

The scoring on the scale is rated as Likert rating type and judge on five points. The points strongly agree (5), agree (4), undecided (3 marks), disagree (2 marks) and strongly disagree (1 marks) are rated as respectively. The Maximum score of the scale will be 390 and minimum score will be 78. No time limit should be given for completing the scale. However, most respondents should complete it in 20 minutes.

Cronbach's alpha coefficient compute the reliability of the scale which is .73 and the Guttman Split Half coefficient calculated is .70. This shows that the test has a high reliability. The validity of scale is .85.

Procedure- Above mentioned questionnaire has been administrated as per instruction provided in its respective manual before starting, all participants has been explained properly about the present study and confidentiality of information given by them. The instruction of above mention measured has been very clearly explained to the participants and also demonstrated. The format of response, there will be find time limit (20 min) for answering. After administrating the test the scoring of the data mention has been done as per instruction given in the manual.

Statistical technique- The data obtained for the present study through appropriate statistical technique such as Mean, S.D. and F-Ratio .

Results and Discussion:-

In present research work data analysis has been done with the help of descriptive mean (Mean, SD) and interactional (ANOVA) Statistics. Result as per hypothesis is follows as:

Hypothesis :- There will be a significance difference found regarding main and interactional effect of different devotee categories (Disciple/ Non-Disciple, Rural/Urban, Adult/Youth, Male/Female) on Roqan Spirituality Intelligence Test (RSIT).

Calculation of Mean and two-way ANOVA has been done for the Verification of- (Disciple/ Non-Disciple, Rural/Urban, Adult/Youth, Male/Female).

For the **Spiritual Intelligence full scale**, Table-A reveals that Disciples scores (M=2.93) were found slightly higher than Non-Disciples scores (M=2.84) Table-B Explores that between Devotee status [F-ratio (1,224) =5.42, P<.05] was found significant at .05 level. Therefore Devotee status is slightly affecting the **Spiritual Intelligence**.

Table-A also reveals that there was no significant difference found between Rural Devotees scores (M=2.94) was found higher than Urban Devotees scores (M=2.83) and Table-B Explores that between Habitats [F-ratio (1,224) =8.25] was found significant at .01 level. Therefore Habitat status is affecting the **Spiritual Intelligence**.

For **the Age Status** Table-A also reveals that Adult Devotees scores (M=2.87) and Youth Devotees scores (M=2.90) were found almost same and Table-B shows that between Age Status [F-ratio (1,224) =.56 NS] was not found significant. Age status is not affecting the Variable **Spiritual Intelligence**.

It has also been revealed by the table-A that no significant difference found between Male Devotees scores (M=2.89) and Female Devotees scores (M=2.88) and Table-B speaks that between Gender status [F-ratio (1,224)=.07 NS] was not found significant. Gender status is not affecting the Variable **Spiritual Intelligence**.

Table A:- Mean and SD Values for 2 Devotee Status X2 Habitat X2 Age Group Status X2 Gender Status on Spiritual Intelligence Total

Devotee Status	Habitat	Age Group	Gender	N	Mean	S.D.
Disciple	Rural	Adult	Male	15	294.20	7.57
			Female	15	281.80	22.33
			Total	30	288.00	17.55
		Youth	Male	15	297.80	29.05
			Female	15	317.13	30.74
			Total	30	307.47	30.99
		Total	Male	30	296.00	20.94
			Female	30	299.47	31.94
			Total	60	297.73	26.83
	Urban	Adult	Male	15	310.67	34.75
			Female	15	285.13	18.45
			Total	30	297.90	30.26
		Youth	Male	15	279.13	31.78
			Female	15	281.60	18.52
			Total	30	280.37	25.59
		Total	Male	30	294.90	36.44

			Female	30	283.37	18.25
			Total	60	289.13	29.16
	Total	Adult	Male	30	302.43	26.09
			Female	30	283.47	20.20
			Total	60	292.95	25.03
		Youth	Male	30	288.47	31.39
			Female	30	299.37	30.79
			Total	60	293.92	31.31
		Total	Male	60	295.45	29.47
			Female	60	291.42	27.03
Total			120	293.43	28.23	

Non Disciple	Rural	Adult	Male	15	286.73	38.34
			Female	15	282.75	32.71
			Total	30	284.68	35.00
		Youth	Male	15	292.00	37.67
			Female	15	303.13	34.75
			Total	30	297.57	36.06
		Total	Male	30	289.37	37.44
			Female	30	292.61	34.72
			Total	60	291.20	35.82
	Urban	Adult	Male	15	281.33	40.20
			Female	15	279.00	14.61
			Total	30	280.17	29.74
		Youth	Male	15	275.07	17.38
			Female	15	278.07	26.89
			Total	30	276.52	22.12
		Total	Male	30	278.20	30.60
			Female	30	278.55	21.04
			Total	60	278.37	26.11
	Total	Adult	Male	30	284.03	38.69
			Female	30	280.94	25.26
			Total	60	282.46	32.33
		Youth	Male	30	283.53	30.08
			Female	30	291.03	33.20
			Total	60	287.22	31.60
		Total	Male	60	283.78	34.36
			Female	60	285.82	29.55
			Total	120	284.80	31.93

	Rural	Adult	Male	30	290.47	27.41
			Female	30	282.29	27.71
			Total	60	286.31	27.64
		Youth	Male	30	294.90	33.18
			Female	30	310.13	33.01
			Total	60	302.52	33.70
		Total	Male	60	392.68	30.26
			Female	60	295.98	33.28
			Total	120	294.35	31.73
		Adult	Male	30	296.00	39.82
			Female	30	282.07	16.65
			Total	60	289.03	31.06
		Youth	Male	30	277.10	25.25
			Female	30	277.10	25.25

Total	Urban		Female	30	279.90	22.59
			Total	60	278.47	23.82
		Total	Male	60	286.55	34.40
			Female	60	281.00	19.65
			Total	120	283.80	28.10
	Total	Adult	Male	60	293.23	34.01
			Female	60	282.18	22.76
			Total	120	287.66	29.00
		Youth	Male	60	286.00	23.58
			Female	60	295.27	32.00
			Total	120	290.60	31.50
		Total	Male	120	289.62	32.41
			Female	120	288.62	28.34
			Total	240	289.12	30.38

Table B:- Summary of 2 X2 X 2 X2 (2 Devotee StatusX2 HabitatX2 Age GroupX2 Gender Status) ANOVA on Spiritual Intelligence Total

Dependent Variable		Source of Variance	Sum Of Square	df	Mean Square	F-ratio
Spiritual Intelligence Total		Devoteestatus	4510.10	1	4510.10	5.42*
		Habitats	6856.78	1	6856.78	8.25**
		Agestatus	466.84	1	466.84	.56
		Genderstatus	64.73	1	64.73	.07
		Devoteestatus* Habitats	262.73	1	262.73	.31
		Devoteestatus* Agestatus	199.40	1	199.40	.24
		Devoteestatus* Genderstatus	537.66	1	537.66	.64
		Habitats* Agestatus	10696.44	1	10696.44	12.87**
		Habitats* Genderstatus	1246.86	1	1246.86	1.50
		Agestatus* Genderstatus	6024.88	1	6024.88	7.25**
		Devoteestatus* Habitats* Agestatus	15.86.97	1	15.86.97	1.91
		Devoteestatus* Habitats* Genderstatus	518.39	1	518.39	.62
		Devoteestatus* Agestatus* Genderstatus	1445.57	1	1445.57	1.74
		Habitats* Agestatus* Genderstatus	171.06	1	171.06	.20
		Devoteestatus* Habitats* Agestatus* Genderstatus	34.24	1	34.24	.04
		Error	186248.19	224	831.01	

Note: *p<.05, **p<.01

For Spiritual Intelligence full scale Table-B also speaks that the interactional relationship between devotees Status and habitat Status [F-ratio (1,224) =.31 NS] was found insignificant. So devotee status and habitat status are jointly not affecting the Variable, Spiritual Intelligence.

Table-B also shows that Devotees and Age status [F-ratio (1,224) =.24 NS] was found insignificant. So Devotees and Age status jointly are not affecting the Variable Spiritual Intelligence.

As for as interaction is concerned Table-B explores that between Devotees and Gender Status [F-ratio (1,224) =.64 NS] was found insignificant. Therefore Devotees and Age status are not jointly affecting the Variable Spiritual Intelligence.

Table-B also reveals that the interaction between Habitats and Age status [F-ratio (1,224) =12.87, $P < .01$] was found significant at .01 level. So Habitats and Age status are jointly affecting the Spiritual Intelligence.

Table-B shows that the interactional score between Habitats and Gender Status [F-ratio (1,224) =1.50 NS] was found insignificant. Hence Habitat and Gender Status are jointly not affecting the Variable Spiritual Intelligence.

Moreover Table-B also speaks that between Ages and Gender Status [F-ratio (1,224) =7.25, $P < .01$] interaction was found significant at .01 level. Therefore Ages and Gender Status are jointly affecting the Spiritual Intelligence.

Table-B speaks that Devotees, Habitats and Age Status [F-ratio (1,224)=1.91NS] interaction was found insignificant. Hence three of them (Devotees, Habitat and Age Status) are not affecting the Variable, Spiritual Intelligence.

For Spiritual Intelligence Test Table-B also Explores that the interactional effect among Devotees, Habitats and Gender Status [F-ratio (1,224) =.62 NS] was found insignificant. Therefore Devotees, Habitat and Gender Status altogether are not affecting the Variable Spiritual Intelligence Test.

Table-B also speaks that Devotees, Age Status and Gender Status [F-ratio (1,224) =1.74 NS] was found insignificant. So three of them altogether are not affecting the Spiritual Intelligence.

Table-B also says that the interactional effect among Habitat, Age status and Gender Status [F-ratio (1,224) =.20 NS] was found insignificant. So Habitats, age status and Gender Status three of them are not affecting the Variable Spiritual Intelligence.

Regarding the Spiritual Intelligence full scale Table-B also reveals that the interactional relationship between Devotee Status, Habitat Status, Age Status and Gender Status [F-ratio (1,224) =.04 NS] was found insignificant. Therefore Devotees, Habitat, Age status and Gender Status altogether are not affecting the Variable Spiritual Intelligence.

Therefore above hypothesis has been partially accepted that -There will be significant difference found regarding main and interaction effect of different devotee categories (Disciple/Non-Disciple, Rural/Urban, Adult/Young, Male/Female) on Roqan Spiritual Intelligence Test.

Regarding devotee status disciples of spiritual gurus were found slightly higher on Roqan Spiritual Intelligence Test, somehow shows that the disciples' of spiritual gurus are bit more able to incorporate their mind, body and spirit than non-disciple as disciples of gurus are able to use creativity, intuition and emotion as well as logic, knowledge, and your full array of senses in coming to know the world to make decisions. In other word they are able to use the full range of consciousness to nurture self, others and the environment.

As far as **habitat** is concerned rural devotees were found higher on Roqan Spiritual Intelligence Test than urban. It seems that rural devotees are very realistic, have risk taking orientation and use their raw potential without much question.

Habitat & Age/Age & Gender are jointly affecting the variable spiritual intelligence.

The following studies somehow give the indication and support the above findings-

Susan tee susan chin, R.N. Anantharaman and David yoon keen tong (2011) revealed that With both these intelligence i.e. Emotional intelligence and spiritual intelligence happening in the workplace, the environment will be more conducive. A better working environment relates to a higher level of productivity. Globalization has made the world boundary less and people are now more mobile. Organization required its employees to be more committed as well as to have a better cohesive working interrelationship.

Mandeep kaur (2013) revealed a significant positive relationship between teachers' spiritual intelligence and their job satisfaction. A significant difference is found between spiritual intelligence of government and private secondary school teachers. But insignificant difference is found between job satisfaction of government and private secondary school teachers. The study also indicated that spiritual intelligence and job satisfaction are not influenced by gender.

Peter McGhee and Patricia Grant (2008) found that these, particular to spiritual persons, contribute to the flourishing of individuals and therefore lead to the acquisition of virtue. Spiritual persons are likely to be ethical persons. Such individuals are likely to be of significant benefit to their organizations.

Implications:-

This study measures one of the vital aspects of individual's personality- Spiritual Intelligence. This study would provide insight for the future researches in this direction. Preaching's of spiritual gurus in regular course may give good direction in understanding and developing self awareness, universal awareness, self mastery as well as social mastery.

Conclusion:-

- ❖ The disciples of spiritual gurus are bit more able to incorporate their mind, body and spirit than non- disciple means to say that disciples of gurus are able to use creativity, intuition and emotion as well as logic, knowledge, and your full array of senses in coming to know the world to make decisions. In other word they are able to use the full range of consciousness to nurture self, others and the environment.
- ❖ The rural devotees are very realistic, risk taking and use their raw potential without much question.
- ❖ Habitat & Age, Age & Gender are jointly affecting the variable spiritual intelligence.

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