

## **A study of Spiritual Intelligence among Professionals and Non-professionals**

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### **Abstract:**

Spiritual intelligence is that intelligence which is required when we begin to open up to our spirit's journey and quest for a greater understanding of life. A comparative study of spiritual intelligence was done on 100 respondents, both professionals and non-professionals in the city of Dehradun, to study their level of spiritual intelligence, to compare their level of spiritual intelligence and to observe the gender differences on spiritual intelligence. The total sample was equally divided into two group professionals and non-professionals and further into two sub groups males and females. Stratified random sampling was used and all the subjects were matched on socio-economic status and age group. Roqan Spiritual Intelligence Test (2010) was used to assess the spiritual intelligence of the subjects. Mean, S.D. and ANOVAs' were used to infer findings and prove the proposed hypothesis. Professionals and non-professionals and gender showed significant differences in spiritual intelligence.

**Key words:** Spiritual Intelligence, Professionals, Non-professionals, Gender, Dehradun

### **Introduction:**

Cindy Wigglesworth (2012) defined intelligence as "Intelligence is made up of three parts: nature, nurture and results. Intelligence is an innate potential (nature) that is brought into form through practice (nurture / effort) and results in adeptness or appropriately reasoned behaviour or choice".

He defines spiritual intelligence as "the ability to behave with compassion and wisdom while maintaining inner and outer peace regardless of the circumstances." Compassion and Wisdom together form the manifestation of love.

According to Stephen Covey, "Spiritual intelligence is the central and most fundamental of all the intelligences, because it becomes the source of guidance for the others."

Spiritual intelligence calls for multiple ways of knowing and an integration of the inner mind and spirit with outer life of work in the world. It can be cultivated through questing ,inquiry and practice. It is the soul's intelligence, the intelligence of the deep self. It is also the intelligence with which we ask fundamental questions and with which we reframe our own answers.

Zohar and Marshall (2000) stated that when spiritual intelligence is high, we appear to be intellectual and have proper behaviour. However when spiritual intelligence is low, people will appear to have problematic behaviour. They stated, individuals with high spiritual intelligence demonstrated higher measures of satisfaction and performance. According to them SQ is a process of personal insight and experience, not a package of beliefs.

Nobel (2001) and Vaughan (2003) believed that the eight components which show developed spiritual intelligence are precision, openness, integrity, humility, kindness, generosity, tolerance and resistance, and desire to meet other needs.

Spiritual intelligence contributes to physical health, psychological health, social relationships and overall quality of life.

### **Methodology:**

#### **Objectives of study:**

1. To study the spiritual intelligence of professionals and non-professionals.
2. To compare the level of spiritual intelligence between professionals and non-professionals.
3. To observe the gender differences on spiritual intelligence.

**Hypothesis:**

1. Professionals and non-professionals will be significantly different from each other on the spiritual intelligence and its dimensions.
2. Males and Females differ significantly with each other on spiritual intelligence and its dimensions.

**Research Design:****Sample:**

The total sample of 100 respondents equally divided into two groups professionals and non-professionals and further into two sub groups males and females, was taken from Dehradun. Professional respondents were taken from a group of doctors, chartered accountants, advocates and engineers practicing in Dehradun. Non-professional respondents were taken from the group of executives working in ONGC and managers and class 1 employees in banks. Stratified random sampling was used. All the subjects were matched on socio-economic status and age group.

2\*2 factorial design was used for the study. Two levels of group professionals and non-professionals were matched with two levels of sex, males and females, which gave four conditions.

**Tools used:**

Roqan Spiritual Intelligence Test (2010) developed by Roquiya Zainuddin and Anjum Ahmed was used to assess the spiritual intelligence of the subjects.

***Roqan Spiritual Intelligence test by Roquiya Zainuddin and Anjum Ahmed, 2010:***

The test has 78 items based on six dimensions of Spiritual Intelligence. A five-point Likert scale is used to rate the items. The points strongly agree, agree, undecided, disagree and strongly disagree are given for each item and the respondent has to choose one option.

**Procedure:**

A sample of total 100 respondents were selected on the basis of stratified random sampling based on which two groups of professionals and non-professionals further divided into males and females were formed. The respondents were given the Roqan Spiritual Intelligence test, to assess their level of spiritual intelligence. They were clearly explained the purpose of research and a rapport was established with them. All the instructions were clearly given and they were further explained that each item consisted of five given options, strongly agree, agree, undecided, disagree and strongly disagree and they had to choose one correct option for each statement. They were then asked to complete the questionnaire.

The scoring of Roqan Spiritual Intelligence test was done on the basis of the instructions given in the manual. The data that was collected was then analyzed. The proposed hypothesis were tested by the use of statistical tools. Mean, S.D.'s and ANOVA's were computed. Based on the results obtained, interpretations were made.

**Results and Interpretation:**

To test the proposed hypothesis Mean, S.D.'s and ANOVA's were computed.

To test the first hypothesis, the F value (Table 3) was calculated for total respondents, professionals and non-professionals; males and females. The obtained F value for professionals and non professionals was found to be significant at .05 level, showing that there is a significant difference between them on spiritual intelligence and its dimensions.

The calculated, Mean and SD (Table 1) shows that professionals are high on total spiritual intelligence, as compared to non-professionals. Professionals are significantly high on inner self, inter self, biostoria, life perspectives and value orientation where as Non-professionals are high on spiritual actualization.

Therefore the professionals are high on inner self, having a personal inner sense of "wholeness" deriving from honesty and consistent uprightness of character. They experience significant completeness and satisfaction in daily activities through a sense of purpose and are diligent even in the face of pain and suffering.

Professionals are also found high on inter-self and have a high influence on other. They are helpful to other people with little or no interest in being rewarded for one's efforts. They live with a ethical doctrine that holds a moral obligation to help others.

Being high on bio-storia, professionals have a repurpose in life. They live their life like a story and learn from the experiences of one's life.

Professionals also found high in life perspectives dimension live in alignment with the sacred mission of manifesting love for and trust in life. They are aware about the origin and purpose of life and have answers to questions like: "What is the meaning of life?", "Why am I here?" and "Why are we here?"

They are also high on value orientation lead their life on the assumption that individuals pursue different goals when making decisions, for which the outcomes affect others. They work on the principles of right and wrong that are accepted by an individual or a social group.

Therefore H1 is partially accepted as the two groups professionals and non-professionals are significantly different on spiritual intelligence and its dimensions.

The F value for Males and Females (table 3) was found to be highly significant at .01 level, showing that both the groups are significantly different on spiritual intelligence and its dimensions.

Table 2 shows that males are high on total spiritual intelligence, as compared to females. Males are significantly high on inner self, life perspectives, spiritual intelligence and value orientation where as females are high on inter-self and biostoria.

Therefore H2 is partially accepted as the two gender males and females are significantly different on spiritual intelligence and its dimensions.

The findings are consistent with the past research. In a comprehensive review of literature (Elmer, MacDonald and Friedman, 2003) found that spirituality contributes to lower disease rate and longer life. (Seaward, 1995) reported that spirituality was one of the core characteristics of healthy individuals.

(Larson, Koenig and McCullough, 2000) found a positive relationship between existence of life purpose and satisfaction in a person's life. A positive correlation was found between spiritual well-being and general self efficacy among workers working in fortune companies (Trotts, 1996).

Number of research articles relate spiritual intelligence to different aspects of managers life in organizations like leadership, performance and coping with organizational change (Duchon and Plowman, 2005; Fry, 2005 and Czaplewski & Ferguson, 2003). This clearly indicates that researchers

and organizations are curious to know the applicability of spiritual intelligence to enhance various aspects of organizational productivity.

**Discussions:**

From the above study it is found that Professional group is high on inter-self, inner self, biostoria, life perspectives and value orientation where as Non-professionals are high on spiritual actualization. Similarly males are found to be high on inner self, life perspectives, spiritual intelligence and value orientation where as females are high on inter-self and biostoria.

Therefore spiritual intelligence is a higher dimension of intelligence that activates the qualities and capabilities of the authentic self in the form of wisdom, compassion, integrity, joy, love, creativity, and peace both in males and females. Spiritual intelligence results in a sense of deeper meaning and purpose, combined with improvements in a wide range of important life skills and work skills of both professionals and non-professionals.

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**Annexure:**

**Table 1: Mean and SD of total professionals and total non-professionals on spiritual intelligence and all its dimensions**

Variable	Professional		Non-Professional	
	Mean	SD	Mean	SD
Inner Self	35.12	7.32	30.24	7.99
Inter Self	71.54	16.23	63.90	16.50
Biostoria	17.88	6.13	17.78	5.48
Life Perspectives	33.80	8.43	30.86	8.27
Spiritual Actual.	72.48	22.40	79.30	17.05
Value Orient.	43.08	10.34	37.64	11.90
<b>Total</b>	<b>273.90</b>	<b>54.74</b>	<b>259.72</b>	<b>34.63</b>

**Table 2: Mean and SD of total males and total females on spiritual intelligence and all its dimensions**

Variable	Males		Females	
	Mean	SD	Mean	SD
Inner Self	33.50	8.97	31.86	6.91
Inter Self	65.98	18.25	69.46	15.04
Biostoria	16.74	5.83	18.92	5.59
Life Perspectives	32.80	8.31	31.86	8.63
Spiritual Actual.	76.82	20.06	74.96	20.29
Value Orient.	42.30	11.02	38.42	11.60
<b>Total</b>	<b>268.14</b>	<b>52.30</b>	<b>265.48</b>	<b>39.48</b>

**Table 3: F value for the total respondents of the study**

Variable	P. Non P	M.F	P. Non P: M.F
Inner Self	10.25 **	1.15 N.S	2.08 N.S
Inter Self	5.40 *	1.12 N.S	0.07 N.S
Biostoria	0.01 N.S	3.67 N.S	3.03 N.S
Life Perspectives	3.09 N.S	0.31 N.S	1.63 N.S
Spiritual Actualization	2.90 N.S	0.21 N.S	0.72 N.S
Value Orientation	6.09 *	3.10 N.S	1.30 N.S
<b>Total</b>	<b>6.04 *</b>	<b>9.37**</b>	<b>1.45 N.S</b>