



COMPARISON AND CORRELATION OF MENTAL HEALTH AND SPIRITUAL INTELLIGENCE OF POST-GRADUATE STUDENTS.

Arudhra Gopalakrishnan*

*Assistant Professor, Department of Psychiatry, Sri Lakshmi Narayana Institute of Medical Sciences, Pondicherry, India.

ABSTRACT

Spiritual Intelligence (SI) and Mental Health (MH) have increasingly attracted the attention of researchers in the last few years. Using gender and stream data, this study investigates university students' mental health (MH) and spiritual intelligence (SI). It was designed to discover the links between mental health and spiritual intelligence. There were 256 students from various streams participating in this study (74 from Humanities, 62 from Commerce, 54 from Science and 65 from Social Sciences). The number of male participants stood at 122 (46.75%) while females numbered 134. There were 124 male participants and 134 female participants. The participants were screened using two instruments. There is also a measure of mental health, which is based on spiritual intelligence. An examination of the data was performed by descriptive analysis (mean and standard deviation), ANOVA, Tukey's HSD, and Pearson's Product Moment Correlation. Spiritual intelligence and mental health were not significantly different between the sexes. There is a significant difference in mental health between the sciences and the humanities streams based on an ANOVA analysis. This finding was confirmed by post-hoc analysis. A significant difference between the scores on the mental health scale of humanities and social science and science and social science was not found. Students' SIs in relation to their stream were not significantly different according to the findings of the ANOVA. The correlational study found that student mental health is strongly associated with spiritual intelligence..

Key words: Students at Universities are caught up with Mental Health, Spiritual Intelligence, Gender, and Stream.

INTRODUCTION

The term "mental health" refers to the mental, emotional, and social context in which we live. It refers to the ability of an individual to make sound decisions under pressure and handle stressful situations. A state of mind that includes satisfaction, effectiveness, and harmony is defined by one's level of adjustment to himself and society. The intrinsic perspective of mental health is made up of two major components: (1) a favorable situation. The epidemon perspective advocates three elements: (1) a favorable psychological state; (2) healthy interpersonal relationships; and (3) self-realization. All of those are parts of the latter, including self-development, healthy interpersonal relations, autonomy, and self-accept Ryan and Deci's extensive bibliography is a good starting point for more information about this topic. (2001). People with

mental illness may have changes in their behavior, thinking, and habits. A state of mental health, according to Crow and Crow (1951), is characterized by psychological stability and encompasses all facets of human relationships. A person's mental health is defined as their ability to deal successfully and satisfactorily with changes and crises in their environment. Good mental health is essential for effective social participation. (Sortorives, 1983) In order to achieve mental health, individuals must be in harmony with themselves and with the environment, as well as in harmony with their own and other's realities. Globally, mental health is considered an essential component of well-being when a person recognizes their own strengths, is able to cope with stress, works

Corresponding Author:- Dr. Arudhra Gopalakrishnan

productively, and contributes toward the betterment of society. We tend to believe that success in life is directly related to one's IQ level. The more clever someone is, the more organized their life becomes. It is however true that there are many smart people who are unprepared for life, making this myth true. Hence, we can infer that intelligence indicates more than just success and adaptability in life.

Life success is influenced, among other factors, by spiritual intelligence. It is an understanding of one's own existence that helps individuals make decisions by understanding who and what they are. You can make peace with yourself and with others when you know who you are. The most powerful force in the universe can be located and communicated with using spiritual intelligence. Zohar and Marshal (2000) define spiritual intelligence as "the ability to think, analyze, and act in a way that gives sense to our lives and actions, the ability to discern which course of action is more meaningful than another, the ability to make judgments about our life and actions. The term spirituality can mean many things, according to Wink and Dillon (2002), but most definitions define it as "the self-existent search for meaning through a personal interpretation of the sacred." Mental health and spiritual intelligence have been studied in many ways by scholars worldwide. Scientists are studying the connection between mental health and spiritual intelligence in the fields of education, psychology, and sociology. The mental health and spiritual intelligence are interconnected. A number of psychological and social practices can be employed to help one deal with stress, spirituality, and mental health issues, explains König (2010).

Methods

Attendees

The statistical population for this study included in India. This study's sample includes (266) undergraduates enrolled in Science and Social Science, as well as Business. Males made up 122 (47.65 percent) of the participants, while females made up 134. (52.35 percent).

Instrument

Scale of Spiritual Intelligence

Subjects' spiritual intelligence was assessed using the Spiritual Intelligence Scale. It is divided into six subscales: inner self (e.g., "It consists of the very specific inner sense of inner wholeness derived from honesty and consistency of moral integrity", outer self (e.g., "Comprises the outer sense of "wholeness" derived from truthfulness and uprightness of character"), the outer self (e.g., "Comprises the outer sense of "wholeness" derived from honesty and biography (e.g., "the story experiences of one's life"), Life Perspectives (e.g., "what is the meaning of life?", "why am I here?" and "why are we here?"), Transcendental Actualization (e.g., "How I see myself as

transcendent"), and Value Orientation (e.g., "what is right and what is evil"). Respondents rated these things on a 5-point Likert scale, with 6 representing "strongly agree" and 1 representing "strongly disagree." The Alpha Coefficient calculated for the scale by Cornbrash was 0.73, while the Guttman Split-Half coefficient was 0.70. By comparing it to Wuthnow's Test of Peak Experiences, the current scale was found to be legitimate. On the basis of a correlation between both measures, $r = .61$ was calculated.

Battery for Emotional Health

Within the mental health battery, six subscales were examined: 1) emotional stability, 2) overall adjustment, 3) autonomy, and 4) security insecurity. Besides self-concept and intelligence, other subscales included emotional stability and intelligence. In order to determine the validity of the scale, the scores from Part I, Part II, Part III, Part IV, Part V, and Part VI were compiled. Using the test-retest method, reliability was determined, with ES having the highest reliability, OA having the next highest reliability, AY having the next highest reliability, SI having the next highest reliability, SC having the next highest reliability, and IS having the highest reliability. ES ($r=0.72$), OA ($r=0.97$), AY ($r=0.81$), SI ($r=0.82$), SC ($r=0.86$) and IS ($r=0.79$) also show odd even reliability.

Statistical methods

The data was evaluated using Mean, S.D., 't' test, ANOVA, and Post-hoc Analysis to determine gender and stream differences in mental health and spiritual intelligence among students (Tukey test). To establish the link between SI and MH, Pearson's product moment correlation was used outcomes Comparing male and female students based on their academic performance in Table 1

Intelligence spiritual

For our first discussion, we examined whether spiritual intelligence scores differed significantly by gender. A mean score of 228.30 ($SD=12.57$) was achieved by both men and women. There were no significant differences in spiritual intelligence between genders based on the results in table 1.

Table 2 shows that there is no significant difference between male and female students regarding mental health MH. There is no significance in the estimated $t=0.01$ at any significance level. Secondly, I was concerned about the different levels of spiritual intelligence among various streams. Tables 3a, 3b, and 3c report the results of the ANOVA and post-hoc analyses, respectively.

The following table illustrates the descriptive study of student mental health according to their academic streams (a)

Figs. 2.a. There was a significant difference in mental health between the four streams ($F=6.331, p<0.05$), but Humanities had the best mental health (Mean=274.04, $SD=8.02$), followed by Science (Mean=269.70, $SD=8.14$), and Social Science (Mean=270.68, $SD=10.75$). This stream had the least mental health level compared to the other streams (mean = 267.17, standard deviation = 7.29).

During the post-hoc analysis, we investigated which stream showed the greatest disparity in mental health in relation to the others. There were notable differences between MH in the Humanities stream and MH in the Science stream as shown in Table 3c. Mental health ratings were similar among participants in Humanities and Social Science, Science and Social Science, Science and Commerce, and Social Science and Commerce. The

researchers were interested in determining whether spiritual intelligence levels differ among the streams. Tables 4a and 4b present the results of the ANOVA.

Streams of spiritual intelligence are shown in Table 4 (a).

Table 4a lists spiritual intelligence (205.25, $SD=12.61$), humanities (203.90, $SD=12.26$), science (203.74, $SD=13.78$), business (277.07, $SD=7.29$), and commerce (268.07, $SD=7.29$) as the streams with the highest mean scores. ANOVA results in the table below demonstrate no significant difference between the four streams of spiritual intelligence ($F=0.898$, not significant at 0.05). Since the streams are statistically indistinguishable after the ANOVA test, Tukey's HSD cannot be used.

Table 1: Intelligence spiritual

Group	N	Average	S.D	t value
Men	133	239.3	11.58	1.75
Women	125	233.04	15.13	

P-value of 0.05

Table 2: Comparison of mental health among male and female students.

Group	N	Mean	S.D	t value
for men	133	215.3	1.7	0.44
Women	125	215.7	1.6	

The following table illustrates the descriptive study of student mental health according to their academic streams (a)

Stream	N	Mean	Std. deviation
among humanities	75	285.05	9.03
Technology	66	258.6	7.25
Sociology	77	281.69	11.84
Business	63	256.86	8.38

Results of ANOVA between groups are shown in Table 3 (b).

DISCIPLINE	RATIOS	p-value
in comparison with the control group	6.442	.000*

$P<0.05$

As shown in Table 3(c), the Tukey test was applied to each of the four streams.

Analysis	Comparative	Q	Sig
	Sci	4.17	.033*
Sciences	and Social Sciences	2.58	0.37
	Economics	5.84	.000*
	Sociology	1.76	0.648
Mathematics	Commercial	0.85	0.924
Social Science	Economics	3.24	0.23

Streams of spiritual intelligence are shown in Table 4 (a).

Stream	N	Mean	Std. Dev.
for humans	75	214.8	13.37
The Sciences	55	212.85	14.89
Sociology	67	216.16	13.52

Commercial	63	12.86	3.15
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ANOVA results for streams between groups are shown in Table 4 (b).

Spirit	index	statistic
when groups are compared	0.888	0.553

Student scores for SI and MH are correlated in table 5 (a)

Measurement	Results
Intuition	r= 0.178** P=0.002 N=265

P**0.05

This table describes the correlation between SI and MH subscales.

Psychic perception						
Psychology	Self-Awareness	and Interpersonal Relations	in Psychology	Perspectives on Life	Meaning	and Values
Stability of emotions	0.235***	0.232***	0.202	0.228	0.316***	0.258***
	P=0.111	P=0.000	P=0.117	P=0.152	P=0.000	P=0.000
Adjustment in total	0.299***	0.022	0.118	0.182**	0.157*	0.213**
	P=0.000	P=0.961	P=0.097	P=0.002	P=0.029	P=0.001
Independence	0.145*	0.0123	0.114	0.088	0.357***	0.225***
	P=0.054	P=0.936	P=0.200	P=0.225	P=0.000	P=0.000
Insecurities	0.188**	0.029	0.046	0.021	0.339***	0.019
	P=0.002	P=0.644	P=0.463	P=0.738	P=0.000	P=0.762
Understanding of oneself	0.221***	0.172**	0.163*	0.392***	0.175***	0.146**
	P=0.000	P=0.009	P=0.014	P=0.000	P=0.000	P=0.003
IQ	0.067	0.087	0.018	0.023	0.018	0.149*
	P=0.382	P=0.267	P=0.995	P=0.959	P=0.897	P=0.138

N=256, P*0.05P<0.05

N=256, P*0.05

To determine whether mental health and spiritual intelligence are interconnected, researchers used Pearson's product moment correlation. The data in table 5a concludes that mental health behavior and spiritual intelligence are positively related (r=197**, p=001, and N=256). In order to determine what Pearson's product moment correlations would be between SI and MH, Pearson's product moment variables were used. According to Table 5b, the SI dimensions of Inner-Self, Inter-Self, Self-Achievement, and Value Orientation are both significantly correlated with emotional stability. Emotional stability was not related to life view or biography. There is no connection between the inner-self, life perception, self-actualization, or value orientation, or the inter-self or biostoria, which are part of the adjustment component. The autonomic component and the value orientation are closely related to aspects of self-actualization and self-actualization,

respectively, but they differ from biostoria, inter-self, and life perspectives. A significant positive relationship exists between SI's constructs of inner self and self-actualization and MH's constructs of security and insecurity, but MH's constructs of security and insecurity have little to do with inter-self, biostoria, life perspective, or value orientation. SI and self-perception are significantly positively correlated with MH's self-perception. Only one of six SI dimensions had a significant correlation with value orientation

Conclusion

MH disparities were found between Science and Commerce in the Humanities stream according to the study. Based on a post-hoc analysis, it has been confirmed that there are no significant differences between the Psychological Component of the Humanities and Social

Sciences Stream, the Science and Social Sciences Stream, and the Science and Commerce Stream. According to table 4 (a), respondents' spiritual intelligence mean scores did not differ significantly between the four stream categories ($F = 0.898$, non-significant at 0.05). Spirituality and spiritual intelligence have been linked to mental well-being/mental health in numerous studies. In examining the relationship between spiritual know-how and mental health (Kaplin and Giannone, 2020), it was concluded that a capacity to critically evaluate existential issues was linked to higher levels of anxiety and despair and your ability to deduce meaning from your experiences was associated with your mental health. The presence of a sense of purpose and spiritual intelligence seems to be associated with psychological wellbeing (Sahebalzamani, Farahani, Abasi and Talebi, 2013). It is articulated in King and DeCicco how SI drives life satisfaction, SI and meaning-making, and SI and transcendental awareness is articulated in King and DeCicco (2009). MH's emotional stability component is correlated with SI's self-actualization, inner-self, inter-self, and value orientation components. Life

perspectives or Biostoria's SI dimensions do not correlate with emotional stability. While the Inter-self and Biostoria are related to the Inter-self, the Inter-Self, Perspective on Life, Self-Attainment, and Value Attainment are all linked to the overall adjustment component. Relationships between self-actualization, value orientation, and inner-self and autonomy have been shown, but not relationships with inter-self, biostoria, or life perspective. Security-insecurity is significantly influenced by SI's inner self and self-actualization dimensions; inter-self, biostoria, life perspective, and value orientation are not. A strong relationship exists between MH's value orientation and general intelligence, based on the information gathered. Spirituality in general enhances people's health, according to Hatta, Saad, and Mohamad (2010). According to Talebi, Sahebalzamani, Farahani, and Abasi's (2013) study, psychological well-being is significantly impacted by There are many components of spiritual intelligence, such as the expansion of consciousness, the creation of meaning through personal experience, and critical existentialism.

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