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RELATIONSHIP BETWEEN SPIRITUAL INTELLIGENCE AND SOCIAL COMPETENCE IN YOUNG ADULTS

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ABSTRACT

The present study investigated the relationship between Spiritual intelligence and Social Competence in young adults . In this study simple random sampling was used to select the sample. The data collection for this study involved using questionnaires based on the variables which were Spiritual intelligence scale by Dr. K.S Misra and Social Competence Scale by Prof. V.P. Sharma , Dr. (Mrs.) Kiran Shukla, Dr. (Mrs.) Prabha Shukla. A sample of 105 Young adults completed questionnaires of spiritual intelligence and social competence. The results showed a significant positive relationship between spiritual intelligence and social competence .

INTRODUCTION

The topic of spiritual intelligence and social competence in young adults in India is a fascinating area of study. The field of psychology has been paying more attention to spiritual intelligence, the ability to apply spiritual and moral values in daily life. The skills, behaviors, and abilities that enable individuals to navigate social interactions are referred to as social competence. India has a rich cultural heritage and diverse spiritual traditions that gives it a unique context for exploring the interplay between spiritual intelligence and social competence among young adults. The country has a long history of spirituality, with various religious and philosophical systems coexisting. The social behavior of young adults in India is influenced by spirituality and its impact on the social fabric of India.

Spiritual intelligence is defined as the human capacity to ask questions about the ultimate meaning of life and the integrated relationship between us and the world in which we live. (Mohammad Sahebalzamani, 2013) . Many modes of knowing are required for spiritual intelligence, as is the fusion of the internal life of the soul and mind with the outside life of working in the world. It can be developed through pursuit, inquiry, and application. The power of spiritual intelligence to affect change in individuals, societies, and cultures has led researchers to see it as the most significant form of intelligence. Hence, increasing spiritual intelligence aids people in developing a good viewpoint and finding inner peace. (Ahmad M Mhasneh, 2022).

Spiritual intelligence has the potential to have a significant impact on the lives of young adults. Many young people today suffer with emotions of stress, worry, and separation from themselves and others in today's fast-paced environment. Spiritual intelligence can lead to increased self-awareness, emotional management, and meaningful connection with the world.

Spiritual intelligence can assist people in finding meaning and purpose in their lives. Many people discover that superficial possessions and accomplishments do not provide them with long-term satisfaction or fulfilment. Individuals can establish a feeling of purpose and meaning that transcends material wealth and successes by cultivating their spiritual intelligence. They can have a better grasp of their values, beliefs, and purpose, which can help them make decisions and find their way in life.

Young adults must develop social competency in order to flourish in their personal and professional lives. The capacity to connect well with others in a range of social circumstances is referred to as social competence.

Social competency is necessary for mental and emotional well-being. Young adults who are socially isolated are more likely to develop mental health problems such as sadness and anxiety. Those with strong social connections, on the other hand, have superior mental and emotional health. Young adults can strengthen their connections, construct supportive networks, and feel more connected to others by increasing their social competence.

Personal development and growth require social ability. Socially competent young adults are more receptive to new experiences, cultures, and ideas. They can better adapt to changing conditions and deal with stress and problems. Young adults can widen their views, learn new things, and obtain a better grasp of the world around them by growing their social competence.

UNDERSTANDING THE CORRELATION BETWEEN SPIRITUAL INTELLIGENCE AND SOCIAL COMPETENCE AMONG YOUNG ADULTS IN INDIA

In the discipline of psychology, there is increased interest in discovering the relationship between social competence and spiritual intelligence among young adults in India. Social competence, which includes the abilities and activities that support successful social interactions and relationships, and spiritual intelligence, which is sometimes defined as the capacity to access and apply spiritual and moral ideals in daily life, are two critical facets of human growth. Understanding the complicated dynamics of spirituality and social skills in the lives of young adults in India can be accomplished by looking at how these two variables interact and have an impact on one another.

According to a number of research, young adults in India might demonstrate a favourable association between social and spiritual intelligence. Social competency can be built upon spiritual intelligence, which includes self-awareness, self-control, empathy, and moral reasoning. Young adults with higher levels of spiritual intelligence, for instance, may have better self-awareness and self-control, allowing them to comprehend and control their own emotions and behaviours in social settings. Better communication, conflict-resolution, and empathy skills, which are significant social competency components, can result from this.

However, it is crucial to recognise the nuanced and complex nature of the connection between social competence and spiritual intelligence. Young adults in India may express and understand spiritual intelligence and social competence differently depending on their cultural and contextual background. The various theological and philosophical traditions present in India, ranging from Hinduism and Buddhism to Islam and Christianity, may have a special influence on how spirituality is understood and expressed as well as how it affects social skills.

EXPLORING THE LINK BETWEEN SPIRITUALITY AND SOCIAL SKILLS IN THE LIVES OF YOUNG ADULTS IN INDIA

In recent years, there has been a growing interest in the fascinating field of research that examines the relationship between spirituality and social skills in the lives of young adults in India. In India's complex cultural and religious environment, spirituality—which includes ideas, attitudes, and practises tied to the transcendent or divine—is of the utmost significance. Contrarily, social skills include a variety of aptitudes and practises that support successful social interactions and relationships, including communication, empathy, dispute resolution, and assertiveness.

Additionally, young adults' attitudes and behaviours towards others may be influenced by spiritual beliefs and principles like unity, connectivity, and tolerance. Prosocial actions like assisting others, displaying kindness, and having empathy for those in need may be encouraged by spiritual practises and teachings that value compassion, forgiveness, and altruism. Because they promote pleasant interactions and relationships with others and help people build a strong social network, these prosocial behaviours are crucial components of social skills.

THE ROLE OF SPIRITUAL INTELLIGENCE IN ENHANCING SOCIAL COMPETENCE AMONG YOUNG ADULTS IN INDIA

Young individuals in India can benefit greatly from increased social competency thanks to spiritual intelligence. Self-awareness, which entails knowing one's own feelings, attitudes, and beliefs, is a crucial component of spiritual intelligence. Young adults can get a deeper understanding of their own purpose, identity, and values through self-awareness, which can serve as a strong basis for creating positive interactions with other people. Young adults are more likely to engage in genuine and meaningful connections with others, which improves their social skills, when they have a firm understanding of their own spiritual views and values.

Additionally, spiritual intelligence can encourage compassion and understanding for other people. Spiritually intelligent young adults are typically more sensitive to the needs and feelings of others and are better able to show empathy and understanding for their peers. By improving their capacity for effective communication, conflict resolution, and the development of meaningful relationships with others, this can advance their social competence.

IMPACT OF SPIRITUAL INTELLIGENCE ON SOCIAL COMPETENCE: PERSPECTIVES FROM YOUNG ADULTS IN INDIA

Spirituality, according to young adults in India, can have a substantial impact on their social skills. Many Indian children are reared in homes and communities that prioritise spiritual and moral principles like compassion, respect, and tolerance. These principles can influence their actions and attitudes towards others, resulting in increased social competence. When young individuals are aware of their spiritual beliefs, they may demonstrate traits such as empathy, compassion, and moral reasoning, which can improve their interpersonal connections.

Basic interview was conducted with some young adults to know their perspectives on this topic found that spiritual intelligence is positively related to social competence. This interview of young adults in India found that those with higher levels of spiritual intelligence reported higher levels of social competence. They were better able to appreciate other people's points of view, communicate effectively, and resolve disagreements constructively. This implies that spiritual intelligence is valued by young adults in India when it comes to forming meaningful relationships and managing social settings. Furthermore, the study discovered that people who had received spiritual training or had a spiritual mentor had better levels of spiritual intelligence and social competence. This shows that spiritual education and counselling may be beneficial in the development of social skills and the maintenance of positive relationships.

AIM OF THE STUDY

Aim of this study was to determine the relationship between spiritual intelligence and social competence among young adults .

OBJECTIVES OF THE STUDY:

To examine the relationship between spiritual intelligence and social competence among young adults in India: This objective aims to explore the nature and extent of the correlation between spiritual intelligence and social competence among young adults in India, and to determine the strength and direction of this relationship.

To investigate the extent to which spiritual intelligence can predict social competence in young adults. And to find how social competence and spiritual intelligence affect each other in young adults in India.

RESEARCH METHODOLOGY

The research study utilized a sample size of 105 participants, aged between 18 to 30 years, to investigate the relationship between spiritual intelligence and social competence among young adults in India. The sample size of 105 was chosen to ensure adequate representation and statistical power for the study, allowing for meaningful conclusions to be drawn. The research study will utilize a correlational research design, which involves the collection of data through simple random sampling method.

The data collection for this study involved using questionnaires based on the variables which were Spiritual intelligence scale by Dr. K.S Misra and Social Competence Scale by Prof. V.P. Sharma , Dr. (Mrs.) Kiran Shukla, Dr. (Mrs.) Prabha Shukla .Surveys were administered using structured questionnaires that were developed based on established measures of spiritual intelligence and social competence.

The data collection procedure involved administering structured questionnaires to the participants. The questionnaires included close ended questions, which required participants to choose from predetermined response options. The participants were provided with the questionnaire in person or electronically, and they were instructed to complete it to the best of their ability. The completed questionnaires were collected and carefully recorded for further analysis.

RESULTS

A high score on the scales used in the study represents a higher degree of presence of the construct in the individual. In the results first, mean and SD of the respondent can be found. Spiritual intelligence is measured through the spiritual intelligence scale which consists of 42 items. The range of possible scores lies between 42 to 210. The obtained mean is 148.97 and the standard deviation is 23.47 which implies that sample population has a below average level of spiritual intelligence. Social competence has been measured by the social competence scale which consists of 50 items and the range of scores lies between 50 to 250. The obtained mean and standard deviation are 162 and 16.80 respectively which implies that the sample has an average level of social competence.

The correlation between the variables, spiritual intelligence and social competence of young adults was then found. A scale from + 1 to -1 is used to calculate the correlation coefficient. Either + 1 or -1 represents a variable's complete relationship to another. The correlation is positive when one of the variables increases as the other increases; it is negative when one variable decreases as the other increases.

The results indicated that there is a significant positive correlation between spiritual intelligence and social competence in young adults ($r = .206$, $N = 105$, $p < .06$, two-tailed).

HYPOTHESIS TESTING

The Study aimed to test one hypothesis stating that there is significant positive relationship between spiritual intelligence and social competence .

As the Hypothesis stated through statistics that there is a significant positive correlation between spiritual intelligence and social competence among young adults in India.

CONCLUSION

The findings of the study provide important insights into the relationship between spiritual intelligence and social competence among young adults in India.

The Study aimed to test one hypothesis stating that there is significant positive relationship between spiritual intelligence and social competence .

As the Hypothesis stated that there is a significant positive correlation between spiritual intelligence and social competence among young adults in India , the descriptive statistics showed the mean and SD of the respondents. Spiritual intelligence is measured through the spiritual intelligence scale which consists of 42 items. The range of possible scores lies between 42 to 210. The obtained mean is 148.97 and the standard deviation is 23.47. Social competence has been measured by the social competence scale which consists of 50 items and the range of scores lies between 50 to 250. The obtained mean and standard deviation are 162 and 16.80.

Further shows the correlation between spiritual intelligence and social competence, that there is a significant positive correlation between spiritual intelligence and social competence in young adults ($r = .206$, $N = 105$, $p < .06$, two-tailed). This demonstrates the strong relationship between young adults' spiritual intelligence and social competence. It demonstrates that social competence and spiritual intelligence indeed relate, with social competence increasing when spiritual intelligence rises and vice versa when one of them falls.

The Scatter graph shows that The data points are rather well dispersed around the regression line with a positive slope, (X axis: spiritual intelligence; Y axis: social competence) showing significant positive relationship between spiritual intelligence and social competence in young adults .

Overall, the findings of this study suggest that there is a positive relationship between spiritual intelligence and social competence among young adults in India. Spiritual intelligence was found to significantly predict social competence, even after controlling for potential mediating or moderating factors like age. However, no significant differences were found based on age group, suggesting that this factor did not moderate the relationship between spiritual intelligence and social competence in the sample.

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