



## Impact of Values and Spiritual Quotient on Psychological Well Being among Adults

### ABSTRACT

*Value system is an integral part of one's personality as it influences our behaviors and decisions. Probably, emergence of study of psychology took place due to wars which cropped due to poor values. In order to address to the chronic issues of crime and hatred it is essential to explore, whether values and spiritual quotient contribute to our actions. Sample of 30 males and 30 females from Ahmedabad was chosen for a research. It is hypothesized that there is no significant correlation between values, spiritual quotient, and psychological well-being amongst adults. It is also hypothesized that there is no significant difference between Values, S Q and Psychological well-being amongst males and females. A test named Study of Values Test by Dr. R.K. Ojha and Dr. Mahesh Bhargava was used to measure theoretical, economic, aesthetic, social, political and religious values. Also, to measure spiritual quotient, researcher studied the inner self, interself, biostoria, life perspectives and spiritual actualization through -Roqan Spiritual Intelligence Test by Roquiya Zainuddin & Anjum Ahmed. Similarly, satisfaction, efficiency, sociability, mental health and interpersonal relations were measured through - Psychological Well Being Scale; by D. S. Sisodia and Pooja Choudhary. To calculate and interpret the scores, t-test and correlation method were used.*

**Key words :** wellness, spiritual quotient, theoretical, aesthetic, political, and social values

### INTRODUCTION

#### Values Theory

*"The value concept... [is] able to unify the apparently diverse interests of all the sciences concerned with human behavior."* [Rokeach, 1973].

When we think of our values, we think of what is important to us in our lives (e.g., security, independence, wisdom, success, kindness, pleasure). Each of us holds numerous values with varying degrees of importance. A particular value may be very important to one person, but unimportant to another.

Consensus regarding the most useful way to conceptualize basic values has emerged gradually since the 1950's. We can summarize the main features of the conception of basic values implicit in the writings of many theorists and researchers<sup>2</sup> as follows:

- Values are beliefs. But they are beliefs tied inextricably to emotion, not objective, cold ideas.
- Values are a motivational construct. They refer to the desirable goals people strive to attain.
- Values transcend specific actions and situations. They are abstract goals. The abstract nature of values distinguishes them from concepts like norms and attitudes, which usually refer to specific actions, objects, or situations.
- Values guide the selection or evaluation of actions, policies, people, and events. That is, values serve as standards or criteria.
- Values are ordered by importance relative to one another. People's values form an ordered system of value priorities that characterize them as individuals. This hierarchical feature of values also distinguishes them from norms and attitudes.

The Values Theory defines values as desirable, trans-situational goals, varying in importance that serves as guiding principles in people's lives. The five features above are common to all values. The crucial content aspect that distinguishes among values is the type of motivational goal they express. In order to coordinate with others in the pursuit of the goals that are important to them, groups and individuals represent these requirements cognitively (linguistically) as specific values about which they communicate. Ten motivationally distinct, broad and basic values are derived from three universal requirements of the human condition: needs of individuals as biological organisms, requisites of coordinated social interaction, and survival and welfare needs of groups.

The six basic values are intended to include all the core values recognized in cultures around the world. These six values cover the distinct content categories, in value questionnaires from different cultures, and in religious and philosophical discussions of values.

Each of the ten basic values can be characterized by describing its central motivational goal:

### **Spiritual Intelligence:**

Webster's dictionary defines **spirit** as "the animating or vital principle: that which gives life to the physical organism in contrast to its material elements: the breath of life".

Wigglesworth, Cindy (2012) defines **spirituality** as "the innate human need to be connected to something larger than ourselves, something we consider to be divine or of exceptional nobility. This innate

desire for that connection transcends any particular faith or tradition. It does not require a belief in a divinity by any description, nor does it preclude belief in God or Spirit or the divine”.

People with high SQ feel more fulfilled, finding deeper meaning and purpose of their lives. They operate from positivism, put in their best efforts, deriving joy in helping others and improving the society by using a higher dimension of intelligence. Since they are able to employ their IQ and EQ better, they are creative, adding value to own others’ lives.

Employing SQ one is enabled to differentiate between ‘right’ and ‘not right’ in the given framework of a society or a situation, listening to inner voice. Our brains are hard-wired for activation and utilization of SI, but most of the people let it remain dormant, missing out a richer quality of being. People may surely and gradually move from mundane way of life to a spiritual one.

### **Spiritual Values**

Buzan, Tony (2001) and Switzer, Bob (2011) emphasise that certain spiritual values are manifested in the behaviour of people who develop their SQ, in varying degrees. Certain salient spiritual values are compassion, humility, forgiveness, gratitude, etc. If a person adopts and practises these spiritual values or qualities, transition can be made to higher consciousness of personal living and other spheres leading to development of spiritual intelligence.

Psychological well being:

Psychological well being can be categorized into two factors and both these factors directly or indirectly affect the well being of a person:-

(a) Satisfactory conditions include aspects such as:-

- (i) Group cohesiveness.
- (ii) Sharing of each other’s experiences.
- (iii) Helping attitude.
- (iv) Understanding and sharing each other’s problems.
- (v) Absence of conflict among members or type of relationship among members e.g. husband-wife, mother-father, parent-children, siblings etc;
- (vi) Absence of mental and physical illness.

(b) Satisfying conditions. Include factors such as:-

- (i) A sense of belongingness.
- (ii) Presence of positive attitude.
- (iii) Subjective feelings of physical, mental, psychological, social and spiritual intelligence.

(iv) Absence of unhappy experiences.

## **METHODOLOGY**

### **Objectives of Study**

1. To find out the difference between males and females with reference to Spiritual Quotient.
2. To find out the difference between males and females with reference to Values.
3. To find out the difference between males and females with reference to Psychological well-being.
4. To find out the correlation between Values and Psychological well-being among adults.
5. To find out the correlation between Spiritual Quotient and Psychological well-being among adults.

### **Rationale of study**

It is a conscious effort to make the readers reflect back to the values they carry and how spiritual intelligence along with strong values can positively influence the psychological well being.

### **Hypothesis**

1. There is no significant difference between males and females with reference to Spiritual Quotient.
2. There is no significant difference between males and females with reference to Values.
3. There is no significant difference between males and females with reference to Psychological well being.
4. There is no significant difference between Values and Psychological well being among adults.
5. There is no significant difference between Spiritual Quotient and Psychological well being among adults.

### **Scope of the Study**

The scope of the study is confined to the adults between the age group of 25 to 45 years.

### **Sample**

The sample constitutes of 30 males and 30 females summing up to 60 adults randomly selected from Ahmedabad city with the age group of 25 to 45 years and with the income ranging from 30,000 to 35,000 per month belonging to corporate sector.

### **Scales Tools**

For the purpose of knowing about this study three different tests were used here.

1. Study of Values Test (SVT-OB) designed by Dr. R. K. Ojha and Dr. Mahesh Bhargava was used to measure six basic interests or motives in personality: the Theoretical, Economic, Aesthetic, Social, Political and Religious.

The test has two parts – first part consists of 30 items with two alternative answers and second part consists of 15 items with four alternative answers. 1959, 1960. Reliability/ Validity ?

2. Roqan Spiritual Intelligence Test (RSIT) designed by Prof. Roquiya Zainuddin and Ms. Anjum Ahmed was used to measure five different dimensions of SQ. The dimensions were namely the inner self, the inner self, biostoria, life perspectives, spiritual actualization and value orientation. In total, there were 80 items in the form of sentences which were rated as Likert rating scale and judged on 5 point scale. The reliability of the test was determined by calculating Cronbach's Alpha Coefficient on the sample of 300 subjects. Cronbach's Alpha Coefficient computed is .73, and the Guttman Split-Half coefficient calculated is .70. This shows that the test has a high reliability. Validity of the test was also high on account of being .85.

3. Psychological Well Being Scale-SDCP designed by Dr. Devendra Singh Sisodia and Ms. Pooja Choudhary as used to measure the psychological well being. It consisted of 50 items with a view to measure several aspects of well-being like Satisfaction, Efficiency, Sociability, Mental Health and Interpersonal Relations. All statements are of positive manner. 5 marks to strongly agree, 4 marks to agree, 3 marks to undecided, 2 marks to disagree and 1 mark to strongly disagree responses are assigned. The test-retest reliability was 0.87 and the consistency value for the scale is 0.90. Validity coefficient derived is 0.94.

### Procedure

After selecting the groups, three questionnaires namely Study of Values Test (SVT-OB), Roqan Spiritual Intelligence Test (RSIT) and Psychological Well Being Scale-SDCP had been conducted for both the groups. The questionnaires were administered to the participants and responses quantified.

### Statistical Tools

SPSS software was applied to the following data for analyzing the data given in tables below:

**TABLE 1 :** Mean, SD and 't' value of spiritual quotient in relation to gender.

Group	N	Mean	SD	't' value	P value	Remark
Male	30	275.27	51.083	2.128	0.038	0.05
female	30	301.63	44.662			

**GRAPH 1** : Graph of Mean score among spiritual quotient in relation to gender.

As shown in table - 1 spiritual quotient in relation to gender. For Male the mean is 257.27 and for female the mean is 301.63. And S.D. is 51.083 and 44.662 respectively. For both groups 't' value is 2.128 which is significant at 0.05 level The hypothesis related to SQ with reference to males and females is rejected.

**TABLE 2:** Mean, SD and 't' value of different type of value in relation to gender

Type of values	Group	N	Mean	SD	't' value	P value	Remarks
Theoretical	Male	30	40.70	6.51	0.101	0.920	NS
	female	30	40.533	6.23			
Economic	Male	30	42.95	8.36	1.680	0.99	NS
	female	30	39.933	5.18			
Aesthetical	Male	30	38.50	5.36	0.526	0.601	NS
	female	30	37.33	5.93			
Social	Male	30	37.623	5.67	2.691	0.009	0.01
	female	30	41.883	6.54			
Political	Male	30	41.87	4.95	1.404	0.166	NS
	female	30	39.80	6.37			
Religious	Male	30	37.750	7.25	1.008	0.317	NS
	female	30	39.750	8.09			

As shown in table -2 different types of value in relation to gender. For theoretical value of Male the mean is 40.70 and for female the mean is 40.533. And S.D. is 6.51 and 6.23 respectively. For economic value of Male the mean is 42.95 and for female the mean is 39.933. And S.D. is 8.36 and 5.18 respectively, For Aesthetical value of Male the mean is 38.50 and for female the mean is 37.33. And S.D. is 5.36 and 5.93 respectively, For social value of Male the mean is 37.623 and for female the mean is 41.883. And S.D. is 5.67 and 6.54 respectively, For Political value of Male the mean is 6.37 and for female the mean is 39.80. And S.D. is 4.95 and 6.37 respectively, For religious value of Male the mean is 37.750 and for female the mean is 39.750. And S.D. is 7.25 and 8.09 respectively For theoretical value both groups 't' value is 0.101 which is not significant, For economic value both groups 't' value is 1.680 which is not significant, For aesthetical value both groups 't'

value is 0.526 which is not significant, For social value both groups 't' value is 2.691 which is significant at 0.01 level, For Political value both groups 't' value is 1.404 which is not significant, For religious value both groups 't' value is 1.008 which is not significant.

**GRAPH 2:** : Graph of Mean score among different types of values in Relation to gender.

**TABLE 3 :** Mean, SD and 't' value of Psychological well-being in relation to gender

Group	N	Mean	SD	't' value	P value	Remark
Male	30	193.40	23.20	1.140	0.259	NS
female	30	199.53	18.17			

**GRAPH 3** Graph of Mean score among psychological well being in relation to gender.

As shown in table - 3 Psychological well-being in relation to gender. For Male the mean is 193.4 and for female the mean is 199.53 And S.D. is 23.20 and 18.17 respectively. For both groups 't' value is 2.128 which is significant at 0.05 level The hypothesis related to SQ with reference to males and females is rejected.

**TABLE 4\_** Correlation between spiritual quotient and Psychological well-being

Variable	N	correlation	P value	Remark
SQ	60	0.179	0.170	NS
PWBS				

As shown in tables above, there is no significant correlation seen between spiritual quotient and psychological well being among adults. The hypothesis related to SQ and psychological well being is accepted.

**TABLE 5 :** Correlation between Types of Values and Psychological well-being

Variable	N	correlation	P value	Remark
A-PWBS	60	-0.110	0.40	NS

B- PWBS	60	-0.190	0.15	NS
C- PWBS	60	0.059	.65	NS
X- PWBS	60	0.211	0.11	NS
Y- PWBS	60	-0.101	0.44	NS
Z- PWBS	60	0.156	0.23	NS

As shown in tables above, there is no significant correlation seen between values and psychological well being. The hypothesis related to Values and psychological well being is accepted.

## RESULTS AND DISCUSSION

### Observation

Results clearly show that in order to attain better psychological well being adults should try to enhance and shape their values as well as spiritual intelligence.

### Findings:

In reference to Spiritual Quotient there was significant difference between males and females. According to Mean Score SQ of females was comparatively higher than males.

Significant difference was found between males and females in Social values and rest of the values like Theoretical, Economic, Aesthetical, Political and Religious were non-significant. According to graphical result Mean Score of females was comparatively higher than males in Social and Religious values as compared to the other values.

In reference to Psychological Well-being, no significant difference was found between males and females. As shown in graph, Mean Score of females was comparatively higher than males.

There is no significant correlation seen between Values and psychological well being as well as between SQ and psychological well being among adults. It is also found that there is significant difference seen between males and females with reference to their Religious and Social Values, SQ and psychological well being.

### Recommendations to Improve Values and SQ

Since SQ positively impacts the psychological well being, it is imperative that we live a fulfilling and satisfying life by enhancing SQ because that is the underpinning factor. The brain is wired for SQ but it remains dormant



and needs to be activated. It takes effort and time to develop SQ but it is worth the effort realizing its benefits. Some of the methods available are discussed in the succeeding text.

(a) **Meditation.** Several methods are available for meditation. One may choose that suits him the best. If much time cannot be invested in meditation, duration of 20 minutes is considered to be optimal. Sri Sri Ravi Shankar asserts that meditation improves and balances physical, mental, emotional and spiritual spheres of a man.

(b) **Prayers.** For those who believe in God, prayer includes respect, love, pleading and faith. Through a prayer a devotee endows the doer ship of the task to God. Giving the doer ship to God means that we acknowledge that God is helping us and getting the task done. Prayer is an important tool of spiritual practice in the generic spiritual path of devotion. Prayer reduces worry and enhances contemplation.

(c) **Tools to Empower.** One may choose any tool to enhance his SQ and Psychological Well Being, for it will lead him to satisfying and purposeful life. Among others, Reiki is a simple and easy - to - learn technique for better life and pleasant experiences.

(d) **Observance of Spiritual Values / Qualities.** A dual approach may be of enormous benefit for spiritual seekers. One, SQ may be enhanced by the techniques stated above and then manifest the spiritual values in day to day behavior. Second, consciously, practice the spiritual values / qualities in everyday life and increase the SQ, leading to a positive virtuous spiral.

## SUGGESTIONS

Human life is the greatest gift that the God or that Infinite Energy bestows upon us. We ought to respect and love it, making the most of it. We being spiritual beings going through human experience, are obliged to develop our spiritual intelligence (SQ), living the highest quality of psychological well being.

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