

Examining the Relationship Between Spiritual Intelligence and Perceived Stress of Youth

Submitted by

Mohd. Ishaq Khan

Registration No. 11504623

M.A. Applied Psychology

Lovely Professional University

Phagwara, Punjab



A Dissertation submitted in partial fulfillment of the degree of M.A. Applied Psychology.

Under the supervision of

Dr. Hari Om Sharma

UID- 19739

Associate Professor of Psychology

Lovely Professional University

Phagwara, Punjab, 144411

CERTIFICATION

This is to certify that the student namely, **Mohd Ishaq Khan** is a bonafide student of Department of Psychology and he has successfully completed his dissertation work entitled. *“Examining the relationship between spiritual intelligence and perceived stress of Youth”* at Lovely Professional University, Phagwara.

Dr. Hariom Sharma

Associate Professor of Psychology

U.I.D. 19739

Department of Psychology

Lovely Professional University

Phagwara, Punjab

Signed.....

Date.....

DECLARATION

I hereby declare that work entitled, “**EXAMINING THE RELATIONSHIP BETWEEN SPIRITUAL INTELLIGENCE AND PERCEIVED STRESS OF YOUTH**” has been carried out by me under the supervision of **Dr. Hariom Sharma**, Associate Professor of Psychology, Department of Psychology, Lovely Professional University, Phagwara. No part of this dissertation has formed the basis for the award of any degree or fellowship previously.

Mohd. Ishaq Khan

Registration No: 11504623

Lovely Professional University

Phagwara, Punjab

Signed.....

Date.....

ACKNOWLEDGEMENT

Thanks be to Almighty Allah the most gracious and most merciful for His guidance throughout the hurdles and struggle during the course of my studies. Special thanks go to my dissertation guide/ supervisor **Dr. Hariom Sharma** who had during this work spent his precious time to go through all the write-up his correction and guidance helped a lot to make this write-up into reality.

A word of appreciation goes to all the faculty members who keep on monitoring the progress of this work. Without mentioning the important dignitaries in the faculty this dissertation work will remain inconclusive for that, I am really appreciating the tremendous effort given by the Head of department **Dr. Pardeep Kumar** and Dean faculty Arts and School of languages Lovely professional University, Phagwara, **Dr. Parvtar Parkash Singh**.

The entire Staff in the faculty library need to be mention for their guidance and effort for enabling me to consult some the previously carried out dissertations, books, journals and other important as well as relevant articles which immensely contribute towards making these research into reality.

I am also appreciating the role of participants who contribute with their information through responding to the series of questions raised by filling the questionnaires given to them, without their open role played during this investigation this dissertation work cannot be completed. Specials thanks also goes to all my classmates especially **Abid Imtiyaz, Faheem Nabi, Rubina Anjum, Sumia Khazir and Shalini Mujoo** for their support given to me in one or the other way. I am very grateful to my able father, Ghulam Mohi-ud-din Khan, my beloved mother, Habla Begum and my sweet sisters Nuzhat, Suriya and Sumia for their untiring efforts in financing, praying, advising me as well as for their maximum support throughout the period of my studies. My grateful thanks also go to all my friends and relatives for their co-existence that has prevailed during my stay.

Mohd Ishaq Khan

11504623

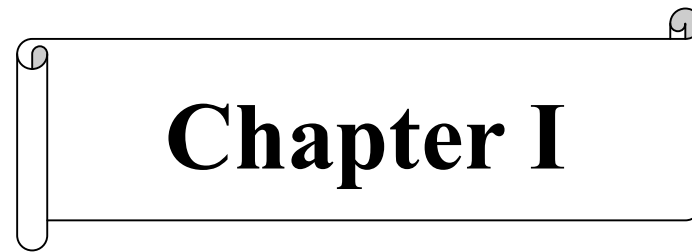
INDEX

CHAPTER	CONTENTS	PAGE NO.
	Certification	2
	Declaration	3
	Acknowledgement	4
	Abstract	6
I	Introduction	7-22
II	Review of literature	23-25
	Scope of Study	26
	Objectives	26
	Hypothesis	26
III	Research Methodology	27-28
	Sampling	28
	Tools	29
	Statistical Analysis	31
IV	Results and Discussion	32-47
V	Conclusions	48-51
	Limitations	50
	Implications for Future Research	51
	References	51-56
	Appendix	57-60

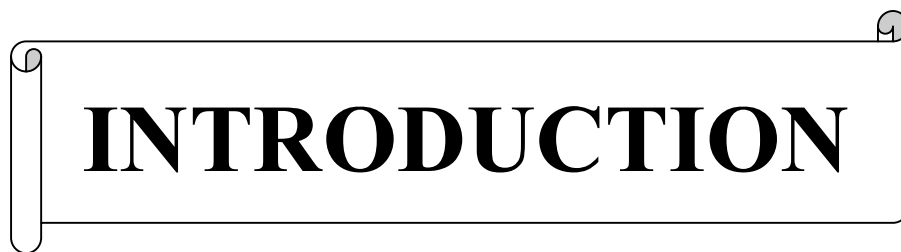
ABSTRACT

The present research is an attempt to study the Indian and foreign male and female participants for their spiritual intelligence and perceived stress scores and the relationship between these two variables. The participants were selected following the convenient sampling techniques from the campus of Lovely Professional University, Punjab. The obtained scores on spiritual Intelligence and perceived stress scales were treated to correlation and inferential statistics. The results revealed the significant negative correlation ($r=-.203$) ($p<.01$) between spiritual intelligence and perceived stress scores of the respondents. Male (53.4%) were noticed in majority with moderate level of perceived stress whereas female (71.4%) showed high perceived stress level. Indian participants (Mean=21.7) reflected higher stress in comparison to their counterparts, i.e., foreign participants (Mean=16.29). Interestingly, foreign participants (53.7%) were in majority on higher level of spiritual intelligence. This research attempts to examine the strength of relationships between the above two scale's scores for Indian and foreigner male and female participants. Also the differences were examined for spiritual intelligence and perceived stress across gender and nationality dimensions.

Keywords: Spiritual Intelligence, Perceived stress, Indian, Foreign

A decorative scroll graphic with a black outline and a light gray shadow. The scroll is unrolled, showing the text inside.

Chapter I

A decorative scroll graphic with a black outline and a light gray shadow. The scroll is unrolled, showing the text inside.

INTRODUCTION

Chapter I

INTRODUCTION

Spirituality:

Spirituality is considered as something greater than oneself and something more to being human than only experiencing sensory inputs. Spirituality is parallel to greater whole of which humans are part and it is cosmic in nature. Spirituality explores life after death, wisdom and truth. It is well known fact that some people such as saints or enlightened individuals were relatively more successful to achieve higher levels of the wisdom than the ordinary person. Such examples always develop interest in spirituality and people inclined towards the spirituality related concepts.

The spirituality develops a person to become relatively less constrained by ego defenses. The essential aspect of spirituality is the opening of the mind. Thus, spiritualism is moreover linked to mind rather than body. It is also the fact that religion is not always successful to improve the spiritual development. Religion helps a person to have morality and maturity in faith in cosmic energies. This faith and enlightened mind with morality enable the individual to be spiritual. Other than religion, family, peers, and social learning also play significant role in spiritual component development in the individual. The research has evidence for gender differences for spirituality. More profound scientific evidences have been observed for cultural differences in spirituality among members of the different societies.

Spirituality does not beggarly any accurate practice. It is a sure method for being. To arrive, there are numerous things to do. This resembles a garden in your home. If the soil,

sunlight or axis of a bulb is in an assertive way, it won't crop flowers, you accept to do something. You accept to yield affliction of those things. So if you breed your body, mind, affections and energies to an assertive level of maturity, something abroad blossoms inside you, that is what is spirituality. When your account is immature, it doubts everything. When your account matures, it sees aggregate in an absolutely altered light.

At whatever point any individual encounters an option that is greater than himself, the conventional method for taking a gander at that is, "this is God... "The entire thought of God is quite recently that anything greater than you. It could be a person or an ordeal or some part of nature. However, is this spiritual? No, this is simply life. When I say "just life", I am not attempting to reject it as a little thing. It is the best thing. Just when life turns into a mind-boggling, effective, delighted understanding for you, you need to recognize what could have made this.

If you wish to apperceive the action or the antecedent of creation, the most of affectionate allotment of conception for you is your own body, isn't it? There is a bound architect here, trapped aural you. You shouldn't absence him here, if you don't absence him here, if you apperceive the antecedent of conception inside you, you are spiritual.

Does belief in God make you spiritual?

An agnostic cannot be spiritual. But you have to accept that even a theist cannot be spiritual, because an agnostic and a theist are not different. One believes there is God; other believes there is no god. Both of them accept something that they do not know. You are not authentic plentiful to accept that you do not know, that's your problem. So theists and atheists are not different. They are the aforementioned humans putting up an act of getting different. A spiritual appellant is neither a theist nor an atheist. He has accomplished that he does not know, so he is seeking.

The moment you accept something, you become dark to aggregate else. The accomplished battle on the planet is not amid acceptable and angry as they are aggravating to activity it. It is consistently one man's acceptance against a different

man's belief. The charge for acceptance is extra intellectual than spiritual. You wish to adhere to something, you wish to feel secure, and you wish to feel like you apperceive it all. That is advancing from an actual adolescent mind. What is botheration if you don't know about this existence? You in fact don't apperceive anything. It's beautiful! And you see how to accomplish yourself admirable and joyful inside yourself, which is within your hands.

Spirituality is a plentiful abstraction with allowance for abounding perspectives. In general, it includes a faculty of affiliation to something bigger than us and it about involves a search for acceptance in life. As such, it is an accepted human experience something that touches us all. People may call a spiritual experience as angelic or absolute or artlessly a profound sense of acquaintance and interconnectedness.

Some may acquisition that their spiritual activity is intricately affiliated to their affiliation with a church, temple, mosque, or synagogue. Others may adjure or acquisition abundance in a claimed accord with god or a higher power. Still others seek acceptance through their access to attributes or art. Like your faculty of purpose, your claimed analogue of spirituality may change throughout your life, adapting to your own adventures and relationships.

What are the implications for mental healthcare? Patients captivated by anxiety or blah by depression accept little domain to breed a spiritual path if they are beneath the amplitude of adulterated thoughts endlessly getting again over and over in their 4 Minds. These thoughts are mistaken for facts. Spiritual development requires alternating degrees of abandon based on the ability that thoughts are not facts but artlessly brief mental phenomena, as absolutely are our emotions. Increasing numbers of patients are advertent this through mindfulness-based cognitive therapy, which in bringing a being to the here-and-now creates the intellectual altitude in which this awful spiritual acumen can advice abate all-overs and depression.

Nueroscientific analysis is assuming that with the convenience of mindfulness, the cortex of the mind actually grows, with an access in gray matter and added gyrification. Could this be the next evolutionary step for humanity, with brainwork aperture the entry to

changes and developments that we currently spiritual but which may in approaching be accounted normal, even basic?

Intelligence:

Intelligence is defined in many ways, e.g., capacity for the logic, emotional knowledge, creativity and problem solving as well as decision-making. The psychological term intelligence has emerged from Latin verb *intelligere*. The meaning of intelligence is the ability to think, to comprehend and to perceive the environment. Intelligence is noticed among humans as well as up to certain extent in animals also. Intelligence in the machines is described as artificial intelligence. Human intelligence has been described in psychology by following various approaches.

Human Intelligence

Human Intelligence, mental quality that comprises of the capacities to discover as a matter of fact, adapt to new circumstances, acknowledge and handle abstruse ideas, and utilize ability to dispense one's condition.

A great part of the activity a part of board in the acreage of intelligence gets from their endeavors to actuate absolutely what intelligence is. Various Researchers accept emphasized altered aspects of intelligence in their definitions. For instance, in a 1921 appointment the American psychiatrist Lewis M. Terman with Edward L. Thorndike contrasted over the meaning of intelligence, Terman affirmation the adeptness to think conceptually and the Thorndike stressing on learning and the capacity to provide great reactions to problems. Very recently however, psychologists accept about agreed that adjustment to the ambience is the key to compassionate both of them i.e. what intelligence is as well as what it does. Such adjustment may action in a range of settings: a learner in academy learns the actual he needs to learn in adjustment to do best in a course; a doctor treating a patient with new manifestations finds out about the basic sickness; or a craftsman modifies a canvas to pass on a more rational impression.

Generally, adjustment involves rolling out an improvement in oneself keeping in mind the end goal to adapt all the more adequately to nature; however it can likewise mean changing the surroundings or result an overall new one.

Effective adjustment draws up an amount of psychological procedures, for example, recognition, learning, memory, critical thinking and problem solving. The fundamental accentuation in a meaning of intelligence, at that moment, it is not a subjective or mental action essentially but instead a careful aggregate of these processes that is purposively coordinated toward powerful adjustment. In this way, the doctor who finds out about another sickness adjusts by seeing objects on the disease in medical literature, realizing what the objects contains, recalling the essential perspectives that are expected to treat the patient, and after that using motivation to take care of the issue of applying the data to the requirements of the patient. Intelligence, altogether, has come to be viewed not as a solitary capacity but rather as a successful drawing together of numerous capacities. This has not generally been evident to examiners of the subject, in any case; to be sure, a great part of the historical backdrop of the field spins around contentions with respect to the nature and capacities that constitute knowledge.

Spiritual Intelligence:

Psychologists have recognized numerous regions of intelligence separated from the psychological knowledge, for example, fluid intelligence, crystallized intelligence, social intelligence, spiritual intelligence and emotional intelligence; that every one of them are indices of adjustment. Beardsley LM created the term spiritual intelligence and describes it as “an intelligence within which we deal with and solve problems of acceptance and value, and it can place our accomplishments and our lives in a more extensive, wealthier, which means giving setting”. Furthermore by spiritual intelligence we can estimate that one strategy is more meaningful than another.

Spirituality consists of personal meaning for life and is more personal and subjective. Definitions of spiritual intelligence are linked to the concept of spirituality. It is assumed that there is one true God, who is un-originated, independent, the creator. Spiritual

individuals are relatively more perfect in their functioning and therefore most part of the spiritual intelligence is commonly related with mental wellbeing. Be that as it may, a few types of spirituality might be useless or pathogenic. Spiritual intelligence is worried with the brain and soul. It is the comprehension of existential inquiries and understanding into numerous levels of awareness.

Spiritual intelligence is observed to emerge as consciousness evolves into life, body, brain, spirit and soul. Therefore, it is more than individual mental ability. Recently, spiritual intelligence is becoming more common in research and psychological discussion. Spiritual intelligence represents our need for meaning and connection with the infinite. Almost all religions in the world consider the spiritualism and thus spiritual intelligence. In Islamic authentic culture, special attention is paid to spiritual intelligence implicitly. In Quran those who have spiritual intelligence are called elites, because they can understand the essence of reality and go beyond imaginative borders.

Spiritual Intelligence, then, is more than individual mental capacity. It seems to interface the individual to the transpersonal and the behavior to soul. Spiritual intelligence goes above accepted mental development. In accession to self-awareness, it implies relationship of our settlement to the extraordinary, to each other, to the earth and all creatures. Working as a psychotherapist, my consequence is that spiritual intelligence opens the heart, enlightens the brain, and inspires the spirit, interfacing the individual human mind to the hidden ground of being. Spiritual intelligence can be developed with convenience and can advice a being analyze absoluteness from illusion. It might be communicated in any background as affection, judiciousness, and administration. Spiritual intelligence is accompanying to affecting intelligence in so far as spiritual convenience includes developing interpersonal and interpersonal sensitivity. Focusing on subjective contemplations and emotions and developing sympathy is a piece of expanding familiarity with the internal spiritual life. Spiritual intelligence depends on the accommodation to see things from other than one angle and to admit the relationships among perception, belief, and behavior. Most humans are accepted to yield millstone for behavior but not for behavior or perceptions, although these are carefully interconnected. Relining any structure of intelligence requires training and conduct spiritual intelligence

is no exception. We depend on otherworldly insight when we investigate the significance of inquiries, for example, "Who am I "What am I doing here and "What truly matters?" Perhaps Spiritual Intelligence can likewise help a man find shrouded wellsprings of affection and Joy underneath the anxiety and turmoil of regular day to day existence.

Spirituality is to 'know' your identity and Spiritual Intelligence is to "realize" your identity and to live in that mindfulness. You accept consistently who you are and, in truth, you can never be added again who you are, but it requires 'realization' i.e. that moment if you 'see it', if you 'get it' and then you 'be it'. Spirituality is the ability of yourself as spirit/soul, and the compassionate of your accomplished spiritual qualities and attributes, which are love, peace, abstinence and bliss. Spiritual Intelligence is the announcement of these congenital spiritual qualities through your thoughts, attitudes and behaviors. Being spiritual agency the ego has dissolved, advantage has been adequate to appearance and spiritual ethics affix your internal and external universes It is the capacity to see each other person as soul/soul, and thereby transcend all the legendary identities of race, color, gender, nationality, profession and religion. It is this acquaintance that we are again able to admit and affix with the absolute Power. Spiritual intelligence can be developed by a array of practices for training attention, transforming emotions, and cultivating ethical behavior. These practices are not the select property of any single religious convention or spiritual educating. Although spiritual intelligence is accompanying to cognitive, emotional, or moral development. It is not indistinguishable to any of them. Since various types of insight create at various rates, a man might be very created in one of these zones however not in others. When larboard unresolved, affecting or ethical issues absolutely capture spiritual development. Spiritual intelligence subsumes a level of passionate and good development and moral conduct. Spiritual ability implies appliance insight and kindness in-relationship to other people, behindhand of gender, creed, age or ethical agent as well as admiration and account for all forms of life. Spiritual ability as well suggests an abstract faculty of wisdom and sympathy based on the alertness to admit illusions, to respect in the face of impermanence, and to appear to agreement with existential autonomy and mortality. It suggests a profundity and broadness of vision that incorporates an entire range of viewpoints and numerous

methods of knowing. Moreover, spirituality development infers interfacing the internal existence of psyche and soul with the external existence of activity and administration on the planet. When you understand who you truly are you will find a sense of contentment with yourself not just in light of the fact that peace is your actual and unique nature yet there is no longer any inward division and subsequently struggle between the numerous characters that you had previously made. Traditional religion frequently gives a man a feeling that all is well with the world and having a place, serving a social support to its individuals. Among the individuals who have been disappointed by traditional religion, spirituality will probably be acceptable to be close directed. A man may at present have a place with a gathering, yet with the improvement of profound insight the hover of empathic distinguishing proof extends to all individuals and considers the prosperity of the accomplished into account. We perceive our interconnectedness and trust; it ends up plainly conceivable to see the world from numerous points of view. Creating spiritual intelligence incorporates and rises above self-awareness, stretching out to the more distant scopes of solid mental improvement. It starts with developing actuality and mindfulness and creates with convenience to an issue for all creatures. Some guaranteed qualities that could be related with otherworldly insight are the worthy temperances of precision and humility, which could be declared as genuineness, record for contrasts, and the alertness to appoint in account to others.

According to Emmons (2000) the adaptive use of spiritual advice to encourage regular critical thinking and objective accomplishment is accepted as spiritual intelligence.

Wigglesworth (2002) says that Spiritual intelligence is the adeptness of individuals to behave with expertise and kindness while maintaining inner and outside harmony, paying little respect to the circumstance.

Stephen Covey (2004) says that Spiritual intelligence is the axial and a lot of axiological of all the intelligences, as it becomes the sources of advice for the others.

Five apparatus of spiritual intelligence are as follows:

- The ability to rise above the physical and material.

- The capacity to encounter elevated conditions of awareness.
- The capacity to purify regular experience.
- The capacity to use profound assets to take care of issues.
- The ability to be upright.

Spiritual Intelligence is the arrangement of capacities that people use to apply, show and exemplify profound assets, qualities and qualities in ways that improves their day by day working and prosperity. (Amram 2000). On the assay of 5 apparatus mentioned aloft Wigglesworth (2002) accept developed twenty one abundant abilities of airy intelligence.

Stress:

Stress is a part of our day-to-day life in almost every sphere of existence. Stress is caused due to the change in situation every now and then. When people are experiencing stress they may act differently and may involve in either too much eating or no eating, smoking, drinking, fatigue, frequent colds etc,. The concept of stress has more than one explanation in literature. Stress is the Latin derived from “stringer” meaning “to draw tight”. This term was largely used to refer to stain, hardship, affliction or adversity that a person faces in life. When there is any mismatch between the demands and the availability of resources and the individual is unable to fulfill those demands the person is under stress. Stress can also be defined as the negative feelings that a person experiences when faced with threatening situation. Forms of stress are ever changing. Stress directs the human being nervous system to respond differently. Hans Style has defined “stress as the response of the body to any non-specific demand”.

It is also defined as a state of psychological importance resulting from the disparity between conditional demand as well as individual’s ability and inspiration to encounter their needs. However, it has to be taken into account that what generate stress to one person in a given situation may be source of excitement in another person’s life or strengthening the coping ability of another. Although the word stress as been used by most of the people is taking negative dimension that mostly avoided by majority even

though, does not always denotes to negativity as sometimes helps toward achieving positivity as in the case of Eustress which refers to stress in positive aspect of our life.

Hans Selye has suggested three main elements or phases of general adaptation syndrome model (stress model) which can be seen as follows:

(I) Alarm stage: this is the first stage that directly communicates the stress level to the brain through all over the body. In this stage been the first step toward stress reaction, the body will try to shows that there is element of stress toward an individual there by getting prepare to deal with the situation this stage also known as fight or flight response. It is during this stage that the HPA axis, the nervous system (SNS) and adrenal glands activation would automatically take their place.

It has to be taken into consideration that during the alarm stage there is tendency in the body to release some hormone such as cortisol, adrenal as well as noradrenalin will be released so as to provide energy instantly to the body. But in a situation where the energy was repeatedly not put to usage through physical activity may result to harmful or dangerous effect.

However, excessive adrenaline presence in a surge of blood pressure may lead to cessation or even damage to the blood vessels in the heart and brain also will be at risk for heart attack and stroke. The higher production of cortisol hormone cell might result damage to cells as well as the muscle tissues respectively. Disorders and disease related to stress arises from cortisol may include cardiovascular conditions gastric ulcer high blood sugar level and stroke.

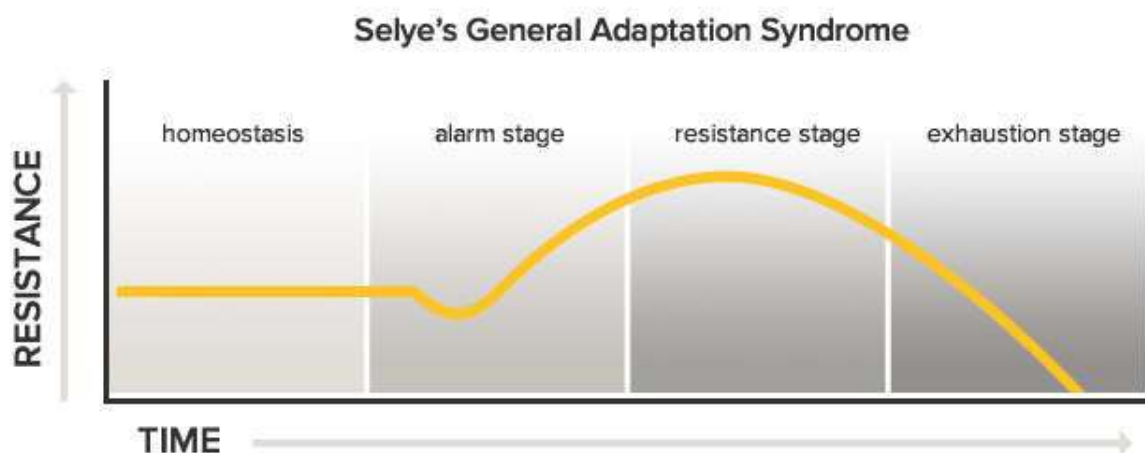
At this phase things suppose to be normal as the individual was alarmed that there may be possible danger which sudden jolt of hormonal changes may occur as such individual will be well equipped with sufficient energy to handle the situation.

(II) Resistance stage: this is the stage where by the body will now try to resist to the stress being alarmed at the previous stage. Here the stress hormone level released may now bounce back to its initial stage or normalcy may be restored in which may reduce the

defenses and the adaptive energy that were left. As the condition persists the will keep trying to resist in which the body will remain in state of arousal.

Being the second stage the issue continues to manifest itself and the recovery will try to be in steady process but if the situation continues with slow or no recovery at all ultimately will lead you to the final stage as the case may be.

(III) Exhaustion stage: this is the final stage to stress adaptation after been alerted and trying to resist to the situation which indicates the energy exhaustion level of an individual to resist the stress. Here the ability of the body to resist to the stress had gone there by exhausting the available energy to adapt to the situation which is sometimes refers to overload, adrenal fatigue and burnout to some extent it may be referred as dysfunction. And also this stage been the final in stress general adaptation model is the most harmful and dangerous toward individual health as nothing can be done if the stressful conditions persists at this stage it will destroy the immune system. For sure going by the general adaptation syndrome an individual has ample opportunity to curve the menace through the number of stages find proper solution there by checking some relaxation techniques and other practices such as herbal stress relief strategy. Below is the diagrammatic explanation about how general adaption syndrome work towards stress adaptation as explained above and has profound by Han Selye.



According to Hans Selye (1956) stress is the rate of all wear and tear caused by life.

Types of stress:

Stress administrations can be complicated and abashing one because there are altered kinds of stress which are – Acute stress, episodic acute stress and chronic stress. Each with its own characteristics, symptoms, period and analysis approaches.

1. Acute Stress: Acute stress is the less severe form of stress .It last only for a very short period of time. Acute stress occurs when we have to perform a particular task at a particular period of time. When there is immediate challenge or demands before us we are under acute stress. The symptoms include headaches, back pains, dizziness, chest pain, shortness of breath hypertension etc.

2. Acute Episodic Stress: When people experience stress over again and again it is called episodic stress. Sometime people make too many unreasonable demands and are unable to fulfill them and they experience stress. Episodic stress often experience by Type A personality people since they all always in a hurry to complete and achieve things. Symptoms include persistent tension, chest pain, heart diseases.

3. Chronic Stress: It is the more severe form of stress and last for long period of time. It can continue on to days, weeks and years. Person feels miserable and depressed and they feel that they cannot find a way out of it. When people experience traumatic events, severe illness, relationship problems, marriage problems they are under chronic stress. Chronic illness can lead to suicide, heart attack, stroke, violence etc.

4. Post Traumatic Stress Disorder (P.T.S.D): This is a form of stress as the name implies that person may be experiencing the trauma after serious stressful situation might occur previously either during childhood or in later life as a result of re-experience of the happenings physically, emotionally as well as psychologically such as child abuse, loss of love ones or relative, rape victims, post war trauma.

4. Occupational Stress: As the name implies these are stress associated with working environment of the employees such as workload, over time, career concern, rotating shift

work, interpersonal and intergroup conflict e.tc. All these and many constitute the major hazards associated with occupational stress especially when the employees cannot cope with the occupational demands of a given jobs.

Perceived Stress:

Perceived stress characterizes with the feelings of uncontrollability of one's life, and it depends upon that how much change is happening in one's life and one's level of abilities to deal with difficulties. Individuals can face the similar negative events throughout the life but can appraise the severity at different rates due to the factors like, personality, coping resources, and support.

Lazarus (1999) observed the stress as any of the life event straining a person's ability to manage. Stress is inevitable part of human life, particularly in today's context. McEwen (1998) defined the convenient amount of perceived stress as healthy and helping the individuals to mature. On the other hand, abnormal state of perceived stress may impact the working of the safe framework (Cohen, 1996). As indicated by Morgan (1997) and Walton (2002) exam stress is the most generally seen anxiety experienced by understudies and such abnormal state of perceived stress oftentimes prompt disappointment and suicide.

Psychological stress is turning into a built up hazard consider for cardiovascular diseases. In a current expansive case-control concentrate that included cases and controls from 52 nations, a higher danger of myocardial localized necrosis was accounted for among people who experienced worry at home or at work, were under extreme budgetary stress, had encountered upsetting life occasions inside the most recent year or were depressed. Evidence of mechanisms connecting worry to cardiovascular disease is imperative in making causal derivation, yet just couple of studies has attempted to unravel the perplexing relations amongst stress and the intervening variables. It is frequently expected that a connection between mental anxiety and danger of cardiovascular illness is halfway intervened by changes in well being behavior. Accordingly, stress has been observed to be related with unfriendly wellbeing conduct, for example, physical latency

and smoking in a few cross-sectional reviews. In any case, it is hard to differentiate the cause one from the other from the impact in such reviews and longitudinal changes in wellbeing conduct might be of more interest. Stress could likewise influence the danger of cardiovascular sickness by rehashed actuation of the autonomic sensory system and the hypothalamic–pituitary–adrenal (HPA) axis, which may prompt more straightforward patho-physiological changes in heart risk profile, for example, modifications in blood lipids and circulatory strain. The connection amongst stress and heart risk profile has for the most part been assessed in laboratory settings with people presented to acute stressors, for example, playing out a discourse or taking a test, and the connection between worry of regular day to day existence and long haul changes in risk profile has not been contemplated as broadly. The aim of this abstraction was to appraise the effect of stress on longitudinal changes in well being behavior and cardiac accident contour in more than 7000 men and ladies tentatively taken after for 10 years.

Stress and the Role of Perception

One of the various significant tenants of stress administration is the function that insight plays in stress. A lot of humans accept that it is outside distressing situations or humans that could cause their accent be that as it may, this is not 100% exact, in the event that it were, everyone who was apparent to an exacting stressor would be influenced, however this is not the situation. Stress is not a high contrast issue of "Circumstances and end results". It is the aftereffect of various difficult and connecting components, for example, the association among the stressors and our impression of the stressors. How we see/evaluate an accident (stressor) plays a substantial part in whether the stressor triggers our fight/escape reaction. For instance if our discernment is impacted by an adverse, critical speculation style the potential occasion will be seen as to a greater degree a risk than say someone else presented to a similar potential distressing occasion yet who has an adaptable, non-inflexible, idealistic cerebration style.

Couples of stressors are generally throbbing and hard to a great deal of us, for example, the demise of a friend or family member. Luckily, these Major Life Event stressors are practically uncommon; the greater part of the stressors we appointment action every day

and are acknowledged as day by day bothers. Our view of these consistently, non-life occasion, stressors, depends real inexhaustible on our individual impression of those precise stressors.

A case of an everyday bother is an automobile overload. One individual in the road turned parking may sit and smolder becoming extremely irritated at the postponement, however someone else in a similar condition may discreetly agree to the condition, smoothly read a book and believe that getting nervous or crabby won't travel the car one millimeter further. This is a similar prospective stressor for equally both the drivers, however two particular responses and this is halfway because of the perception of the occasion by mutually people.

Stress researchers and Psychiatrist Doctor Richard Lazarus built up the Transactional model of stress. That modal does not appearance the stressor or else the individual as the reason for stress; he says: "A Stress dwells neither in the condition nor in the individual, it relies on upon an exchange between them".

A decorative scroll graphic with a black outline and a white fill. The scroll is unrolled at the top and bottom edges, with small circular details at the corners. The text "Chapter II" is centered within the scroll.

Chapter II

A decorative scroll graphic with a black outline and a white fill. The scroll is unrolled at the top and bottom edges, with small circular details at the corners. The text "Review of Literature" is centered within the scroll.

Review of Literature

Chapter II

Review of Literature

A review of related literature is an important step to develop an understanding of the variables under study. Keeping this view in mind an attempt was made to make a survey of the researches in the field of spiritual intelligence and perceived stress.

Singh and Sinha (2013) In their paper ‘Impact of Spiritual Intelligence on Quality of Life’ they said that employing spiritual quotient is enabled to differentiate between ‘right’ and ‘not right’ in the given frame work of society or a situation by listening our inner voices. For activation and utilization our brains are hard wired, but most people let it remain dominant, missing out a richer quality of being.

Talwar et al. (2013) conducted a study to examine the link between stress and perceived social support, and gender differences among university students in University of Malaysia. The study presented some interesting findings, stating that male university students experienced more stress than females. Further the findings also suggested that female students perceive higher social support from their families in comparison to males and due to this increased social support the female students experience less stress.

Bataineh (2013) investigated academic stressors experienced by university students on 232 participants and reported that academic and semester overload, insufficient time, high family expectations, fear of failure and low motivation were the key stressors among students. He also reported insignificant differences for academic stress across level of study and specializations in university students.

Babanazari et al. (2012) investigated the spiritual intelligence and happiness in adolescents at high School level. The results of the study showed that there was a significant relationship between spiritual intelligence and happiness. Regression analysis showed awareness sensing, value sensing and community sensing to have significant anticipation of happiness.

Khoshtinat (2012) researched the spiritual intelligence and religious coping among the university students. The analysis of data showed that spiritual intelligence and its components are significantly higher than average among male and female students.

Ghaderi et al. (2009) conducted a study to compare experiences of stress, anxiety, and depression among the Indian and the Iranian students. The sample consisted 80 Indian and 80 Iranian, both male and female students. The results revealed interesting findings suggesting that the Indian students were significantly higher than those of Iranian students on all the three variables of stress, anxiety and depression. Further, no significant gender differences were visible on any of the variable.

Dincer (2007) observed the positive results of spiritual intelligence on educator and student relationship and its reflections in the educational environment. Spiritual intelligent educators can be illuminators of tolerance, understanding, love and peace.

Jain and Purohit (2006) studied the spiritual intelligence of aged people. 200 senior citizens were selected for this study having different living status, i.e., living with family 100 samples and living in old age homes 100 samples. Findings revealed no significant differences between senior citizens living with family and living in old age homes with regard to overall spiritual-intelligence. However, the results showed significant differences for many domains of spiritual intelligence, i.e., religiosity, soul, self awareness.

Carr (2004) conducted a study including spiritual intelligence and stress. The findings reflected the negative relationship between the spiritual intelligence and the perceived stress of students. The results also yielded the people with higher spiritual intelligence having ability to tolerate mental pressures and being optimistic and hopeful.

Campbell et al. (1992) conducted a study on 457 undergraduate students suggesting that female report high level of unacceptable stress than male students. The female students reported reasons of stress to be lack of time and lack of self-discipline--which were significantly higher than the male counterparts.

Scope of the study:

The present study focused on psychological constructs of spiritual intelligence and perceived stress among the youths. Cultural and gender related differences in the behavior patterns in terms of existence of spiritual intelligence and stress be highlighted to understand the psychological dynamics among members of different society groups. The findings of the present study developed the insight to understand the stress and role of spiritual intelligence at young stage of life of an individual. Thus, present research is intended to cover both, spiritual intelligence and perceived stress and related dimensions with regard to different demographic characteristics of the individuals under study.

Objectives:

- To examine the level of spiritual intelligence of youth participants.
- To examine the level of perceived stress among youth participants.
- To study the relationship between spiritual intelligence and perceived stress of youth participants.
- To investigate the cultural differences among Indian and foreign youth participants with regard to their perceived stress and spiritual intelligence.
- To find out the gender differences in terms of participants' scores on perceived stress and spiritual intelligence scales.

Hypotheses:

- All participants will have equal level of spiritual intelligence.
- There will be no perceived stress among youth participants under study.
- There exists no significant relationship between spiritual intelligence and perceived stress of youth participants.
- There are no significant differences among perceived stress and spiritual intelligence scores of Indian and foreign youth participants.
- There are no significant gender differences among youth in terms of their scores on perceived stress and spiritual intelligence scales.

A decorative scroll graphic with a black outline and a light gray shadow. The scroll is unrolled in the middle, revealing the text.

Chapter III

A decorative scroll graphic with a black outline and a light gray shadow. The scroll is unrolled in the middle, revealing the text.

METHODOLOGY

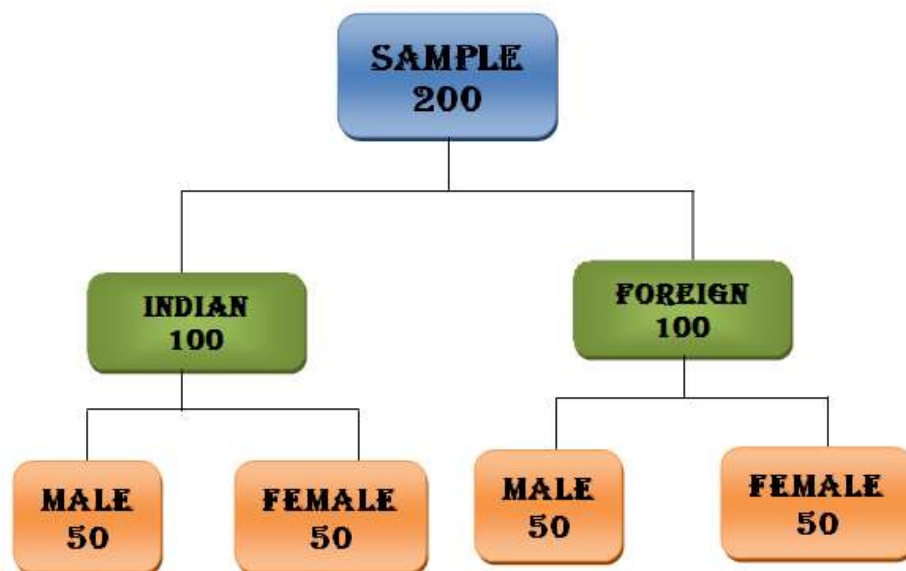
Chapter III

RESEARCH METHODOLOGY

Research Design: This study was conducted by applying descriptive survey method of research. To continue with study convenient sampling technique for selection of the sample was followed. The study included both Indian and foreign students from the Lovely Professional University campus in Punjab.

Sample:

For the current study, a sample of 200 young adults in the age range of 20-30 years was selected. In this sample, 100 participants were Indian (50 males and 50 females) and rest of the 100 were foreigners (50 males and 50 females). The non-random purposive and volunteered sampling procedure was used to include the participant from the different departments of Lovely Professional University. The distribution of above sample is as shown in the Figure below:



Types of Data:

1. Primary data: this simply refers to fresh data or original data in a research. In this research work researcher collected data directly from the participants by administering the questionnaire on spiritual intelligence and perceived stress.
2. Secondary data: these types of data are simply referred to as already documented/recorded information (data) from different authenticated sources, e.g., library records, website, governments, journals and magazine etc.

Tools:

The researcher administered Spiritual Intelligence Scale and Perceived Stress Scale on 200 participants to collect the required data.

The Spiritual Intelligence Scale: Spiritual intelligence is the statement of natural otherworldly qualities through considerations, dispositions and practices. Spiritual prosperity has been implied to give a huge internal quality to individuals, particularly in times of instability and disorder in life. It has been corresponded with upgraded imagination and intelligence, increased field independence, improving working of both the left and right halves of the globe of the mind and quickened subjective advancement in youngsters in training it has been related with the expanded IQ and academic performance in optional, school and graduate understudies. This scale is used to study the spiritual intelligence among male and female youths. This scale consists of 30 statements in positive form.

A Cronbach's Alpha of .920, a standardized alpha of .922, split-half reliability of .91, and average inner-item relationship of .34 was recorded for the above spiritual intelligence scale. Spiritual Intelligence Scale uses a 5-point Likert scaling (0 – not at all true of me, 1 – not very true of me, 2 – somewhat true of me, 3- very true of me, 4 – completely true of me).

Respondents' levels of spiritual intelligence were described based on the following Norms of mean range scores:

Mean scores	Interpretation
4.21 – 5.00	Very High
3.41 – 4.20	High
2.61 – 3.40	Moderate
1.81 – 2.60	Low
0.00 – 1.80	Very Low

The Perceived Stress Scale (PSS): is developed by Sheldon Cohen in 1983. It is a psychological tool having ten items on a five point rating scale to measure the perception of stress. It is the assessment of degree to which events in one's life are appraised as stressful. The statements are about feelings and thoughts over a period of immediate last month. This Perceived Stress Scale (PSS) is a self-report measure of stress.

Cohen, Kamarck, & Mermelstein (1983) reported Cronbach's α between .84-.86 for the Perceived Stress Scale. Test-retest reliability for the PSS was .85. Validity: Correlation of the PSS to other measures of similar symptoms ranges between .52-.76 (Cohen et al., 1983).

Scoring	Never	Almost Never	Sometim es	Fairly Often	Very Often
Questions 1, 2, 3, 6, 9, & 10	0	1	2	3	4
Questions 4, 5, 7, & 8	4	3	2	1	0

The aggregate score is computed by finding the total of 10 items; reverse coding questions 4, 5, 7, and 8 as presented previously. The PSS has a range of scores between 0 and 40. A higher score shows more stress.

- Scores ranging from 0-13 would be considered low stress.
- Scores ranging from 14-26 would be considered moderate stress.
- Scores ranging from 27-40 would be considered high perceived stress.

Statistical analyses:

Following statistical techniques were used in order to analyze the obtained data through 16 version of the SPSS computer software.

- Mean (central tendency).
- Inferential statistics - Analysis of Variance (ANOVA).
- Descriptive statistics - Percentage and Frequency analysis.
- Karl Pearson's Coefficient of Correlation.

A decorative horizontal scroll border with a black outline and a light gray shadow. The scroll is unrolled on the left and right sides, with the top edge slightly curved. The text "Chapter IV" is centered within the scroll.

Chapter IV

A decorative horizontal scroll border with a black outline and a light gray shadow. The scroll is unrolled on the left and right sides, with the top edge slightly curved. The text "Result and Discussion" is centered within the scroll.

Result and Discussion

Chapter IV

Result and Discussion

Objective I: Level of Spiritual Intelligence among youth participants

Table 1: Participants' distribution among three levels of spiritual intelligence

Spiritual Intelligence	N	Percentage of Participants
Moderate	40	20
High	147	73.5
Very High	13	6.5
Total	200	100

The observed data in Table 1 confirm the different levels of Spiritual intelligence of participants in the present study. Majority of the participants were noticed having higher levels of spiritual intelligence. Out of 200 participants 73.5% showed high level of spiritual intelligence. Interestingly, 6.5% scored very high on spiritual intelligence scale. Rest of the 20% scored only at moderate level of spiritual intelligence. The findings are demonstrated in the Figure 1 given below.

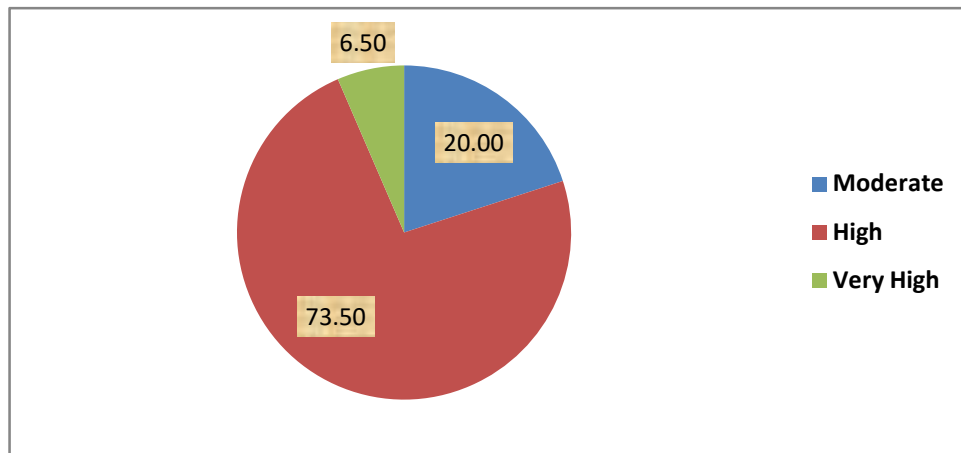


Figure 1: Percentage of participants' distribution among three levels of spiritual intelligence

Table 2: Spiritual Intelligence Level among male and female participants

Spiritual Intelligence Level * Gender Cross Tabulation					
			Gender		Total
			Male	Female	
Spiritual Intelligence	Moderate	Count	26	14	40
		%	65.0%	35.0%	100.0%
	High	Count	67	80	147
		%	45.6%	54.4%	100.0%
	Very High	Count	7	6	13
		%	53.8%	46.2%	100.0%
Total		Count	100	100	200
		%	50.0%	50.0%	100.0%

The above data Table 2 demonstrates the male and female participants' spiritual intelligence level. Observation of the above distribution reflects that out of 40 participants male (65.0%) were dominating the female (35.0%) in moderate level of spiritual intelligence. However in the high level of spiritual intelligence female (54.4%) dominate the male (45.6%) counterpart. In very high level of spiritual intelligence only 13 participants could score and out of which (53.8%) were male and (46.2%) were female. The findings are demonstrated in the Figure 2 given below:

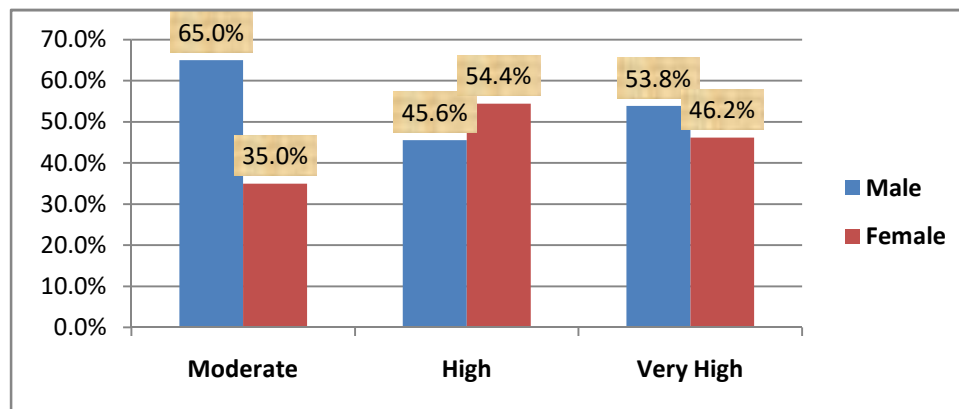


Figure 2: Spiritual Intelligence Level * Gender Cross Tabulation

Table 3: Spiritual Intelligence Level among Indian and foreign participants

Spiritual Intelligence Level * Nationality Cross Tabulation					
			Nationality		Total
			Indians	Foreigners	
Spiritual Intelligence	Moderate	Count	25	15	40
		%	62.5%	37.5%	100.0%
	High	Count	68	79	147
		%	46.3%	53.7%	100.0%
	Very High	Count	7	6	13
		%	53.8%	46.2%	100.0%
Total		Count	100	100	200
		%	50.0%	50.0%	100.0%

The above data Table 3 demonstrates the Indian and Foreign participants’ spiritual intelligence level. Observation of the above distribution reflects that out of 40 participants Indian (62.5%) was dominating the Foreign (37.5%) in moderate level of spiritual intelligence. However in the high level of spiritual intelligence Foreign (53.7%) dominate the Indian (46.3%) counterpart. In very high level of spiritual intelligence only 13 participants could score and out of which (53.8%) were Indian and (46.2%) were Foreign. The findings are demonstrated in the Figure 3 given below:

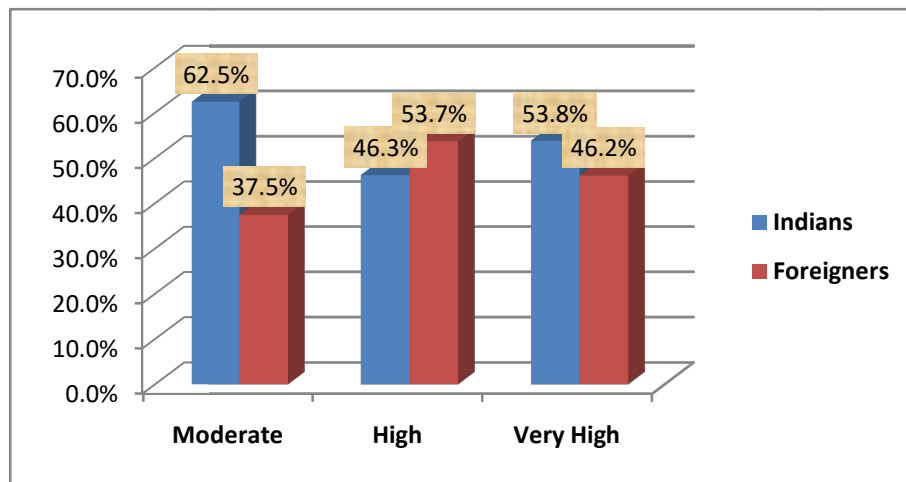


Figure 3: Spiritual Intelligence Level among different nationalities

Objective II: Level of perceived stress among youth participants

Table 4: Participants' distribution among three levels of perceived stress

Perceived Stress	Count	Percentage of Participants
Low	30	15
Moderate	163	81.5
High	7	3.5
Total	200	100

The observed data in Table 4 confirm the different levels of perceived stress of participants in the present study. Majority of the participants were noticed having moderate levels of perceived stress. Out of 200 participants 81.5% showed moderate level of perceived stress. Interestingly, 3.5% scored high on perceived stress scale. Rest of the 15% scored only at low level of perceived stress. The findings are confirmed in the Figure 4 given below.

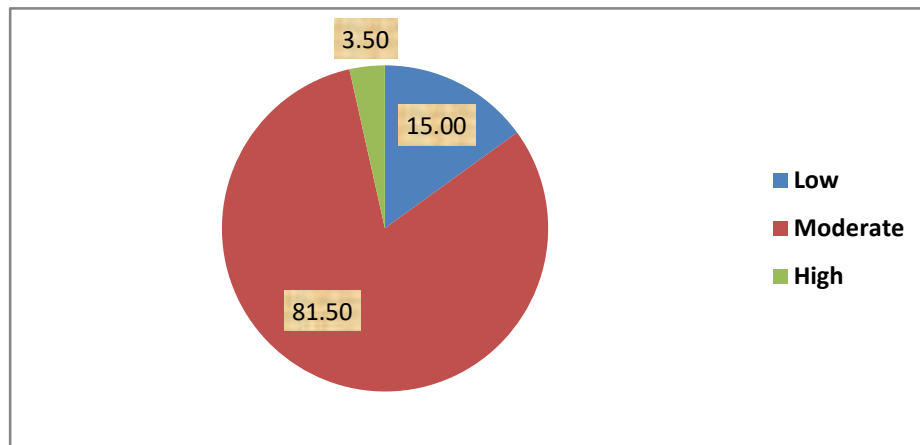


Figure 4: Percentage of participant's distribution among three levels of perceived stress.

Table 5: Level of Perceived Stress among male and female participants

Perceived Stress* Gender Crosstabulation					
			Gender		Total
			Male	Female	
Perceived Stress	Low Stress	Count	11	19	30
		%	36.7%	63.3%	100.0%
	Moderate Stress	Count	87	76	163
		%	53.4%	46.6%	100.0%
	High Stress	Count	2	5	7
		%	28.6%	71.4%	100.0%
Total		Count	100	100	200
		%	50.0%	50.0%	100.0%

The above data Table 5 demonstrate the male and female participants' perceived stress level. Observation of the above distribution reflects that out of 30 participants female (63.3%) were dominating the male (36.7%) in low level of perceived stress. However in the moderate level of perceived stress, male (53.4%) dominate the female (46.6%) counterpart. In high level of perceived stress only 7 participants could score and out of which (28.6%) were male and (71.4%) were female. The findings are demonstrated in the Figure 5 given below:

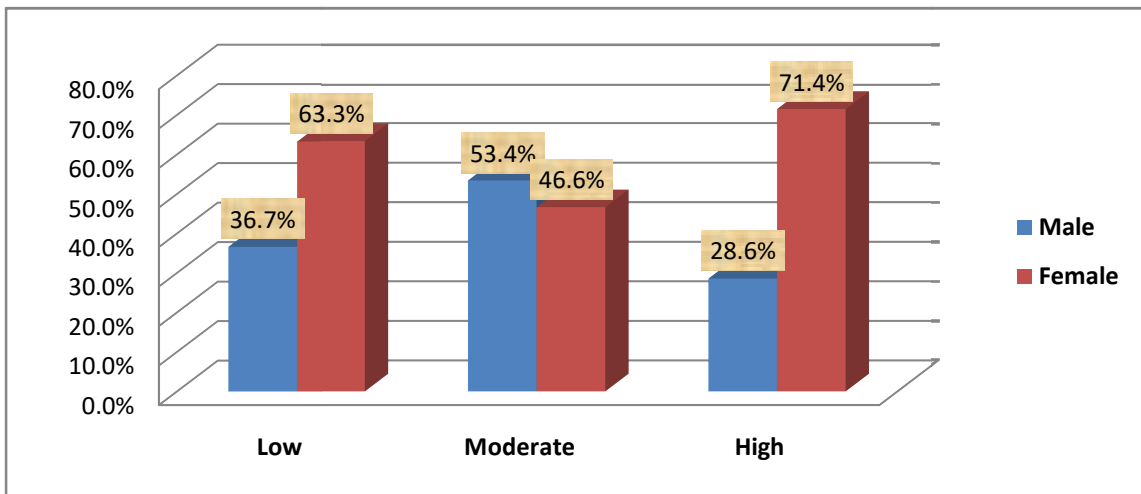


Figure 5: Level of Perceived Stress among male and female participants

Table 6: Level of Perceived Stress amongst Indian and foreign nationals

Perceived Stress* Nationality Crosstabulation					
			Nationality		Total
			Indians	Foreigners	
Perceived Stress	Low Stress	Count	1	29	30
		%	3.3%	96.7%	100.0%
	Moderate Stress	Count	93	70	163
		%	57.1%	42.9%	100.0%
	High Stress	Count	6	1	7
		%	85.7%	14.3%	100.0%
Total		Count	100	100	200
		%	50.0%	50.0%	100.0%

The above data Table 6 demonstrate the Indian and Foreign participants' perceived stress level. Observation of the above distribution reflects that out of 30 participants Foreign (96.7%) were dominating the Indian (3.3%) in low level of perceived stress. However in the moderate level of perceived stress, Indian (57.1%) dominates the Foreign (42.9%) counterpart. In high level of perceived stress only 7 participants could score and out of which (85.7%) were Indian and (14.3%) were Foreign. The findings are demonstrated in the Figure 6 given below:

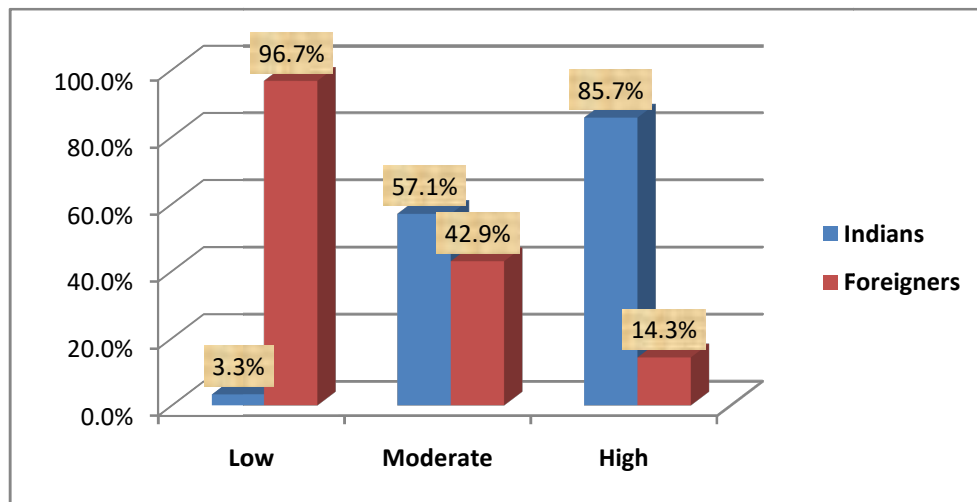


Figure 6: Level of Perceived Stress amongst Indian and foreign nationals

Objective III: Correlation between Spiritual Intelligence and Perceived Stress of youth participants.

Table 7: Pearson’s Product Moment Correlation scores between spiritual intelligence and perceived stress of youth participants

Pearson’s Product Moment Correlation			
		Spiritual Intelligence	Perceived Stress
Spiritual Intelligence	Pearson Correlation	1	-.203**
	Sig. (2-tailed)		.004
	N	200	200
**. Correlation is significant at the 0.01 level (2-tailed).			

The above mentioned Table 7 contains scores of both Indian and Foreign subjects. The data shows a negative correlation between spiritual intelligence and perceived stress. The correlation value was found to be -.203 between the two variables which is statistically significant at level is .01 ($p < 0.01$). The results show a moderate negative correlation between Spiritual Intelligence and Perceived Stress of the participants. Thus it can be concluded that people who are higher on Spiritual Intelligence scale, they perceive relatively less stress.

Correlation between Spiritual Intelligence and Perceived Stress among Indian participants

Table 8: Pearson’s Product Moment Correlation between Spiritual intelligence and Perceived Stress of Indian participants

Indian Sample Correlations			
		Spiritual intelligence	Perceived Stress
Spiritual intelligence	Pearson Correlation	1	.026
	Sig. (2-tailed)		.796
	N	100	100

The data shows a positive correlation between spiritual intelligence and perceived stress of Indian subjects. The correlation value was found to be 0.026 between the two variables which is not significant ($p > 0.05$). The result shows a weak positive correlation between Spiritual Intelligence and Perceived Stress of Indian subjects. Thus no conclusion can be drawn from the findings that all the participants on all occasions are benefited by their spiritual intelligence against perceived stress.

Correlation between Spiritual Intelligence and Perceived Stress among Foreigner participants

Table 9: Pearson’s Product Moment Correlation between Spiritual intelligence and Perceived Stress of foreign participants.

Foreigners Correlations			
		Spiritual Intelligence	Perceived Stress
Spiritual intelligence	Pearson Correlation	1	-.370**
	Sig. (2-tailed)		.000
	N	100	100
**. Correlation is significant at the 0.01 level (2-tailed).			

The above mentioned Table 9 contains scores of foreigner participants. The data show a negative correlation between spiritual intelligence and perceived stress. The correlation value was found to be -.370 between the two variables which is statistically significant at significance level .01. The results show a moderate negative correlation between Spiritual Intelligence and Perceived Stress. Thus it can be concluded that people who are high on Spiritual Intelligence, perceive less stress.

Objective IV: Gender differences in terms of participants' scores on perceived stress and spiritual intelligence scales.

Table 10: Spiritual intelligence among Indian and Foreign participants.

Groups	N	Mean	Std. Deviation
Indians	100.00	110.95	10.47
Foreigners	100.00	112.48	9.97
Total	200.00	111.72	10.23

Summary Table for ANOVA					
Spiritual Intelligence					
	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	117.045	1	117.045	1.120	.291
Within Groups	20689.710	198	104.493		
Total	20806.755	199			

The above mentioned Table 10 contains mean and standard deviation of Indian and foreign subjects' scores on spiritual intelligence scale. Obtained data show that Indian participants scored lower (M=110.95, SD=10.47) whereas foreign participants scored higher (M=112.48, SD=9.97) on spiritual intelligence scale. Both the groups were observed to be statistically not significant (F=1.120, 1,198, p>.05) in ANOVA analysis. Thus it can be concluded that Indian participants have less spiritual intelligence as compared to foreign participants. The findings are demonstrated in the Figure 7 given below.

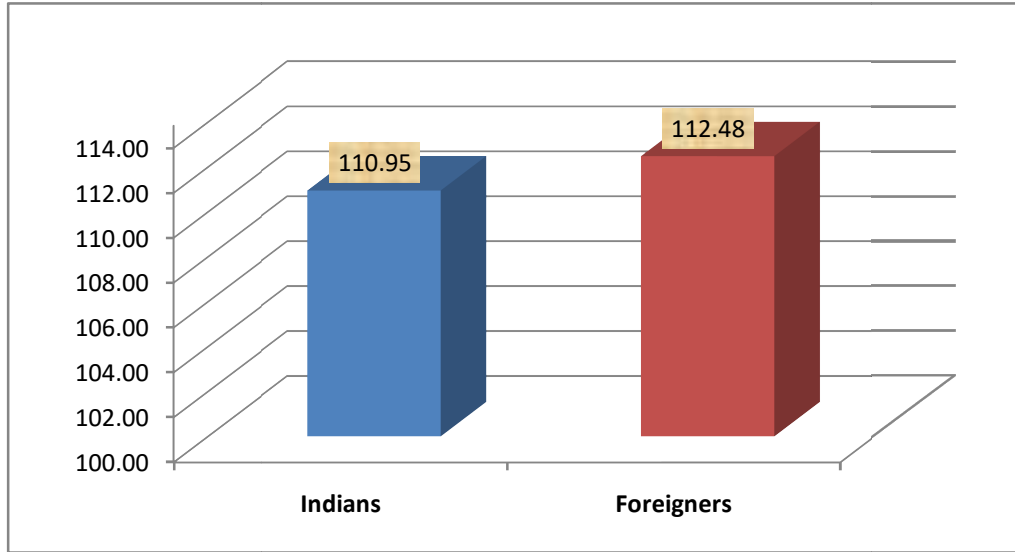


Figure 7: Spiritual intelligence among Indian and Foreign participants.

Table 11: Perceived stress among Indian and Foreign participants

Perceived Stress			
Groups	N	Mean	SD
Indians	100	20.17	3.19739
Foreigners	100	16.29	4.14947
Total	200	18.23	4.17544

Summary Table for ANOVA					
Perceived Stress					
	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	752.720	1	752.720	54.860	.000
Within Groups	2716.700	198	13.721		
Total	3469.420	199			

The above mentioned Table 11 contains mean and standard deviation of Indian and foreign subjects' scores on perceived stress scale. Obtained data show that Indian

participants scored higher (M=20.11, SD=3.19) whereas foreign participants scored lower (M=16.29, SD=4.14) on perceived stress scale. Both the groups were observed to be significantly different (F=54.80, 1,198, p<.05) in ANOVA analysis. Thus it can be concluded that Indian participants perceived more stress as compared to foreign participants. The findings are demonstrated in the Figure 8 given below.

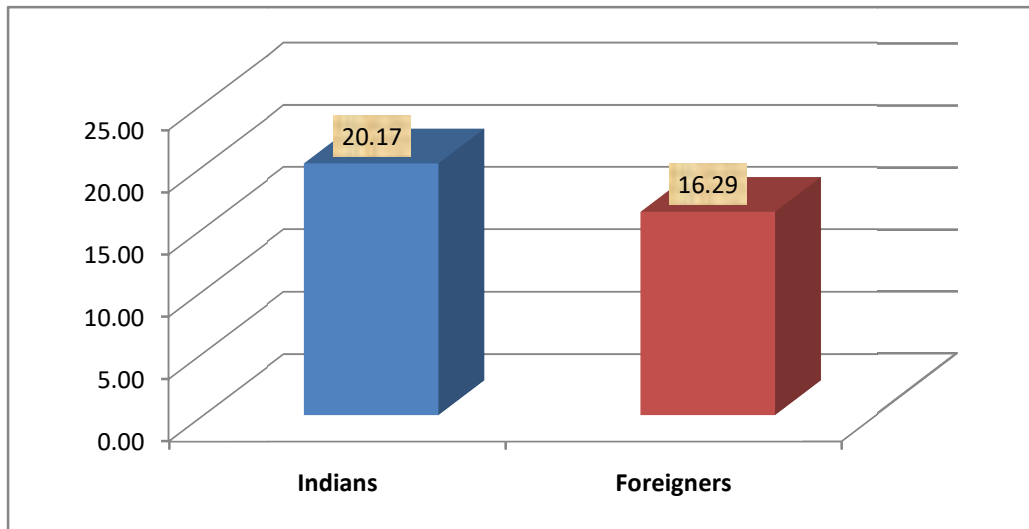


Figure 8: Perceived stress among Indian and Foreign participants

Objective V: Gender differences in terms of participants’ scores on Perceived Stress and Spiritual Intelligence scales.

Table 11: Spiritual Intelligence among male and female participants.

Spiritual Intelligence			
Groups	N	Mean	Std. Deviation
Male	100	109.66	10.35
Female	100	113.77	9.71
Total	200	111.715	10.22

Summary Table for ANOVA					
Spirituality					
	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	844.605	1	844.605	8.377	.004
Within Groups	19962.150	198	100.819		
Total	20806.755	199			

The above mentioned Table 12 contains mean and standard deviation of male and female subjects' scores on spiritual intelligence scale. Obtained data show that male participants scored lower (M=109.66, SD=10.35) whereas female participants scored higher (M=113.77, SD=9.71) on spiritual intelligence scale. Both the groups were observed to be statistically significant (F=8.377, 1,198, $p < .01$) in ANOVA analysis. Thus it can be concluded that male participants have less spiritual intelligence as compared to female participants. The findings are demonstrated in the Figure 9 given below.

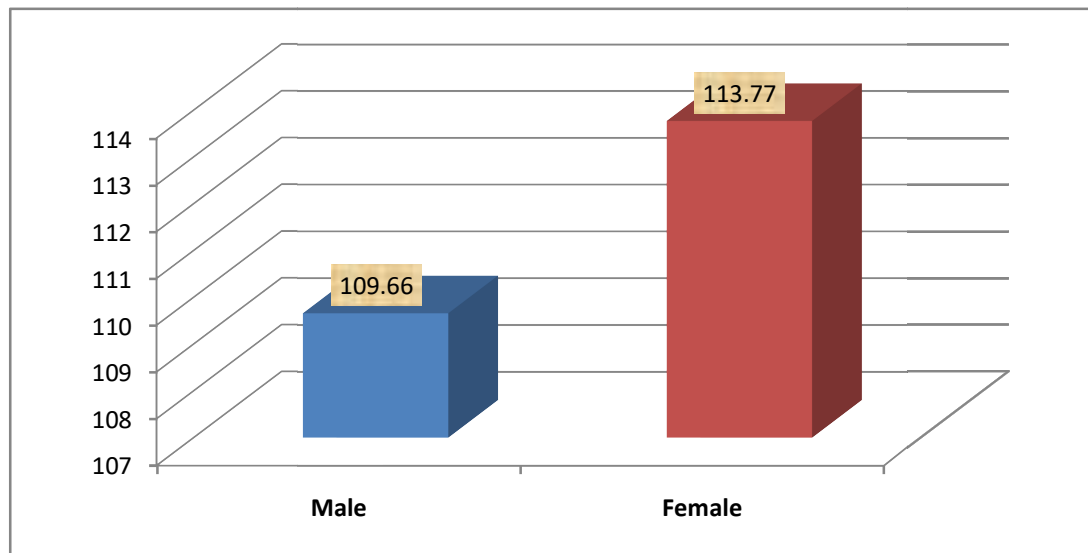


Figure 9: Spiritual intelligence among male and female participants

Table 13: Perceived Stress among Indian and foreign participants.

Perceived Stress			
Groups	N	Mean	Std. Deviation
Male	100	18.67	3.77
Female	100	17.79	4.51
Total	200	18.23	4.17

Summary Table of ANOVA					
Perceived Stress					
	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	38.720	1	38.720	2.235	.137
Within Groups	3430.700	198	17.327		
Total	3469.420	199			

The above mentioned table contains mean and standard deviation of male and female subjects' scores on perceived stress scale. Obtained data show that male participants scored higher (M=18.67, SD=3.77) whereas female participants scored lower (M=17.79,

SD=4.51) on perceived stress scale. Both the groups were observed to be statistically not significant ($F=2.235, 1,198, p>.05$) in ANOVA analysis. Thus it can be concluded that male participants perceived more stress as compared to female participants. The findings are demonstrated in the Figure 10 given below.

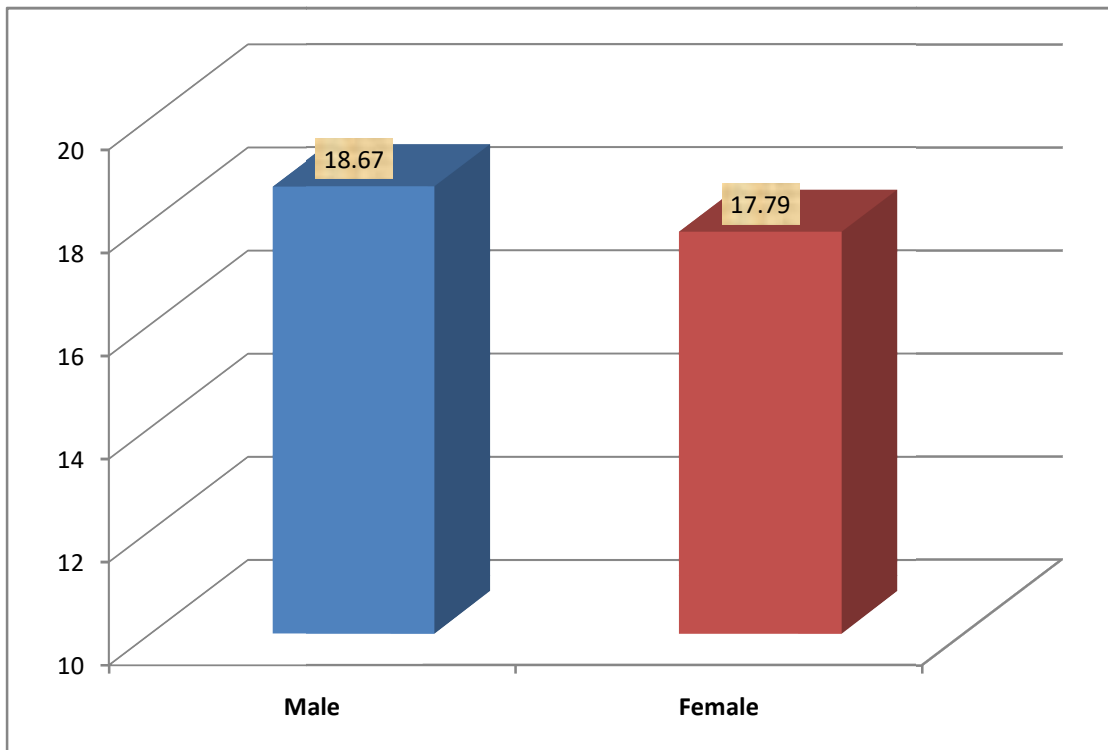


Figure 10: Perceived stress among male and female participants.

A decorative horizontal scroll graphic with a black outline and rounded ends. The scroll is unrolled, showing the text inside. The left and right ends are slightly curved, suggesting a rolled-up edge.

Chapter V

A decorative horizontal scroll graphic, similar to the one above, with a black outline and rounded ends. It is unrolled to display the text.

CONCLUSIONS

Chapter V

Conclusions, Limitations and Suggestions

To summarize the research report with conclusions is an essential step in research. The conclusions of present research on spiritual intelligence and perceived stress developed the following insights:

Majority of the participants fall in the higher level of spiritual intelligence scale.

Further, male were found with moderate level of spiritual intelligence in majority than their counterparts, i.e., female.

However, in the high level of spiritual intelligence female participants were with majority numbers of their total strength.

Indians were noticed with majority in moderate and very high level of spiritual intelligence and foreigners were more with high level of spiritual intelligence.

As a whole moderate level of perceived stress was recorded among the participants.

Majority of the male were there in the moderate level of perceived stress whereas female were with majority in low level of perceived stress.

Indians were more with high and moderate perceived stress level in comparison to the foreign participants.

Overall the perceived stress was found negatively correlated with spiritual intelligence of the participants.

However, among Indians this correlation was very weak and could not reach to a significant level.

Interestingly, foreigners demonstrated superior negative correlation between perceived stress and spiritual intelligence.

Indians and foreigners were noticed showing significant differences over the perceived stress scores.

Male and female groups were also recorded having significant differences for their spiritual intelligence scores.

It is evident from the obtained findings of the current study that spiritual intelligence is useful to reduce the perceived stress. In today's ever changing world when population are experiencing stress at constant rate and day-by-day several factors contributing in the increment of this stress, role of spiritual intelligence becomes significant. The findings of the present research suggest that individual should follow the measures to increase their spiritual intelligence and they should engage themselves in the activities boosting the spiritual intelligence.

According to the present findings among Indians it requires more efforts on spiritual intelligence development in comparison to the foreigners. Indians must develop positive coping strategies to have control on their perceived stress and improve their perception on stressful events.

Limitations:

- The current study was conducted with limited time options.
- Only Spiritual intelligence was observed in relation to the perceived stress.
- Foreigners were available from limited amount of foreign countries.
- Expertise on research conduction is limited with the researcher.
- The quality of responses by respondent on the scale is also at the level of participants.

Implications for future research:

Research is a continuous scientific activity to study the variables of different kinds. By solving the one query another query comes out to be researched. The present research also raises many other future queries. Cross-cultural research may be taken up in the area of spiritual intelligence and perceived stress.

Larger age range can be taken up towards the study of relationship between perceived stress and spiritual intelligence.

REFERENCES

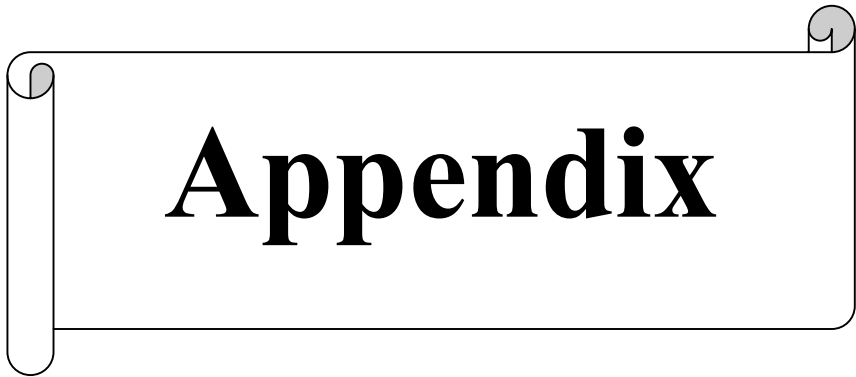
- Al-Shinawi, M., & Abdurrahman, M. (1994). Relationship between social support and personality domains, self-evaluation and adjustment in university. Cairo: Anglo-Egypt Press.
- Animasahun RA. Intelligent quotient, emotional intelligence and spiritual intelligence as correlates of prison adjustment among inmates in Nigeria Prisons. *J Soc Sci.* 2010;22:121–8.
- Bataineh, M. Z. (2013). Academic stress among undergraduate students: The case of education faculty at King Saud University. *International Interdisciplinary Journal of Education*, 2, 82–88. doi:10.12816/0002919
- Beardsley LM. *Spiritual intelligence and the bible*. Loma Linda, CA: Loma Linda University, Dominican Republic; 2004.
- Benavides, L. E. (2010). Spirituality as protective factor for adolescents exposed to domestic violence. Unpublished doctoral dissertation. University of Texas, Arlington.

- Campbell, R. L. (1992). Perceived Level of Stress Among University Undergraduate Students In Edmonton, Canada. *Perceptual and Motor Skills*, 75, 552. doi:10.2466/pms.75.5.552-554
- Chaaya M, Osman H, Naassan G, Mahfoud Z. Validation of the Arabic version of the Cohen Perceived Stress Scale (PSS-10) among pregnant and postpartum women. *BMC Psychiatry*. 2010;10:111. doi: 10.1186/1471-244X-10-111.
- Charles W. M. Phd. (2010). *Spiritual Intelligence and the Neuroplastic Brain- Contextual Interpretation of Modern History*.
- Cohen S, Kamarck T, Mermelstein R. A global measure of perceived stress. *J Health Soc Behav*. 1983;24:385–96. [pubmed]
- Cohen S, Kamarck T, Mermelstein R. A global measure of perceived stress. *J. Health Soc. Behav*. 1983;24:385–396.
- Cohen S, Kessler RC. *Measuring Stress: A Guide for Health and Social Scientists*. Oxford University Press; New York, NY, USA: 1997.
- Cohen S, Williamson G. Perceived Stress in a Probability Sample of the United States. In: Spacapan S, Oskamp S, editors. *The Social Psychology of Health: Claremont Symposium on Applied Social Psychology*. Sage; Newbury Park, CA, USA: 1988.
- Cohen, S., Kamarck, T., & Mermelstein, R. (1983). A global measure of perceived stress. *Journal of Health and Social Behavior*, 24, 385. doi:10.2307/2136404.
- Dekovic, M. & Engeles, R. & Shirai, T & Ko rt, G & Anker, A 2002. The Role of Peer relations in adolescent development in two cultures: The Netherlands and Japan. *Journal of Cross-Cultural Psychology*, Amsterdam, 33, 577-595.
- Eskin M, Parr D. *Introducing a Swedish Version of an Instrument Measuring Mental Stress*. Stockholm University; Stockholm, Sweden: 1996.

- Fisher, S. & Hood, B. (1987). The stress of the transition to university: A longitudinal study of psychological disturbance, absent-mindedness and vulnerability to homesickness. *British Journal of Psychology*, 78, 425-441.
- Fisher, S., Murray, K., & Frazer, N. A. (1985). Homesickness, health and efficiency in first year students. *Journal of Environmental Psychology*, 5, 181-195.
- Green WN, Noble KD. Fostering spiritual intelligence: Undergraduates' growth in a course about consciousness. *Adv Develop J*. 2010;12:26–48.
- Hosaini M, Elias H, Eric Krauss S, Aishah S. A review study on spiritual intelligence, adolescence and spiritual intelligence, factors that may contribute to individual differences in spiritual intelligence and the related theories. *J Soc Sci*. 2010;6:429–38.
- Jain M, Purohit P. Spiritual intelligence: A contemporary concern with regard to living status of the senior citizens. *J Indian Acad Appl Psychol*. 2006;32:227–33.
- King DB, decicco DB. A viable model and self-report measure of spiritual intelligence. *Int J Transpersonal Stud*. 2009;28:68–85.
- King DB. Rethinking claims of spiritual intelligence: A definition, model, and measure. Peterborough, CA: Trent University; 2008.
- King, DB. (2008). Rethinking claims of spiritual intelligence: A definition, model, and measure (Unpublished master's thesis). Trent University, Peterborough, Ontario, Canada.
- King, DB. & DeCicco, T. L. (2009). A viable model and self-report measure of spiritual intelligence. *International Journal of Transpersonal Studies*, 28, 68-85.
- Lane JD, Seskevich JE, Pieper CF. Brief meditation training can improve perceived stress and negative mood. *Altern. Ther. Health Med*. 2007;13:38–44.
- Lazarus, R. S., & Folkman, S. (1984). *Stress, appraisal, and coping*. New York: Springer.

- Leon KA, Hyre AD, Ompad D, DeSalvo KB, Muntner P. Perceived stress among a workforce 6 months following hurricane Katrina. *Soc. Psychiatry Psychiatr. Epidemiol.* 2007;42:1005–1011.
- Leung D, Lam T, Chan S. Three versions of perceived stress scale: Validation in a sample of Chinese cardiac patients who smoke. *BMC Public Health.* 2010;10:513.
- Malinauskas R, Malinauskiene V, Dumciene A. Burnout and perceived stress among university coaches in Lithuania. *J. Occup. Health.* 2010;52:302–307.
- Maslow, A. H. (1964). *Religions, Values and Peak-experiences.* Columbus, Ohio: Ohio State University Press.
- Mimura C, Griffiths P. A Japanese version of the perceived stress scale: Translation and preliminary test. *Int. J. Nurs. Stud.* 2004;41:379–385.
- Moallemi S, Raghibi M, Salari Dargi Z. [Compression of spiritual intelligence and psychological health in addict and non-addict people] *J Shaheed Sadoughi Univ Med Sci.* 2010;18:235–42. Persian.
- Abadi F, Neshat Doost HT, Molavi H, Seied-Bonakdar Z. [The efficacy of cognitive-behavioral stress management therapy on perceived stress of female patients with systemic lupus erythematosus] *J Res Behav Sci.* 2011;9:222–8.
- O'Connor KM, Arnold JA, Maurizio AM. The prospect of negotiating: Stress, cognitive appraisal, and performance. *J Exp Soc Psychol.* 2010;46:729–35.
- Orucu MC, Demir A. Psychometric evaluation of perceived stress scale for Turkish university students. *Stress Health.* 2008;25:103–109.
- Parks CG, Miller DB, McCanlies EC, Cawthon RM, Andrew ME, DeRoo LA, Sandler DP. Telomere length, current perceived stress, and urinary stress hormones in women. *Cancer Epidemiol. Biomarkers Prev.* 2009;18:551–560.

- Peacock EJ, Wong PTP. The Stress Appraisal Measure (SAM): A multidimensional approach to cognitive appraisal. *Stress Med.* 1990;6:227–236.
- Poston DJ, Turnbull AP. Role of spirituality and religion in family quality of life for families of children with disabilities. *Educ Train Dev Disab.* 2004;39:95–105.
- Remor E. Psychometric properties of a European Spanish version of the Perceived Stress Scale (PSS) *Span. J. Psychol.* 2006;9:86–93.
- Robert L. Campbell, Lawrence W. Svenson, and George K. Jarvis (1992). Perceived level of stress among university undergraduate students in Edmonton, Canada. *Perceptual and Motor Skills*, 75, 552-554.
- Rook, K. S. (1998). Investigating the positive and negative sides of personal relationships: Through a lens darkly? In B.H. Spitzberg & W.R. Cupach (Eds.), *The dark side of close relationships*. Mahwah, NJ: Erlbaum
- Swenson, L. M., Nordstrom, A., & Hiester, M. (2008). The role of peer relationships in adjustment to college. *Journal of College Student Development*, 49, 551–567. doi:10.1353/csd.0.0038.
- Thatcher J, Day MC. Re-appraising stress appraisals: The underlying properties of stress in spor. *J Sport Exerc Psychol.* 2008;9:318–35.
- Van Eck MM, Nicolson NA. Perceived stress and salivary cortisol in daily life. *Ann. Behav. Med.* 1994;16:221–227.
- Waldman SV, Diez JC, Arazi HC, Linetzky B, Guinjoan S, Grancelli H. Burnout, perceived stress, and depression among cardiology residents in Argentina. *Acad. Psychiatr.* 2009;33:296–301.
- Wigglesworth C. (2007) - *Spiritual Intelligence And Why It Matters*.
- Zohar, D. (2012). *Spiritual intelligence: The ultimate intelligence*. Bloomsbury Publishing.

A horizontal scroll graphic with a black outline and a light gray shadow. The scroll is unrolled in the middle, revealing the word "Appendix" in a large, bold, black serif font. The top and bottom edges of the scroll are rounded, and the left and right edges are slightly curved to suggest depth.

Appendix

Appendix

Scale on Spiritual Intelligence

Name..... Age..... Gender

Education..... Country..... Religion.....

Handedness: Left hand/Right Hand

Instructions

Some statements have been given in this scale and for every statement you have to express your views by marking tick (√) against it. These responses are marked strongly agree (SA), Agree (A), Un Decided (UD), Disagree (DA) and Strongly Disagree (SD). There is no right or wrong answer. All your responses would be kept confidential and be only used for research purpose.

S. No.	Statements	SA	A	UD	D	SD
1	I am able to bring my “complete self” to work.					
2	I often experience joy while doing work.					
3	I have a strong sense of humor.					
4	I am proud of my achievement.					
5	I am able to express my emotions freely.					
6	I have ability to realize my full potential as a person.					
7	I have good classmates.					
8	I have availed ample opportunities to realize full potential as a person.					
9	I often experience harmony and tend to be in touch with universe.					
10	I feel pleasure while doing my work.					
11	I believe in a higher power or God.					

S. No.	Statements	SA	A	UD	D	SD
12	I pray to higher power or God to get me through the day.					
13	I thank God for something good that happened.					
14	Spirituality is intensively personal.					
15	Higher Power or God governs everything					
16	A person must experience severe crises in order to embark on the search for spirituality.					
17	I pray every day for guidance in making tough decision.					
18	There is as much goodness in the world as there is evil.					
19	I am optimistic about future.					
20	I experience inner peace and calm.					
21	I often have a deep feeling of inter connectedness of everything.					
22	Spirituality is abounding or uniting force.					
23	Everything worthwhile is possible through an enactment of proper values.					
24	I forgive others for their mistakes.					
25	I value people as human beings.					
26	I do not keep ill feelings against anybody.					
27	I do not exploit people.					
28	I possess a high degree of self awareness.					
29	I sacrifice my pleasure for helping needy people.					
30	I live life as an opportunity.					

Thank you for participating

Perceived Stress Scale

Name..... Age..... Gender
Education..... Country..... Religion.....
Handedness: Left hand/Right Hand

The questions in this scale ask you about your feelings and thoughts **during the last month**. In each case, you will be asked to indicate with a check how often you felt or thought a certain way during last month.

0=Never. 1=Almost Never. 2=Sometimes. 3=Fairly Often. 4=Very Often.

S. No.	Statements	0	1	2	3	4
1	How often have you been upset because of something that happened unexpectedly?					
2	How often have you felt that you were unable to control the important things in your life?					
3	How often have you felt nervous and “stressed”?					
4	How often have you felt confident about your ability to handle your personal problems?					
5	How often have you felt that things were going your way?					
6	How often have you found that you could not cope with all the things that you had to do?					
7	How often have you been able to control irritations in your life?					
8	How often have you felt that you were on top of things?					
9	How often have you been angered because of things that were outside of your control?					
10	How often have you felt difficulties were piling up so high that you could not overcome them?					

Thank you for participating