

Asian Resonance

To Study the Contribution of Egotism and Anger in Determination of Spiritual Intelligence

Seet Kumari

PGDP,
Deptt. of Theology,
Dayalbagh Educational Institute,
Agra

Shruti Dutt

Research Scholar,
Deptt. ofFill
Dayalbagh Educational Institute,
Agra

Preet Kumari

Assistant Professor,
Deptt. ofFill
Dayalbagh Educational Institute,
Agra

Abstract

Development has essentially been thought in reference to stability, growth, adaptability, purification, integrity, creative intelligence and consciousness. While human values arise from the inherent human quest for betterment and evolution, these enemies have their roots in human desire. Egotism has its roots in comparison, it shows the expression of arrogance and anger arises when individual struggles in order to fulfill their demands and desires. To balance these psychological afflictions Spiritual Intelligence plays a intervening role in maintaining the balance of self awareness of thoughts and beliefs. So, the investigator has conducted this study in order to find out the contribution of egotism and anger in determination of spiritual intelligence. A sample of 50 adults including 25 males and 25 females of age group 40-60 years, from different areas of Delhi city was selected. The tool used for the study was Know Yourself Egotism Scale, Know Yourself Anger Scale and Spiritual Intelligence Test. Data was analyzed by using Multiple Regression Analysis. Results indicated that 46% variance in Spiritual Intelligence is explained by the predictor variable and Egotism was found to contribute significantly in predicting the environmental behavior. Here the value of $F = 20.472$ which is significant at $p (= .000)$ level. The significance of F exhibits the stability and goodness or merit of regression models.

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Introduction

As it is well known fact that human being of today's world is facing more problems in this age of Google world due to negative values which prevent a person from experiencing peace, happiness. These are known as mental afflictions. The most fundamental way to understand the relation between physical, mental and social health aspects is by three well defined scientific factors- intelligence quotient (IQ), emotional intelligence (EQ) and spiritual intelligence (SQ). While human values arise from the inherent human quest for betterment and evolution, the enemies have their roots in human desire, selfishness and ego. Egotism is an excessive reward for one's own talents or achievements, self-importance. Egotism has its roots in comparison. It arises when individual feels that they are superior to others, and arrogance is an expression of it. Being egoistic is to have an unrealistic, false notion of oneself, and to over-estimate one's capabilities while looking down on others. Anger is another one of the form of psychological afflictions which originates from one's struggles to complete one's important assignments in order to achieve goals. In anger individual thinks and acts irrationally. Having many virtues, an angry individual may still be a menace to their family and society. Anger is one of the enemy of an individual's health and well-being. It is best to maintain good health and well-being by good thoughts, good deeds and simple living. Spirituality is to think, act and interact from an awareness of self as spirit not form, soul, not body. People give labels to their bodies such as nationality, race, gender, profession. This wrong sense of self is what creates all fear, anger and sadness in life. From a spiritual point of view these 'unnatural' emotions are always the result of ego (misidentification), which then blocks access to the true spiritual nature which is peaceful, loving and joyful. Spiritual intelligence deals with the people's thoughts and beliefs, somewhat than their bodies and material surrounding. Individual needs to become aware of thoughts and invisible energy. Spiritual intelligence therefore does not mean an automatic connection with religion. However, it allows to might

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motivate to create a new ask if an individual want to be in that situation in the first place.

Review of Litreature

Zohar and Marshall (1999) introduced a new dimension to human intelligence and coined the term "SQ" for Spiritual Intelligence. It is about creative, insightful, rule making, rule breaking, transformative thinking. Spiritual intelligence show the way to the person with a universal outlook concerning life and the entire part of the understanding and happening and makes him competent of re-formulating and interpreting his experiences and to grow deeper his identification and acquaintance (Ghobari Bonab et al., 2007). Religion focuses on beliefs and rituals and spirituality refers to the individual's experiences from the non-material and spiritual world (Sagharvani, 2009). In his studies, Smith (2004) has revealed that spiritual intelligence is the privilege of an improved alteration with surroundings and proposed that higher spiritual intelligence of the person provides higher tolerance in front of the pressures of life and illustrates higher competence for adjustment with the environment. Therefore spiritual intelligence plays a crucial role in training the social behaviors with an interesting position, but the question arises is that how individual can foster and implement accountability as a personality trait in adolescence, so that they can walk in line taking task and finally in line with enhancement of their lives (Sharf, 2004). On the other hand, sense of well-being or satisfaction from life is one of the important mental characteristics that a healthy person should possess them (Sharifi, 2007). Flangan (2004) introduces life quality in terms of 5 major factors: A) physical and material well-being, B) relation with others, C) citizenship activity, D) individual success and progress and E) entertainment. The life quality is influential on the individual's performance, especially the family which has a sensitive role on happiness and performance of a human whose quality of life is effective on the complex interactions among the family members (Rezaee et al., 2007). Philips (2006) believes that mental approach is the first and the most important approach in life quality which includes the perception of the individual from life and focuses on the individual's evaluation of the important sections of quality which include: relation with family and friends, personal health, family health, the health of friends, expenses and life criteria. Mishra and Vashist (2014) reported that spiritual intelligence can be improved by training and by reviewing earlier researches it was proposed that negative correlation was found between stress and well being and it is also affected by emotional intelligence, spiritual intelligence and cognitive intelligence. Srivastava (2016) has conducted an overview study with reference to psychological context and come up with the interesting facts that spiritual intelligence helps to fulfill the potentialities of the individual ability through the non-cognitive virtues in order to prepare one to resolve the day to day problems effectively.

Dilipsingh (2017) explored the spiritual intelligence of post graduate students and founds the significant

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difference between spiritual intelligence of Pali, Buddhism and Social Science Students and low socio-economic status students.

Based on the available evidences, the present researcher wants to investigate the relationship between egotism, anger and spiritual intelligence and contribution of egotism in the determination of the spiritual intelligence.

Method

Problem

To examine the relative contribution of egotism and anger in determining spiritual intelligence among adults.

Significance of the Study

Spiritual intelligence represents the trust and deepest self of every individual i.e. his inner most self. It is becoming popular today because many rich and well do persons are suffering a lot in spite of all comforts available to them. It is inner struggle of the self. In modern life man finds that there is a void or emptiness in his life in spite of all his efforts to construct walls around him for his selfish pleasure and safety. Man's thirst for inner peace is undergoing new trials. It is assumed that feeling of egotism, too much attachment to materialistic world; impulsiveness and materialism are causes of all miseries. These egotism, anger and faulty life style ultimately lead to a person's negative emotions to grow. Spiritual intelligence motivates people to balance their psychological afflictions to have a healthy life style. So investigator is curious to study the relationship of egotism, anger and spiritual intelligence as well as which variable among the both is the most contributing in the development of Spiritual intelligence.

Objectives of the Study

1. To study the relationship of egotism and anger with spiritual intelligence among adults.
2. To determine the contribution of egotism and anger in the determination of spiritual intelligence among adults.

Hypotheses

1. There is significant negative relationship of egotism and anger with spiritual intelligence.
2. There exists a significant contribution of egotism in the determination of spiritual intelligence.

Research Design

A Correlational research design is used for the present investigation by the researcher.

Sample

The sample of present study consisted of 50 adults of Delhi, out of which 25 were males and 25 were females, age range 40-60 years. The entire sample was taken from the middle socio-economic status (50,000-80,000 per month). The duration of the study was March 2017 to March 2018. Till date researcher is working on the relationship and contribution of other variables also on the spiritual intelligence.

Variables

Predictor Variables

1. Egotism
2. Anger

Criterion Variable

1. Spiritual Intelligence

Control Variables

1. AGE- 40-60 years
2. Income- 50,000-80,000 per month salary

Description of the Tool

“Know Yourself” Egotism Scale

It was developed by Das and Sisodia in 2011. The Egotism scale consisted of 30 items that are related to egotism. The answers are to be given in the form of Never/Sometimes/Often/Always which was scored 1,2,3,4. The scores range from 30 to 120. Item numbers 2, 3, 4 and 16 had negative scoring as 4,3,2,1. The reliability of the test was measured by test-retest reliability and found to be .55(with a time gap of 4 months).

“Know Yourself (Part III)” Anger Scale by Das and Sharma

The scale was developed by Das and Sharma in 2012. It consists of 30 statements showing various level of anger behavior. The respondent had to read each statement and to respond to their in terms of Never/Sometimes/Often/Always, which were scored as 1,2,3,4. The score range is from 30 to 120. If any item is not answered, it is awarded with score 1. Sum of all responses is considered as the total anger score of the individual. Higher the obtained score, higher the level of anger. The reliability of the test was determined by the test-retest method of a time gap of 25 days and the coefficient of correlation came out to be r=.86, which shows high test-retest reliability. At the same time the scale also possessed high construct validity.

Spiritual Intelligence Test (SIT)

The scale was developed by Gautam and Kumar in 2011. It consists of 40 statements related to major dimensions or factors related to spiritual intelligence. The items were on a five-point scale, ranging from strongly agree, agree, neutral, disagree to strongly disagree. There were positive as well as negative items in the test. The positive statements will be scored as 5, 4, 3, 2, 1 and negative items will be reversed score. The negative items were 18, 26, 27 and 30. For the final scoring, a ‘Test Score’ will be calculated by adding the ‘Obtained Scores’ and dividing it by ‘Total No. of Scores’ in Percentage. The reliability of the scale was measured through Split-half reliability and the obtained coefficient of correlation r= .46 which was found significant at 0.01 level. Construct validity was calculated by using another test of Spiritual Intelligence that is Spiritual Intelligence Scale by Mishra (2002). And the values found to be .61, p<0.01

Analysis of Data

Data was analyzed by using the Product Moment Correlation Coefficient and Multiple Regression Analysis would be formed to estimate the relative contribution of each predictor variable (egotism and anger) in the prediction of criterion variable (spiritual intelligence).

Results & Discussion

The influence of egotism and anger on spiritual intelligence was analyzed using correlation and regression analysis. Results found that the egotism was found to be significantly correlated with spiritual intelligence at (p< 0.01 level). (Table 1)

Correlations				
		Spiritual Intelligence	Egotism	Anger
Pearson Correlation	Spiritual intellg	1.000	-.675	-.214
	egotism	-.675	1.000	.170
	anger	-.214	.170	1.000
Sig. (1-tailed)	Spiritual intellg	.	.000	.068
	egotism	.000	.	.119
	anger	.068	.119	.
N	Spiritual intellg	50	50	50
	egotism	50	50	50
	anger	50	50	50

Table 2: Summary of regression analysis for egotism, anger and spiritual intelligence. Here also egotism did have an impact on spiritual intelligence

Model	Unstandarized Coefficients	Standard Error	Beta	t	sign	r	Coefficient of Determination (β * r)
R=.682 R square= .466 F=20.472							
Constant	203.966	10.592		19.256	.000		
Egotism	-.960	.158	-.658	6.076	.000	-.675	0.44415
Anger	-.170	.180	-.102	.942	.351	-.214	0.02182

The psychological affliction Egotism explains 46 percent of the variance (R Square) in spiritual intelligence and significant as indicated by the F value 20.472 (p<0.01). Based on the beta and t values Egotism (β= -.658, t=6.076 , p<0.01) was found to be

best predictor of spiritual intelligence. In the present study results shows that the predictor variable ‘Egotism’ has negative contribution in the determination of criterion variable spiritual intelligence. The correlation matrix also reveals that

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egotism is negatively correlated with spiritual intelligence. Hence it can be concluded that if the level of spiritual intelligence is high it automatically downs the level of egotism. Spiritual intelligence is a framework for recognition and organization of the required skills and capabilities, such that with the use of spirituality the adaptability of the person increases (Amram, 2009). Ellis (2006) believes that the human behavior originates from his thoughts, therefore for having accountable behaviors individuals should have a positive and reasonable way of thinking toward ourselves, the world and destiny. Result revealed that egotism creates hindrances or barriers in getting life satisfaction or happiness in life. The degree of dissatisfaction leads to a greater degree of unhappiness and leading to lower well-being. Hence spiritual intelligence plays a very decisive role in the humans as its increased level lowers the stress and tension of person as the person has faith that God is there and he overcome all the problems.

Conclusion

One of the main features of modern life is stress and unhappiness created due to aggravated need, cravings or greediness for worldly pleasures. The person living in bondage would always be a victim to stress. So one has to understand the importance of spiritual intelligence in their lives as evidence of research and review all concepts of spiritual intelligence shows the effect of fundamentals improvements spiritual intelligence in the health and human welfare.

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