

Spiritual Quotients and Death Anxiety of Male and Female during Pandemic 2020

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Abstract

The world is experiencing once in a life time pandemic causing untold human suffering and death. This pandemic has a negative influence on the physical, social, emotional, economical and psychological aspects of life. This study is an attempt to find if spiritual quotient decreases the level of death anxiety in pandemic. Spiritual quotient helps an individual to behave wisely in the difficult situations through the journey of life. It is believed that a person who is high on spiritual quotient must aware the realities of life and can tolerate stress and anxiety. The objective of this study is to find and compare the significant correlation between spiritual quotients and death anxiety of male and female during pandemic 2020. The sample of 100 subjects (50 male, 50 female) were chosen from the area of Shastri Nagar in Meerut City with the help of non-probability sampling procedure. Spiritual quotients scale developed by Dr. Kavita Karadia, Rikhita Singhal and Dr. Darshan Narang and Thakur Death Anxiety developed by Giridhar P. Thakur and Manju Thakur were used for data collection. The results indicated significant negative correlation ($r= 0.32^*$) between spiritual quotient and death anxiety of male, which is significant at .05 level, significant negative correlation ($r= 0.35^*$) between spiritual quotient and death anxiety of female, which is significant at .01 level, significant negative correlation ($r= 0.33^*$) between spiritual quotient and death anxiety of male and female, which is significant at .01 level. It means if a spiritual quotient is high, death anxiety decreases during this pandemic. Thus the hypothesis of this study that there is no significant correlation between spiritual quotients and death anxiety of male and female is rejected.

Keywords: Spiritual Quotient, Death Anxiety, Gender, Pandemic.

Introduction

Today, Covid-19 pandemic is spreading all over the world. The main psychological impact of pandemic is in the form of depression as a result of stress. This pandemic already has influenced the worldwide population in different areas of life. Fears of loss of life, leaving family alone, non availability of medicine are being terror in the mind of people all across the world. The field of psychology has shown the tendency towards the spiritual dimensions and reflected the influence of spiritual forces on human body and mind. Some research studies have done to recognize the power of spiritual intelligence or spiritual quotients.

Spiritual Quotients

Spirituality is derived from the latin word "spirare" meaning to breath. It is an inherent aspect of human nature and essence of our existence so it draws attention of many theorists as the source of all thoughts, feelings, values, and behavior.

According to Webster's dictionary the word "spirit" defines as the animation or vital principal: that gives life to the physical organism in contrast to its material elements: the breath of life." Mental health professional defined it as a capacity to feel, understand and present the highest part of themselves, others and world around.

Wigglesworth et al. (2012) defines spiritual intelligence as the ability to behave with wisdom and compassion, while maintaining inner and outer peace, regardless of the situation.

King (2008) defines spiritual quotient as "a set of mental capacities which contribute to the awareness, integration and adaptive application of the non material and transcendent aspect of one's existence, leading to such outcomes as deep existential reflection, enhancement of meaning, recognition of transcendent self, and mastery of spiritual states."

Spirituality is the means by which an individual feels about the importance of puzzles of life, how an individual accommodates life's high and low, where an individual feels the spirit originate from, how it develops and where it goes after death. Spirituality increases the ability of a person to be creative and to be aware and insightful.

Spirituality is the ability to recognize that there is a power beyond our five senses. Spirituality makes things easier to go through the life's journey with all its ups and downs. Zhohar and Marshal (2000) believe that spiritual intelligence facilitates association between cause and emotion, as well as, body and mind and build a supportive force for growth and rising

The concept of spiritual quotient is fast emerging as the next big aspect of scientific study as it directly correlates to a person's awareness and consciousness. A spiritual quotient is a measure that looks at a person's spiritual IQ. IQ looks at cognitive quotients, EQ looks at emotional power of a person and spiritual quotient (SQ) looks at spiritual power of a person.

Death Anxiety

Death anxiety is common to all organisms but generally it is believed that a person who is high on spiritual quotients must aware of the reality of life and he can tolerate stress and anxiety by generating peace.

Death anxiety refers the fear and anxiety related to the anticipation and awareness, of dying, death and non existence. It typically includes emotional, cognitive and motivational component that vary according to a person's stage of development and socio cultural life experience.(Lehto and Stein 2009)

Many studies on death anxiety have focused on gender difference, religious and spiritual influence and aging.

Agras, Sylvester and Oliveau(1969) reported that 16% of people had fear of death.

Kastebbaum (2000) studied on fear of death in general population and shocked that fear of death is common in general population.

Pierce, Cohen, Chamber And Meader (2007) reported that women high school and college student had higher fear of death than male.

In research, it is found that the fear of death predict anxiety about corona virus is shown psychological distress among the people. There is significant relationship in distress and death anxiety and this relationship has been increased consistently.

This study is an attempt to find out the relationship of spiritual quotients and death anxiety of male and female in pandemic 2020.

Implication of the research

The world is experiencing once in a life time pandemic causing untold human suffering and death. This pandemic has a negative influence on the physical, social, emotional, economical and psychological aspects of life. Spiritual quotient helps an individual to behave wisely in the difficult situations through the journey of life. Death anxiety is common to all organisms but generally It is believed that a

person who is high on spiritual quotient must aware the realities of life and can tolerate stress and anxiety. The aim of this study is to find out if spiritual quotient helps to decrease the level of death anxiety during pandemic. The results could be helpful for the society to cope with stress created by pandemic. A positive belief can work as a strongest motivator to cope with any negative circumstances. The results of this study can be used by counselors, psychologist, social worker, teachers and doctors etc. to develop a positive belief in their client or society.

Objective

To study and compare the significant correlation between spiritual quotients and death anxiety of male and female in pandemic 2020.

Hypothesis:

1. There is no significant mean difference between spiritual quotients of male and female.
2. There is no significant mean difference between death anxiety of male and female.
3. There is no significant correlation between spiritual quotients and death anxiety of male.
4. There is no significant correlation between spiritual quotients and death anxiety of female.
5. There is no significant correlation between spiritual quotients and death anxiety of male and female.

Sample

Total sample of 100 subjects were taken for this study. The sample comprises 50 male and 50 female of middle class family of Meerut city. The age range of the subject was between 38-50 years. This study was conducted during pandemic so the non probability sampling procedure was used.

Tools

1. Spiritual quotients scale developed by Dr. Kavita Karadia, Rikhita Singhal and Dr. Darshan Narang
2. Thakur Death Anxiety developed by Giridhar P. Thakur and Manju Thakur

Tools description

3. Spiritual Intelligence scale Dr. Kavita Karadia, Rikhita Singhal and Dr. Darshan Narangm was administered to male and female of 40-50 years. This scale has 26 items to be responded on the 4-point scale from strongly agree to strongly disagree. The reliability of the scale was determined by split half method which was equal to 0.83 and the scale has construct validity
4. Death anxiety scale developed by Giridhar P. Thakur and Manju Thakur was administered on incidental random sample of Indian 204 males and females of age group 25-70 years. It has 16 positive and negative statements on 5-point scale. Test retest reliability of the scale is 0.86 and the validity is 0.75

Procedure

The researcher approached to male and female and informed consent was taken to participate in the present study. Spiritual quotient inventory and death anxiety inventory were administered on all subjects using all safety measures of pandemic.

Statistical Analysis

Obtained data are analyzed with the help of mean, critical ratio between two mean and product moment correlation method.

Results and Discussion

The purpose of the current study is to find out the relationship between Spiritual Quotients and Death Anxiety of male and female in pandemic 2020. For this purpose the sample were administrated on both the tests and scored as per instruction given in manual. The results are shown in tables given below

Table -1

Mean and SD of sample of Male and female

	Male		Female		Mean Difference	N
	Mean	SD	Mean	SD		
Spiritual quotients	48.94	18.57	56.08	17.26	7.14	50
Death Anxiety	45.88	14.06	45.56	14.79	0.24	50

Table-1 indicates mean and standard deviation of spiritual quotients and death anxiety of male and female. Spiritual quotient in male is 48.94+-18.57 and in female, it is 56.08+- 17.26. The mean difference of spiritual quotients in male and female is 7.14. Table indicates that female is more spiritual than male. Gorji, Darabinia, Ranjhar (2017) studied on Emotional and Spiritual Intelligence among medical student in Iran. The sample was of 94 male and 230 females. It was a cross sectional study through stratified random sampling. The mean score of spiritual intelligence was higher among women in comparison with men. Deb, McGirr, Sun (2016) found that female student were more spiritual than male students.

Mean of death anxiety in male is found 45.8+- 14.06 while in female it is found 45.56+- 14.79. The mean difference of death anxiety between male and female is found 0.24. It means males are anxious to death more than female but it is no big difference so it is not certain that the male have high death anxiety than female. Assari & Lankarani (2016) studied on Race and Gender differences in correlates of death anxiety among elderly in the United States and found that gender did not show a main effect on death anxiety.

Table-2 Mean and SD of Total

	Mean	SD	N
Spiritual Quotients	52.51	18.26	100
Death Anxiety	45.68	14.68	

On the basis of total score Table -2 indicate that the mean of spiritual quotients is found 52.51 and the mean of death anxiety is found 45.68.

Table-3 Table showing the critical ratio

	Mean difference	Critical ratio	Significance
Spiritual quotients	7.14	2.04*	.05 level
Death anxiety	0.24	0.09	Not significant

Table -3 indicates the critical ratio of means on spiritual quotients and death anxiety. Critical ratio for spiritual intelligence is found 2.04 which is significant at .05 level of significance. It means there is a significant difference between two means of spiritual quotient. The hypothesis that there is no significant mean difference between spiritual quotients of male and female is rejected.

Gorji, Darabinia, Ranjhar (2017) studied on Emotional and Spiritual Intelligence among medical student in Iran and found the mean score of spiritual intelligence was higher among women in comparison with men. Deb, McGirr, Sun (2016) examined spirituality in Indian University students and its association with socio economic status, religion, background, social support and mental health. A group of 475 postgraduate aged 20-27 year 241 male and 234 female from various disciplines of Pondichery University India participated in the study. The result indicated that female student were more spiritual than male students. Pandey, Dubey and Chawla (2017) studied on spiritual intelligence: A gender study in Indian context. The result of the study revealed that male and female are different in spirituality.

The critical ration of means on death anxiety is found 0.09 which is not significant at any level of significance. It means there is no significance difference between the mean of death anxiety of male and female women. Some Studies supports the result. The hypothesis that there is no significant mean difference between death anxiety of male and female is accepted.

Assari & Lankarani (2016) studied on Race and Gender differences in correlates of death anxiety among elderly in the United States and found that gender did not show a main effect on death anxiety. Several studies show that females tend to have more death anxiety than males. Pierce & etal (2007) studied on the gender difference in death anxiety and religious orientation among US High School and College students and found women report high death anxiety and extrinsic religiosity than men.

Table-4 Correlation between spiritual quotients and death anxiety of male and female

correlation(r)	Male	female	Total
	-.32*	-.35**	-.33**

Significance value

N=50

N=100

.01 level=.354

.01level=.254

.05level=.273

.05level=.195

Table -4 indicates the correlation between spiritual quotients and death anxiety. A negative significant correlation($r = -.32$, $P < 0.05$) is found between spiritual quotients and death anxiety of male, which is significant at 0.05 level of significance, it means if the spiritual quotients of male increases, the death anxiety decreases in pandemic 2020.

A non significant negative correlation ($r = -.35$, $P < .01$) is found between spiritual quotients and death anxiety of female. This is significant at .01 level of significance. It means if the spiritual quotients of female increases, the death anxiety decreases in pandemic 2020.

On the basis of total score of male and female, a negative significant correlation ($r=-.33^{**}$, $P<0.01$) is found. It means if spiritual quotients increase the death anxiety decreases in male and female in pandemic 2020.

Research studies have widely discussed about the relationship between spiritual intelligence and death anxiety.

Taghiabadi &etal (2017) studied on the association between death anxiety with experiences and life satisfaction in elderly people and found a significant negative association ($r= 0.184$, $P<.05$) between spiritual experiences and death anxiety.

Nia & etal (2017) studied on the relationship between spiritual intelligence, spiritual wellbeing and death anxiety among Iranian Veterans and found that Spiritual well being had a significant negative relationship with death anxiety.

Mahboubi & et.al (2014), investigated the link between spiritual intelligence and death anxiety in hemodialysis patients and found a negative association ($r= .184$, $P<0.05$) between death and spirituality.

Nia, mohammad et.al (2017) studied on the relationship between spiritual intelligence and death anxiety among Iranian's veterans and found that spiritual intelligence and spiritual wellbeing had significant and negative relationship with death anxiety.

Ahang (2014) studied on the relationship between spiritual intelligence and anxiety mediates the religious attitude in under graduate students of Islamic Azad University and found a significant relationship between spiritual life and anxiety.

Religion is one of the spiritual domains that can reduce death anxiety in elders. Naderi and Roushani (2010) indicated that there was a significant correlation between spiritual intelligence and death anxiety

Conclusion

The objective of the study was to study and compare the significant correlation between spiritual quotients and death anxiety of male and female in pandemic 2020. On the basis of the results, the hypothesis that:

1. There is no significant mean difference between spiritual quotients of male and female is rejected .
2. There is no significant mean difference between death anxiety of male and female is accepted.
3. There is no significant correlation between spiritual quotients and death anxiety of male is rejected.
4. There is no significant correlation between spiritual quotients and death anxiety of female is rejected.
5. There is no significant correlation between spiritual quotients and death anxiety of male and female is rejected.

Covid-19 pandemic has increased many challenging situations in today's life and spirituality fills the surrounding with positive energy. Spirituality has linked to better health and superior ability to handle stress. In this study, it is found that having spiritual quotient decreases death anxiety during pandemic.

Limitations of the study

1. This study was conducted during lockdown period of covid -19, so the sample is small.
2. Non randomization technique has been used for sample selection.
3. Pre test and post test technique could be applied for better results.

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