

# To Study the Spiritual Intelligence and Emotional Maturity of Adolescents of Senior Secondary School

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**ABSTRACT:** *The objective of the present paper was to study the spiritual intelligence and emotional maturity of male and female adolescents of senior secondary school. For this reason, 200 students of 10+1 of senior secondary school were taken as sample. The study was descriptive in nature. Data was collected by using Spiritual Intelligence Scale by Kaur (2004) and Emotional Maturity Scale (EMS) by Singh and Bhargava. The mean scores of Spiritual Intelligence and Emotional Maturity were 158.45 and 113.07 respectively. It can be concluded from results that there was no significant difference between the spiritual intelligence and emotional maturity of adolescents.*

**Key Words:** *Spiritual Intelligence, Emotional Maturity and adolescents.*

## INTRODUCTION

Adolescence is often describes as a time of storm and stress because the teenagers are trying to negotiate an identity. Teenager's own wishes and desires however not the only things they must consider. They are receiving pressure from parents, peers and society as a whole to be a certain kind of person and do certain kind of things. Spiritual intelligence must be kept in mind for helping young people to create for themselves spiritual set of expectations for success and ability to make realistic attributes for why their success and failure occur.

Society is exerting pressures upon youth and the schools must accept some of the responsibility for preparing youngsters to cope with those pressures and thus acquire emotional maturity otherwise a youth become an adult who lacks the poise and stability that is necessary to meet the challenges that his rapidly changing world will present.

In the global world of education it is the need of the hour. The main aim of education is to modify the behavior of the student according to the needs and expectancy of the society. Human behavior is composed of many attributes, and out of which two important attributes are spiritual intelligence and emotional maturity. People who are emotionally mature, who know how to manage their feelings are at an advantage in every domain of life. It leads to effective living and better adjustment in society. Emotional maturity, being an important component of adjusted behavior, implies proper emotional control, capacity to adjust to change, capacity to deal constructively with reality, capacity to love and capacity to relate to others in a constant manner with manual satisfaction and helpfulness. Emotional maturity is very essential for proper adjustment in the society. Emotional and spiritual intelligence are very important aspects on which potent cause for one's adjustment and success.

**Robert Emmons (2000)** defined spiritual intelligence as "the adaptive use of spiritual information to facilitate everyday problem solving and goal attainment."

**Frances Vaughan (2002)** stated that spiritual intelligence is concerned with the inner life of mind and spirit and its relationship to being in the world. Spiritual intelligence implies a capacity for a deep understanding of existing questions and insight into multiple levels of consciousness. Spiritual intelligence also implies awareness of spirit as a ground of being or as the creative life force of evaluation. If the evaluation of life stardust to mineral, vegetable, animal and human existence implies some form of intelligence rather than being a purely random process, it might be called spiritual. Spiritual intelligence then is more than individual mental ability.

**Good (1973)** it is the emotional pattern of an adult who has progressed through inferior emotional stages, characteristics of infancy, childhood and adolescence, and in further to deal successfully with reality and participate in adult love relationship with undue emotional strain.

**Goleman (1998)** "Emotional maturity is the human ability to understand his emotions and employ it to make an effective decision within his life. In the context of human's life, emotion is able to help an individual to manage the sense of disappointment, sad as well as the negative feeling properly. Spiritual is connected with the soul and the religion, and not with physical things or ordinary human activities."

**OBJECTIVE**

To study the spiritual intelligence and emotional maturity of adolescents.

**HYPOTHESIS**

There is no significant difference between the mean scores of spiritual intelligence and emotional maturity among adolescents.

**METHOD**

Sample: Random sampling technique was used to select the sample. The data is collected from 200 adolescents, 100 males and 100 females of 10+1 class from Senior Secondary School of Ludhiana district.

**Tool :** Spiritual Intelligence Scale by Kaur (2004) and Emotional maturity scale (1990) by Singh and Bhargava were employed to collect data.

**Design:** The present study was descriptive survey in nature.

**RESULTS**

**Table:1. Mean Scores of Spiritual Intelligence Emotional Maturity among adolescents**

Group	N	Mean	Std. Deviation	SE <sub>D</sub>	t-value
Spiritual Intelligence	200	158.45	15.63	1.97	23.03**
Emotional Maturity	200	113.07	23.07		

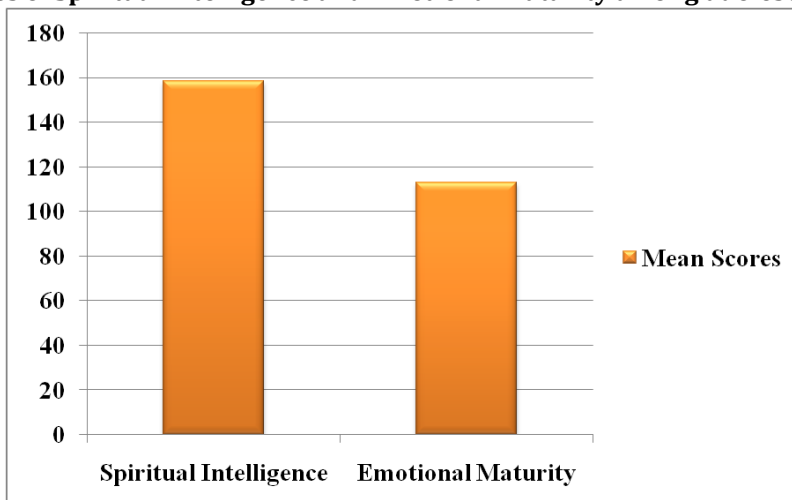
\*0.05 level

\*\*0.01 level

Table:1. shows the mean scores of spiritual intelligence and emotional maturity among adolescents. The mean scores of Spiritual Intelligence and Emotional Maturity are 158.45 and 113.07 respectively. The S.D. of Spiritual Intelligence and Emotional Maturity are 15.63 and 23.07 respectively. The SE<sub>D</sub> of both the groups is 1.97, t-value calculated is 23.03 which is higher than the table value at both the levels of confidence i.e. 0.05 and 0.01 levels.

Hence Hypothesis stating, "There is no significant difference between the mean scores of spiritual intelligence and Emotional Maturity among male and female adolescents" was rejected.

**Fig.: 1 Mean Scores of Spiritual Intelligence and Emotional Maturity among adolescents.**



The bar graph (fig.1) was drawn to show the mean scores of Spiritual Intelligence and Emotional Maturity among adolescents. Spiritual Intelligence and Emotional Maturity are shown on x-axis and where as mean scores on y-axis.

**DISCUSSION**

The results revealed that as regard to both variables i.e. Spiritual Intelligence and Emotional Maturity, there was a significant difference among adolescents. Spiritual Intelligence and Emotional Maturity are inevitable result on man's modern civilization and culture. Emotional Maturity is not only that effective determinant of personality pattern but it also helps to control the growth of child's development. In

the context of burning problems like depression, excessive stress, corruption, suicide, communalism, casteism emotional maturity and spiritual intelligence of the young's is need of the hour. Emotional maturity and spiritual intelligence helps in making positive attitude towards life and helps in personal effective and carrier developments. It helps man to understand his purpose in life and his place in universe.

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