



ASSESSMENT OF SPIRITUAL INTELLIGENCE AND RESILIENCE AMONG B.Sc. NURSING STUDENTS

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ABSTRACT

The present study was to assess the level of spiritual intelligence and resilience among B.Sc. Nursing students in selected nursing colleges of Pathanamthitta district. The objective of the study were to assess the level of spiritual intelligence and resilience among nursing students, to correlate the level of spiritual intelligence and resilience among nursing students and to find out association between the level of spiritual intelligence and resilience with selected demographic variables. A quantitative approach with a non – experimental research design was used in this study. Non-probability convenience sampling technique was used to select 150 samples from the group. Main study was conducted on 15th December 2022. The data was analysed using descriptive and inferential statistics. The present study revealed that according to Karl Pearson coefficient correlation the mean value was 61.91 and standard deviation was 11.91 for spiritual intelligence and the mean value was 76.06 and standard deviation was 10.06 for resilience which projected the “r” value as 0.44. There was significant positive correlation between the spiritual intelligence and resilience among B.Sc. Nursing students. The Chi - square analysis showed that there is no association between spiritual intelligence and socio-demographic variables. Hence these socio demographic variables do not affect spiritual intelligence. In case of resilience there is significant association with selected demographic variables like year of study and belief in God.

Keywords: Spiritual intelligence; Resilience; Students

INTRODUCTION

BACKGROUND OF THE PROBLEM

The academic achievement of nursing students plays an important part in the professional development. There are multiple factors that affect student's academic achievement like emotional intelligence, spiritual well-being, psychological empowerment and resilience. These factors can affect positively or negatively to academic success. Indian society is a well-known spiritual based society and in the field of nursing spirituality is given higher priority. Spiritual well-being is relationship with oneself(individual), others (shared), nature (condition) and God. Scientific findings show that mental health is one of the most important need of today's human being and accommodating it requires the person to know himself exactly, understand others, establish effective communication with them, identify and control the negative emotions and daily stresses to solve problems effectively. Spiritual intelligence has a significant influence on the quality of life . The adolescent period is a significant period that requires specific training to make a brighter future and be exposed to difficulties. Spiritual intelligence predicts the functioning and adaptation and offers capabilities that enables the people to solve problems and attain goals. Resilience is important in the academic career of nursing students. It is an individual's capacity to get a hold of themselves before a troublesome life experiences or their capacity to adapt to emergencies or calamities effectively. It is a positive adaptation in response to adverse situation. Resilience is a dynamic process which occurs naturally in human beings which encompasses a positive adaptation within the context of significant adversity. It is especially vital for nurses to boost their resilience since they face numerous traumatic circumstances in their daily career experienced lives. Resilience was exhibited through student's perseverance in their difficulties. In order to improve nursing student's academic performance, there is a need to assess their spiritual intelligence and coping with stress (resilience). In 2012, Mealer, Jones and Moss interviewed thirteen nurses determined to be highly resilient and fourteen nurses diagnosed with post-traumatic stress disorder. The findings demonstrated that the highly resilient critical care nurses had greater spirituality, optimism and supportive network. International research studies has shown that there is a strong positive relationship between spirituality and physical health and psychological well-being. Resilience was found to be key to a fulfilling critical care nursing career. Nurses are placed in situations that require them to be resilient and overcome difficulties to flourish within their careers. Spirituality can assist with enhancing mental health outcomes and easing stress during challenging

times. Spiritual care has positive effects on individual's stress responses, spiritual well-being (i.e., the balance between physical, psychosocial, and spiritual aspects of self), sense of integrity, excellence and interpersonal relationships. Understanding one's own level of spiritual intelligence and resilience helps to cope with the life stresses in an effective manner. Nursing profession face many human resource challenges. Stress in nursing is attributed largely to the physical labour, suffering and emotional demands of patient and families, work hours, shift work and interpersonal relationship.¹⁰ Hence it is necessary to assess the level of spiritual intelligence and resilience among nursing students whether they are capable to manage stress in an effective and efficient way.

STATEMENT OF THE PROBLEM

A descriptive study on assessment of spiritual intelligence and resilience among B.Sc. Nursing students in selected nursing colleges of Pathanamthitta District in Kerala.

OBJECTIVES

The objectives of the study are:

1. Assess the level of spiritual intelligence among B.Sc. Nursing students in selected nursing colleges of Pathanamthitta district.
2. Assess the level of resilience among B.Sc. Nursing students in selected nursing colleges of Pathanamthitta district.
3. Correlate the level of spiritual intelligence and resilience among B.Sc. Nursing students in selected nursing colleges of Pathanamthitta district.
4. Find out association between the level of spiritual intelligence and resilience with selected demographic variables.

OPERATIONAL DEFINITIONS

1. **Assess:** In this study, assess refers to evaluation or estimation of level of spiritual intelligence and resilience among B.Sc. Nursing students
2. **Spiritual intelligence:** In this study, spiritual intelligence refers to a higher dimension of intelligence that activates the qualities and capabilities of soul in the form of compassion, integrity, creativity and peace.
3. **Resilience:** In this study, resilience refers to the capacity to deal successfully with the obstacles in our lives.

4. **Students:** In this study, students belonging to the age group 18-23 years

ASSUMPTIONS

1. The spiritual intelligence and resilience varies with each individual's.
2. Spiritual intelligence and resilience helps the students to manage the stress

RESEARCH APPROACH

Research approach involves the description of the plan to investigate the phenomenon under the study.

The research approach used in a structured (quantitative), unstructured (qualitative) or a combination of the two methods (quantitative-qualitative integrated approach).

RESEARCH DESIGN

Research designs the overall plan for addressing a research question, including specification for enhancing the study's integrity.

The research design used in the study was **Descriptive Non-Experimental Design**.

POPULATION

In this study, population consist of B.Sc. Nursing students in selected nursing colleges in Pathanamthitta District.

SAMPLE AND SAMPLING TECHNIQUE

Sample: B.Sc. Nursing students in selected nursing colleges in Pathanamthitta District.

Sample size:150 B.Sc. Nursing students.

Sampling technique: Non -probability convenience sampling technique.

DESCRIPTION OF THE TOOL

Section A : Socio-demographic variables including age, gender, type of family, religion, educational status, belief in God and spirituality.

Section B : Spiritual Intelligence Self Report Inventory (SISRI-24)

Section C: Resilience Scale (RS – 14)

Scoring consist of :

Section-A: Coding the Socio-demographic variables.

Section-B: The structured questionnaire of Spiritual Intelligence is scored by summing the scores for 24 questions; ranges 0 – 96 with 4 subscales.

Section C: The structured questionnaire of resilience is scored by summing the scores 14 questions; ranges from 14-98

CONTENT VALIDITY

Content validity may be defined as the extent to which an instrument's content adequately captures the construct that is whether an instrument has an appropriate sample of items for the construct being measured.

In this study Standardized Questionnaire were used. Spiritual Intelligence Self Report Inventory (SSRI-24) and Resilience Scale (RS-14) are used.

The experts were requested to give their opinions and suggestions regarding the relevance of the topic for further modifications to improve the clarity and content of the items and necessary modification were done.

DATA COLLECTION PROCESS

Data collection is the process of gathering and measuring information on variables of interest, in an established systematic fashion that enable one to answer stated research questions, test assumptions and evaluate outcome.

1. Scores on the spiritual intelligence, resilience and the demographic variables will be analysed using descriptive statistics like frequency and percentage, median and range.
2. Association between the spiritual intelligence and resilience with the demographic variables will be analysed using Chi-Square test.

PLAN FOR DATA ANALYSIS

Data analysis is the technique used to reduce, organize and give meaning to the data. It involves contrasting and comparing the final data to determine what pattern, themes or threads emerge. Data analysis is planned based on the objectives of the study. After collection of data, data were organized, tabulated and summarized

by preparing master data sheet and by using descriptive and inferential statistics using MS Excel,2007 version. The research methodology is making an overall plan for a research problem to solve it in a systematic and scientific manner. This chapter dealt with the description of the research approach and design, setting of the study, population and sample, sampling technique, sampling criteria, description of the tool and validity of the tool, pilot study, data collection process and plan for data analysis.

FINDINGS OF THE STUDY

Data analysis is condensed under the following headings:

Section I: Description of the socio-demographic variables of the B.Sc. Nursing students.

With reference to age 34.66% were 20 years of age, 32.1% were 22 years of age. 24% were 19 years of age, 6% were 21 years of age and 3.33% of the samples were 18 years of age. With reference to gender 96% were females and 4% were males. With reference to religion 62% were Christians, 32.66% were Hindus and 5.33% were Muslims. With reference to the year of study 32% belonged to first year and fourth year, 31.33% students belonged to second year and 4.66% belonged to third year. With reference to the type of family 90.66% belonged to nuclear family, 8% belonged to joint family and 1.33% belonged to single parent. With reference to belief in God 3.33% subjects doesn't believe in God. With reference to the time spent for prayer 36% spent 0- 10 minutes for prayer, 34% of the subjects spent 10-20 minutes for prayer, 20.66% of the subjects spent 20-30 minutes and 9.33% of subjects spent greater than 30 minutes for prayer. With reference to personal relationship with God 96.66% feel a personal relationship with God and 3.33% of the samples do not have personal relationship with God.

Section II: Description of the knowledge regarding spiritual intelligence and resilience among B.Sc. Nursing students.

With reference to knowledge regarding spiritual intelligence, 89.33 % of subjects has high Spiritual Intelligence, 10.6 % of the subjects has low Spiritual Intelligence. With reference to knowledge regarding resilience, 11.33% of the subjects has low resilience, 58.67% of the subjects has moderate resilience and 30% of the subjects has high resilience.

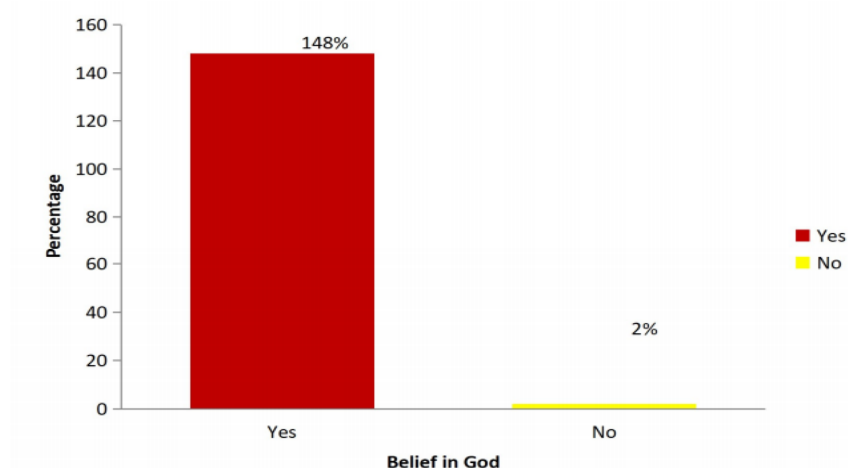
Section III: Description of the correlation between the level of spiritual intelligence and resilience among B.Sc. Nursing students in selected colleges in Pathanamthitta District.

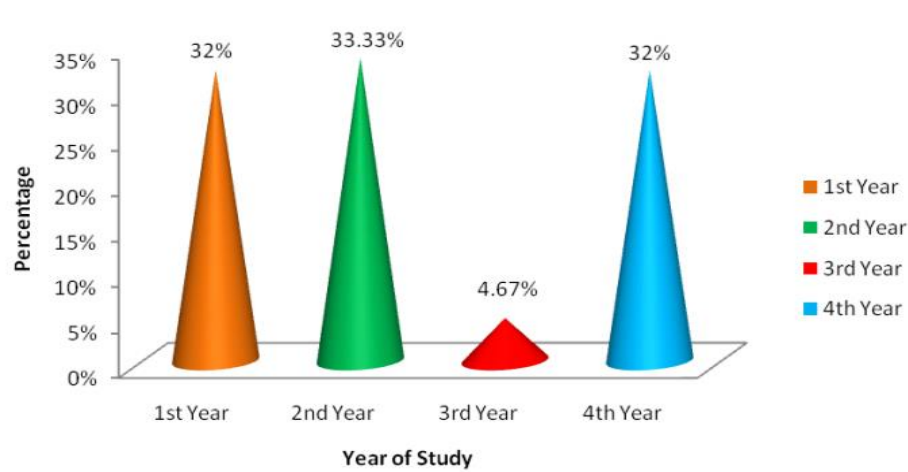
With reference to correlation, the mean value was 61.91 and standard deviation was 11.91 for spiritual intelligence and for resilience the mean value was 76.06 and standard deviation, the r value as 0.44 there was significant positive correlation between the spiritual intelligence and resilience among B.Sc Nursing students.

Section IV: Description of the association between the level of spiritual intelligence and resilience with selected demographic variables.

The Chi-Square test was used to find out association between knowledge scores and demographic variables.

There was significant positive correlation between the spiritual intelligence and resilience among B.Sc. Nursing students. The Chi-Square analysis showed that there is no association between spiritual intelligence and socio-demographic variables. In case of resilience chi square values for year of study and belief in God is greater than the table value. Hence these demographic variables are significantly associated with resilience. Thus the result concluded that spiritual intelligence is positively related to resilience and demographic variables affect resilience





NURSING IMPLICATIONS

The finding of the study has certain important implication in the nursing profession and in the field of nursing practice, nursing education, nursing administration & nursing research.

Nursing Practice

1. Nurse can provide awareness regarding spirituality & resilience.
2. Nurse can conduct awareness programme regarding importance of spirituality to cope up with stressful life events.
3. Create understanding of significant influence of spiritual intelligence for better quality of life.

Nursing Education

The study helps to provide awareness regarding association between spiritual intelligence & resilience.

1. Nurse educator can help the students to gain knowledge regarding the relationship between spirituality & resilience.
2. Nurse educator should focus on the need of the students.
3. Nurse educator can help the students to strengthen their spirituality for enhancing resilience.

Nursing Administration

1. Nurse administrator can organize in service education for nursing personnel regarding association between spirituality & resilience.

2. Nurse administrator can encourage the nursing personnel to conduct studies related to the level of spiritual intelligence & resilience.

Nursing Research

1. The nurse researcher can work towards developing a tool to measure various dimensions in terms of knowledge, attitude and practice towards Spiritual Intelligence and Resilience

2. Nurse researcher can organize services for educating nurses regarding various aspects of spirituality.

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CONCLUSION OF THE STUDY

The aim of present study was to assess the level of spiritual intelligence and resilience among B.Sc. Nursing Students in selected nursing colleges of Pathanamthitta District. A quantitative approach with a non-experimental research design was used in this study. Non – probability convenience sampling technique was used to select 150 samples 71 from the group. The data was analysed using descriptive and inferential statistics in form of frequencies, percentage and using Chi Square.

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