



# A CORRELATION STUDY ON SPIRITUAL INTELLIGENCE AND MENTAL WELL-BEING AMONG GEN-Z

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## Abstract

Born between 1997 and 2012, Generation Z faces particular difficulties that need for a comprehensive approach to their wellbeing. Two interrelated factors that are essential to guaranteeing the general health and resilience of gen Zers are spiritual intelligence and mental health. The goal of this study was to assess the prevalence of spiritual intelligence and mental well-being among gen-z. Spiritual intelligence scale by Misra, k.s, the reliability was 0.890 and 0.879. Warwick- Edinburgh mental well-being scale (wemwbs-14) (Tennant et al.,2007), the reliability 0.80. Along with the tools the demographic details were also collected. The sample of the present study was conducted on 103 gen-z among them 50 were females and 53 were males. The study was adopted quantitative approach using a Survey method was used to collect the data. The findings revealed that the Gen Z demonstrated moderate level in spiritual intelligence and mental health. Further, there is a positive correlation between spiritual intelligence and mental well-being among generation-z, indicating that higher spiritual intelligence is related with better mental health. The necessity of holistic wellness methods that emphasize spiritual intelligence in addition to conventional mental health care is further highlighted by this correlation. The study highlight the need for interventions and therapies to enrich spiritual intelligence to improve mental health of Generation Z individuals.

**Keywords:** *Spiritual intelligence, Mental well-being, Gen-z.*

## Introduction

People born between the middle of the 1990s and the middle of the 2010s are referred to as generation-Z. People who grew up with technology, smart phones, and the internet as part of their everyday lives are also known as digital natives. Some claim that the identity of

Generation Z has been shaped by climate anxiety and the digital age. While some claim that generation z is devoted, kind, caring, open-minded, responsible, and driven, others claim that they are inventive, creative, and yearn for authenticity. The world that gen z is growing up in is full of contradictory ideologies and beliefs. Their choices and behaviours are guided by their developing sense of meaning and purpose, which is facilitated by spiritual intelligence. In order to assist gen-z become the finest versions of them, spiritual intelligence supports their continuous development, self-awareness, and self-improvement. Generation Z expects success in the near future without effort, so it can be said that Generation Z is a generation that demands something instantly (*Anna, 2018*).

The phrase "spiritual intelligence" was first used by *Zohar (1997)*, who also proposed the notion that it is the intelligence that provides us our integrity and completeness. It is the deep self's intelligence, or the soul's intelligence. Our ability to create vision, purpose, and worth is known as spiritual intelligence. The capacity to access, understands, and incorporates spiritual practices, beliefs, and principles into daily life are innate in human beings. Spiritual intelligence is the term for this capacity. It entails feeling deeply connected to the world, other people, and oneself, as well as having a sense of meaning and purpose. Characteristics of high spiritual intelligence include self-awareness, empathy, compassion, and knowledge. They are able to forge strong bonds with others and face challenges head-on with courage, hope, and optimism.

### **Mental Well-being**

It is a state of satisfaction and cheerfulness, characterized by low levels of distress, good physical and mental health and attitude or quality of life. The concept of mental well-being is complex and contains social, emotional, and cognitive elements. It is characterized by positive feelings, effective operation, and a feeling of life fulfillment. The world health organization defines mental wellbeing as that of mind which enables people to:

- Cope with life's stresses
- Realise their abilities
- Learn and work well
- Contribute to their community

### **Need for study**

More than 20 studies have been examined, and those that provide insightful information about spiritual intelligence and mental well-being have been included in the literature review. Within these, 2 studies explored the relationship between spiritual intelligence and gen Z, 1 study examined the mental well-being among the gen Z, and 7 studies explored the relationship between the spiritual intelligence and mental well-being among different people. As a study of *Yacoub et al. (2022)* investigated on the level of spiritual intelligence and strengthening Islamic education of the z generation in Indonesia in the covid-19 pandemic. This qualitative study used primary and secondary data from 274 generation Z members in Indonesian Islamic boarding schools. Results showed a need for enhancing spiritual intelligence and implementing strategies for Islamic religious education during the COVID-19 pandemic to prepare and preserve their spiritual intelligence. *Mekar*

(2022) investigated on the mental well-being of generation Z as potential victims of cybercrime: the effect of risk perception and self-efficacy on mental well-being. A study involving 175 participants found no correlation between mental health and risk perception or self-efficacy, but men showed greater mental well-being and poor internet use was strongly associated with mental health. *Parket al. (2023)* explored on the a spiritual self-care mobile app (skylight) for mental health, sleep, and spiritual well-being among Generation z and young millennials. The survey of 475 skylight app users, which comprised Gen Z adults and young millennials, showed a significant relationship between app frequency and mental health, sleep disturbance, and spiritual well-being. The study is the first to describe a sample of Gen Zers who utilized spiritual self-care apps as adults, so it suggests that apps such as Skylight would be beneficial for helping Gen Z cope with anxiety and connect with their spiritual well-being. *Sahebalzamni et al., (2013)* conducted a study on the relationship between nurse psychological health, spiritual intelligence, and life purpose. This research aimed at understanding the link between nurse psychological well-being and spiritual intelligence as far as the purpose of life is concerned. As revealed in the findings, there was a positive correlation of the dimensions that involved spiritual intelligence, psychological well-being, and life purpose. Besides, there was a very strong correlation between psychological well-being and the elements of spiritual intelligence, which include personal meaning development, transcendental consciousness, critical existential thinking, and the extension of the conscious state. *Ibrahim et al., (2022)* studied a review on the influence of psychological health, spiritual intelligence, and emotional intelligence and well-being on society to study the relationship between student mental health and spiritual intelligence and well-being. The research checked the correlation of student mental health with spiritual intelligence and well-being. In total, 277 participants were asked to participate by filling questionnaires and tests. The findings stated that spiritual intelligence and well-being have a significantly influential role on mental health. As by *Aghajani & Samadifard (2019)* surveyed a study on the relationship between student's spiritual well-being and their emotional and spiritual intelligence at Mohaghegh Ardebili University. This study researched the relationship that exists between spiritual emotional intelligence and spiritual well-being of students of Mohaghegh Ardebili University. King measures, well-being scales, and questionnaires were employed to collect information from 382 students. From the results obtained, it shows that there exists a significant association between both the intelligence and the spiritual well-being. *Modi & Saranya (2021)* researched on happiness and how mental well-being mediates on emotional and spiritual intelligence. This study discussed the effect of the COVID-19 pandemic on the happiness levels of college students in Chennai District, Tamil Nadu. Results concluded that there existed a significant relation between happiness and mental health/spiritual intelligence/emotional intelligence, and such a relationship mediated by mental health. *Sharma & Arif (2015)* discussed a research on the school-age adolescents' mental health, spiritual intelligence, and self-esteem. The research was conducted in two English medium schools in Imphal, Manipur. The study had investigated the interrelation between mental health, self-esteem, and spiritual intelligence among adolescents. A positive correlation of self-esteem and spiritual intelligence has been found and spiritual intelligence has been negatively correlated with emotional symptoms and pro-social conduct. *Ddin et al., (2024)* conducted a survey of the casual model of spiritual well-being is based on spiritual intelligence and a companion of God. The causative model of spiritual well-being with the involvement of spiritual intelligence,

attachment to God, self-compassion, belief in just universe, and consistency in long-term goals has used. In this experiment, 4500 chronic mental patients and 392 families are included and, hence the proposed model is supposed to fit to the experimental model. *Rajan et al., (2024)* education and depressive symptoms are inextricably linked to spirituality and work status: a study from rural India. The schooling-depression linkage is significantly influenced by spiritual intelligence and work status, which plays a pivotal role in adult depression symptoms, suggesting that depression, like other manifestations of psychosomatic diseases, is complex with its terrain often influenced by multiple factors, namely education, position at work, and spiritual intelligence.

The purpose of this study is to determine whether there is a relationship between spiritual intelligence and mental well-being among generation-z. Very few researches have been examined to find the relationship between spiritual intelligence and mental well-being.

## **Operational definition**

### **SPIRITUAL INTELLIGENCE**

Cristiana Teixeira pinto defined spiritual intelligence in a sense, spirituality may be put into practice by using spirituality to improve everyday interaction and problem solving. Spiritual intelligence is a separate notion from spirituality that can be trained and developed.

In this present study, spiritual intelligence is the most crucial factor proper and broad perception of life.

### **MENTAL WELL-BEING**

Seligman (2011) defined mental well-being consists five elements. Positive emotion, engagement, relationship, meaning, and accomplishment (PERMA). The five components that make flourishing possible, and there are methods to boost each of them.

In this present study, our feelings, our behaviors, and our awareness that we are distinct from our issues are all components of mental wellness.

## **Objectives**

- To identify the mean level of spiritual intelligence among generation-z
- To identify the mean level of mental well-being among generation-z
- To find out the relationship between spiritual intelligence and mental well-being among Generation-z

## **Hypotheses**

The hypotheses of present study are:

- There is no significant difference in the mean levels of spiritual intelligence among generation-z
- There is no significant difference in the mean level of mental well-being among generation-z
- There is no significant relationship exist between spiritual intelligence and mental well-being among generation-z.

## **Methodology**

## Research design

The study adopted a survey method and employed a simple random sampling technique.

## Sample

In this study, 103 Generation-Z individuals (born between 1997 and 2005) from Dharmapuri District were selected, including 53 males and 50 females.

## Tools Selection

The *Spiritual Intelligence Scale* was developed by Misra, K.S. in 2017. This scale consists of 45 items and follows a 5-point Likert scale. The reliability and validity of the scale were reported as 0.890 and 0.879, respectively. *Singh et al. (2021)* conducted a comparative study on spiritual intelligence between general and professional courses. The final version of their spiritual intelligence scale consists of 42 questions, with a reliability of 0.864 and a validity range from 0.184 to 0.610.

The *Warwick-Edinburgh Mental Well-Being Scale* was developed by Tannet in 2007. This scale consists of 14 items and also follows a 5-point Likert scale. The reported reliability and validity of the scale were 0.87. *Marmara et al. (2022)* conducted a study on measurement invariance across genders and examined the scale using item response theory. The test-retest reliability was reported as  $r = 0.83$ .

## Procedure

The Spiritual Intelligence Scale (42 items) and the Warwick-Edinburgh Mental Well-Being Scale (WEMWBS) (14 items) was used in the present study, which have been validated through previous research studies. The sample size of the study is 103 Generation-Z individuals. The participants completed the Spiritual Intelligence Scale, which measures an individual's ability to reflect on life's meaning and their relationship with the environment. Additionally, the Mental Well-Being Scale tested the unique experience and imaginative future outlook of participants.

An interactive approach has been used while collecting data where participants are being made aware of the process very clearly and getting their doubts resolved. Descriptive statistics have been used to see the relationship of spiritual intelligence and mental well-being.

## Result

### A. Descriptive Analysis

**Table 1: Descriptive statistics – Mean, Median, Mode, SD**

Variables	No of sample	Mean	Median	Mode	SD	Skewness	Kurtosis
Spiritual Intelligence		152.2	152	139	11	-0.04188	0.02105

<b>Mental well-being</b>	103	52	54	56	26	-0.28849	-0.4074
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Table 1 shown, the general characteristics of data as shown through descriptive statistics: mean and variance of mental well-being and spiritual intelligence. The data is very variable but very much centered around the mean as indicated by the Spiritual Intelligence sample size of 103, mean score of 152.2, median score of 152, and mode score of 139. Scores seem to be moderately distributed with a standard deviation of 11. The skewness value of spiritual intelligence is -0.04188, which indicates a slight negative skew in the distribution. The kurtosis value of spiritual intelligence is 0.02105, which falls under the Mesokurtic distribution. The mean is 52, the median is 54, and the mode is 56 and the standard deviation is 26. The skewness value of mental well-being is -0.28849, which indicates a slight negative skew in the distribution. The kurtosis value of mental well-being is -0.4074, which falls under the platykurtic distribution. These results suggest that spiritual intelligence and mental health may be related, which necessitates more study of their interactions and impacts.

## B. Mean Level Analysis

**Table 2: Level of Spiritual intelligence and Mental well-being**

Variables	No of samples	High		Moderate		Low	
		%	N	%	N	%	N
<b>Spiritual intelligence</b>	103	18	19	66	68	16	16
<b>Mental well-being</b>		17	18	67	71	14	14

The table 2 results showed that distribution of Spiritual Intelligence and Mental Well-Being, when stratified into three levels: high, moderate, and low, will provide better insight into the patterns found with the sample. In the variable of spiritual intelligence Mean  $\pm$  SD, the high values are 178, and the low value is 127, and the moderate value is between the ranges of 128 and 177. Among these 103 participants, 66.01% (68 people) had moderate levels of spiritual intelligence and an 18.44% had high levels of spiritual intelligence-up-to one in every twenty crossing over the 15.53%- mark for low levels. With lesser participants at either extreme, suggests that most participants had moderate levels of spiritual intelligence. Hence the stated hypothesis “there is no difference in the mean level of spiritual intelligence among generation Z” is rejected, and the alternative hypothesis stated that, “there is a significant difference in the mean level of spiritual intelligence among generation Z.” In the variable of mental well-being Mean  $\pm$  SD, the high value is 63, the low value is 41, and the moderate value is between the ranges of 42 to 62. Commensurately, among the 103 subjects, 17.47% (18 participants) had high mental well-being 68.93% (71 participants) had moderate mental well-being, and 13.59% (14 participants) had low mental well-being. Hence the stated hypothesis, “there is no difference in the mean level of mental well-being among generation Z” is rejected, and the alternative hypothesis indicated that, “there is a significant difference in the mean level of mental well-being among generation Z.” This implies that most people fall within the moderate

range of mental health, much like spiritual intelligence. To determine whether spiritual intelligence actually has an impact on overall wellbeing, more research could examine this relationship in greater detail.

**C. Correlation Analysis between Spiritual Intelligence and Mental well-being Table 3:  
correlation between spiritual intelligence and mental well-being**

Variables	Correlation
Spiritual intelligence	r=0.521*
Mental well-being	

\*\*Correlation is significant at the 0.01 level (2-tailed)

The table 3 indicate that there is a positive relationship ( $r = 0.521$ ) between spiritual intelligence and mental well-being. Hence the stated hypothesis, “there is no significant relationship between spiritual intelligence and mental well-being among generation Z” is rejected, and the alternative hypothesis point out that, “there is a significant relationship between spiritual intelligence and mental well-being among generation Z”. This implies that people who possess greater spiritual intelligence typically have better mental health.

### Discussion & Suggestion

The findings suggest that perhaps spiritual intelligence has positive value in the enhancement of Generation Z's mental health. Considering the positive correlation, enhancing spiritual intelligence might be an element of techniques for enhancing mental health—a particularly useful inclusion especially in therapeutic or educationally related contexts. It is critical to note that most participants have only moderate levels of both variables, with the implication that rather than taking an assumption that the dimension is always high or always low, interventions aimed at enhancing mental health or spiritual intelligence may need to be tailored to a participant's needs in many cases. Based on the results, it appears that spiritual intelligence may not be the only factor contributing to better mental health. Other factors may also be involved, including social support, emotional resilience, and coping mechanisms. A deeper understanding of the connection between spiritual intelligence and other factors could help develop more comprehensive methods for enhancing mental health. Future research should examine the processes behind this relationship to ascertain whether there are additional mediating factors at play or whether raising spiritual intelligence could have a direct impact on mental health outcomes.

### Conclusion

The current study found that positive correlation between spiritual intelligence and mental well-being among gen-z. Some of the important characteristics of spiritual intelligence are pro- social behaviour, hope and consideration of others well-being. By developing these qualities it can be concluded that mental well-being can also be improved, since there exists a positive correlation. These in turn can increase the overall quality of life of an individual as well as the hope around them.

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