



Assessing the Spiritual Intelligence and its Influence on selected Coping Strategy among Nursing Students

Abhijith V Rajeev¹, Aleena Jose^{2*}, Alphy Andrews³, Anitta Mathew⁴, Anjana Varghese⁵, Anu Thomas⁶, Praveena P⁷ and Kavitha B⁸

¹⁻⁸Fourth year B.Sc Nursing Students Aswini college of Nursing, Thrissur, Kerala, India

ABSTRACT

Nursing students across the world experience stress and anxiety during their training and education. In order to cope with their stress, students are using lot of coping strategies. Among all Spirituality is one of the coping strategies that they usually start from their childhood and to some extent, it is in built in them. In view of this, a study was undertaken with an aim to assess the spiritual intelligence and its influence on selected coping strategy among nursing students at selected college, Thrissur. The main objectives were to assess the level of spiritual intelligence among nursing students, to assess the influence of spiritual intelligence on selected coping strategy among nursing students and to find out the association between spiritual intelligence among the nursing students with their selected demographic variables. Descriptive design was used and the sample were 215 Bsc nursing students who fulfilled the inclusion and exclusion criteria. Purposive sampling technique was used. The data was collected using Demographic sheet, scale of spiritual intelligence and 'Brief R cope scale'. The study finding revealed that only 5 (2 %) students had high level of spiritual intelligence, 10 (5 %) students had moderate level of spiritual intelligence whereas 200 (93 %) of students having low level of spiritual intelligence. A negative correlation -0.55^* was found between the spiritual intelligence of nursing students and coping strategies which is statistically significant at 0.05 level of significance. This depicts that spiritual intelligence is inversely proportionate to the coping strategies used by the students during their stressful period. The association between spiritual intelligence of B.sc nursing students with their selected demographic variables such as occupational status of mother (6.004*), Frequency of praying (35.62*), Frequency of attending religious centers (35.44*) are found to be statistically significant at 0.05 level of significance.

KEYWORDS

Spiritual intelligence, Selected Coping scale, Influences, Nursing students

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INTRODUCTION

To lead a meaningful life, there need to be a balance between one's thoughts, words and actions based on the principles of greater common good. But doing this can be a herculean task unless one has the potential to do so. Often, for those who have humanistic orientation may elude actions while those who act to be mighty not have a humanistic intention. The discordance becomes more distinct in the adolescent stage.¹

Adolescent stage is the stage of rapid change of an individual's physical, mental, social, moral and spiritual outlook. During this period the body goes through revolutionary changes. Physical changes and development in an adolescent which are closely related with emotional, mental and social development. Adolescence is also the stage when young people extend their relationship beyond parents, family and are intensely influenced by their peers and the outside world.²

Literature says that late adolescence and young adult (18-24 years) is a period of frequent change and exploration that convey many aspects of their life, family, work, school and role confusion³. During this period irrespective, most of the individuals experience stress.

Everyone experiences stress, comparatively adolescents and young adults are at a higher risk of developing stress for many reasons, mainly because of transition from middle childhood to adolescence period which represents social, academic, cognitive, physiological and physical changes. And very important thing is transitional nature of the student life, so they need to adjust themselves with the life environment which includes with new social norms and new friendships. A Nationwide tab and self reported survey done among the students reveals that most of the student feels Medicine, Architecture and nursing as the stressed out major in America, compare that to arts related courses.⁴ In stress adaptive strategies, the individual's ability to cope with stress, more important than the stress it self, suitable stress induced methods, reduce stress induced injuries. Since coping strategies of nursing students effect their physical and mental health as well as quality of care provided by them, identifying coping strategies of nursing students is important for early intervention.⁵

Spirituality and spiritual knowledge helps the individual to cope up with the problem. But rather than coping up with the problem, the students should learn to solve the problem which needs intelligence. The intelligence which tackles and solves problems of magnitude and value, the intelligence which we can determine the course of action or the life path more meaningful than another is nothing but our soul Intelligence which is formally called as spiritual intelligence.⁶



Nursing students have lots of worries and tensions in their day to day life both in clinical as well as the academic zone. They use variety of coping strategies to reduce these tensions. Spiritual intelligence can be one of the coping strategies which is widely used. Nursing students may use their spiritual intelligence while confronting problems and worries. Thus the investigators felt the need to take up the study to assess the spiritual intelligence and its influence on selected coping strategy among nursing students.

STATEMENT OF THE PROBLEM

“A study to assess the spiritual intelligence and its influence on selected coping strategy among nursing students at selected college, Thrissur.”

OBJECTIVES

1. To assess the level of spiritual intelligence among nursing students.
2. To assess the influence of spiritual intelligence on selected coping strategy among the nursing students.
3. To find out the association between spiritual intelligence among the nursing students with their selected demographic variables.

4. HYPOTHESIS

H₁- There is a significant relationship between spiritual intelligence and selected coping strategy among nursing students.

H₂- There is a significant association between spiritual intelligence of nursing students with their selected demographic variable

Materials and methods

The nature of study was Quantitative approach. The study was conducted in Aswini college nursing Thrissur. The conceptual frame work used for this study is spiritual intelligence. The research design used for this study was : Descriptive design. Data collected using consecutive sampling Technique. The data was collected to assess the spiritual intelligence and its influence on selected coping strategy among nursing students. The data was collected were analysed and interpreted by using descriptive and inferential statistics.

Description of tool :Tool contains 3 parts

Section A: Demographic variables: This includes age, sex, religion, year of study, family income, area of residence, type of family, educational status of father, educational status of mother, occupation status of father, occupation status of mother, birth order of the student, stay in



college, frequency of praying, frequency of attending religious centers per month, believe in God and presence of any physical illness..

Section B: Standardized scale for spiritual intelligence: developed by Kumar & Mehta in 2011 is a 20-item, self-report measure of spiritual intelligence in adolescents. The SSI is rated on a Likert scale and can be completed in 10 minutes. The scoring key is high (77 & above), medium (65-76), low (64 & above)

Section C: Brief RCOPE Scale. The Brief RCOPE is a 14-item measure of religious coping with major life stressors. The scale developed out of Pargament's (1997) program of theory and research on religious coping. The scoring key is high level of coping (28-56), medium level of coping (14-27), low level of coping (<14).

RESULTS

Objective 1: To assess the level of spiritual intelligence among nursing students

The study finding revealed that out of 215 students, 5(2 %,) students had high level of spiritual intelligence whereas 200(93%) students had low level of spiritual intelligence and 10(5 %,) students had moderate level of spiritual intelligence.

Analysis of demographic variables revealed that (98%) of students believe in god,90% of student have habit of praying daily and 67 % students attend the religious center at least thrice a month, but still spiritual intelligence level is low(2%)This conveys that the students are having good faith in god and affinity towards their religion. Meanwhile they could not express these innate spiritual qualities through their thoughts, attitude and belief. By analyzing the sampling distribution, it is visible that majority of samples belong to the category of late adolescent and young adult.A core life skill which develops at this stage –“*Self-awareness*” or ‘*self-realization*’, and this self-realization or Self-awareness is very important quality for spiritual intelligence.And our samples are at this stage of developing self-realization.So the majority of the samples are having low spiritual intelligence (93%) though they have good faith in god.However the analysis shows that 2% of students are having high level of spiritual intelligence and 5% are having moderate level of spiritual intelligence.This indicates that students are in the primitive stage of developing spiritual intelligence and it can be enhanced through spiritual learning programme.

Our study findings correlate with a descriptive study which was done to assess the spiritual intelligence among graduate students .The aim of the study was to find out spiritual intelligence



among graduate students. A total 60 students were selected using non probability purposive sampling technique. The range of age subject was between 19- 24 years. The spiritual intelligence self-report inventory was used to analyze the spiritual intelligence of both groups. The findings of the study revealed that there is no significant difference between male and female students. The study conducted that there is no gender difference on spiritual intelligence.⁷

Objective 2: To assess the influence of spiritual intelligence on selected coping strategy among the nursing students

The study findings highlights that there is a negative correlation between the spiritual intelligence of nursing students and coping strategies used by them which is -0.55^* at 0.05 level of significance. This depicts that spiritual intelligence is inversely influencing the coping strategy used by the nursing students during their stressful period.

The study analysis depicts that majority of the students are having low spiritual intelligence (93%) that is they lack the ability to express spiritual quality through their thought, attitude and belief. So they could not properly apply their spiritual quality in facing and solving the problems. That is why spiritual intelligence is inversely influencing the coping strategy used by the nursing students during their stressful period.

Objective 3: To find out the association between spiritual intelligence among the nursing students with their selected demographic variables.

The data analysis revealed that there is a significant association between the level of spiritual intelligence of the nursing students with their selected demographic variables such as occupational status of mother ($\chi^2=6.004$), frequency of praying ($\chi^2=35.62$), and frequency of attending religious centers ($\chi^2=35.54$).

The study finding revealed that there is no significant association between spiritual intelligence of B.sc nursing students with their selected demographic variables such as Age (6.35) Year of study (11.87^{NS}), Gender (7.82^{NS}), Religion (2.86^{NS}), religion (2.86^{NS}), Area of residence (1.86^{NS}), Type of family (5.12^{NS}), Family income (5.12^{NS}), Educational status of father (9^{NS}), Educational status of mother (3.62^{NS}), Occupational status of father (11.51^{NS}), Birth of student (4.32^{NS}) and Stay in college (1.21^{NS}).

SECTION B:

Description of BSc Nursing students according to their level of Spiritual Intelligence.



Table -1 Frequency and percentage distribution of Bsc. Nursing Students based on their level of Spiritual Intelligence
N=215

Sl.No	Level of Spiritual Intelligence	Frequency	Percentage
1	High (77 and Above)	5	2%
2	Medium (65-76)	10	5%
3	Low (Below 64)	200	93%

Table (1): Illustrates the level of Spiritual Intelligence of the nursing students out of 215 students. 5 students (2%) have high level of spiritual intelligence where as 10 students (5%) have moderate level of spiritual intelligence surprisingly 200 students (93%) are having low level of spiritual intelligence.

H₁: There is a significant relationship between spiritual intelligence and selected coping strategy among nursing students.

H₀: There is no significant relationship between spiritual intelligence and selected coping strategy among nursing students.

Table-2 Correlation between spiritual intelligence of Nursing students and their selected coping strategies.
N=215

Study variables

Spiritual Intelligence	
Selected coping strategy	-0.55*

*=significant at 0.05 level

Table(2): Highlights the relationship with the spiritual intelligence and coping strategies of B.sc Nursing students. The relationship was calculated by using Karl Pearson coefficient formula which denotes that there is a negative correlation between the spiritual intelligence of nursing students and coping strategies -0.55^* used by them which is statistically significant at 0.05 level of significance. This depicts that spiritual intelligence is inversely to the coping strategies used by the students during their stressful period. As there is a negative correlation, between the study variables, the researcher rejected the null hypothesis H₀ that there is no significant relationship between Spiritual Intelligence of nursing students and their selected coping strategy and accepted the research hypothesis H₁.

Table 3 Association between levels of Spiritual intelligence B.sc Nursing students with their selected demographic variables.

Sl. No	Demographic variables	High	moderate	Low	χ^2
1	Occupational Status of Mother				
	Health Professional	1		0	9 Tv =12.59*
	Govt.Employee	1		1	12 Cv =6.004*



	Home Maker	1	9	140	
	Others	2	0	39	
2	Frequency of Praying				
	Daily	4	9	180	$T_v = 12.59^*$
	Weekly	0	0	7	$C_v = 35.62^*$
	Frequently	0	0	13	
	When ever needed	1	1	0	
3	Frequency of attending religious centers				
	0-3	2	8	134	$T_v = 12.59^*$
	4-6	0	2	22	$C_v = 35.44^*$
	6-9	0	0	19	
7-10		3	0	2	

*Significant at 0.05 level

This table pinpoints the association between spiritual intelligence of B.sc nursing students with their selected demographic variables. The association was statistically calculated by chi-square. It indicates that chi square computed between spiritual intelligence of B.sc nursing students with their selected demographic variables such as occupational status of mother (6.004*), Frequency of praying (35.62*), and Frequency of attending religious centers (35.44*) are found to be statistically significant at 0.05 level of significance. So the researcher accepted the null hypothesis that there is no significant association between spiritual intelligence of B.sc nursing students with their selected demographic variables.

CONCLUSION

Spiritual Intelligence helps to improve the psychological well-being and have a purpose in life, which can lead to the better health. Spiritual intelligence helps individuals to fight with the fear of a change as the fear of any change originates from individuals' own mind and helps to solve the problem. The present study reveals that majority (93%) students have low level of spiritual intelligence and the spiritual intelligence is inversely influencing (-0.55*) the coping strategy used by the nursing students. Thus the finding insist that spiritual intelligence should be enhanced through proper, repeated counseling and practice sessions for the students which helps to solve their own problems.



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