

A Study on Spiritual Quotient Among College Students In Coastal Town of Mangalore, Karnataka State.

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ABSTRACT

The present study aims to assess the spiritual quotient of college students in Mangalore City. Two colleges were selected by simple random sampling. About 100 students were selected from each of the colleges taken up for the study. Majority of the students fall in average SQ category (83.88%). 21.1% of students fall in high category. Medical students had a statistically significant higher mean score compared to that of the degree college students. Mean SQ of the female students was more than males and it was statistically significant. Jain and Sikh students had a better score. In the self-improvement test where situations were represented before students, Christians scored highest (72.86%).

KEY WORDS: Spiritual quotient, Self improvement

INTRODUCTION

Health disorders are 'problems in living', dysfunctions that involve multiple factors of causation, not all of them are biological. The evidence is now quite striking that the manner in which people respond to social, psychological, spiritual and cultural influences has much to do not only with whether they become sick, but also

with the form, duration, intensity of disabilities. Thus it becomes clear that we develop insight into the behavioral characteristics of the people we treat. The fourth dimension of health is measured in terms of Spiritual Quotient (SQ). SQ is beyond the physical relations of individuals with their surrounding environment. It may enter higher dimensions of life enabling individuals to find hidden resources of love and benefits in disorders

and high stress daily life .¹ Gardner (1999) has evaluated different concepts and content of SQ. He explained SQ as an aspect of intelligence responsible for explaining secrets of life and presenting final questions about life mysteries.² Unlike Intelligence Quotient which can also be considered for computers and Excitement Quotient which is applicable in high level mammals; SQ is only applicable for human beings. Individuals use SQ to improve their personal interests, preserving values and achieving their goals. SQ enables individuals in utilizing their abilities for overcoming difficulties. SQ is the foundation of personal beliefs and has a significant role in individuals' reactions and forming their lives .³ SQ is related to individuals' lives and their relations with life and the environment. SQ is a means of good understanding of deep spiritual questions and having internal attitude about different aspects of intelligence. SQ means good knowledge of spirituality as a field or an innovative force of life. SQ means having complete and internal knowledge and deep information about body, materials, mentality and spirituality. SQ is like mental and personal abilities. It is related to a person, inter-personal relations and also mentality. It is complete knowledge about people themselves and their relationship with other persons and all creatures. Different cultures explain it as love, servitude or worship. SQ is related to excitement quotient; therefore as a spiritual exercise it includes inter-personal interactions. A way of increasing individuals' knowledge about their internal spiritual life is paying more attention to

the feelings and kindness. SQ depends on personal characteristics and recognition of the relationships among concepts, belief and behavior. Most people are responsible for their behaviors but not against their doubts and concepts. Increasing individuals' SQ needs more education and training. When people seek for meaning of different questions like who am I? Why am I here? etc., we are trusting SQ.⁴ SQ includes meaning and duties in life, holy feeling of life, balanced understanding of materials and beliefs about the better world ⁵.After intelligence quotient and emotional quotient it is turn of spiritual quotient. Danah Zohar and Ian Marshall considered SQ as the most important attribute of a human being and a foundation for both IQ and EQ.⁶ Corporates are also increasingly falling on spiritual awakening programmes , retreats, ethic camps, workshops for spiritual development of their employees. Understanding spirituality at a earlier age will help the future generations to face the rigors and complexities of the modern ,competitive working environment, which breed stress and tensions. Keeping all this in mind a study was taken up in college going students with the following

AIMS AND OBJECTIVES

1. To know the attitude of students towards spirituality and to assess the SQ
2. To compare the SQ of the medical students with that of non medical students and assess the influence of factors like age, sex, religion on SQ.

MATERIALS AND METHODS

A cross sectional , descriptive study was conducted in two co-educational colleges selected randomly from the list of all colleges in the coastal town of Mangalore in Karnataka . A medical college and a degree college were thus selected in the process. A total of 100 students were selected by simple random sampling technique from each of the colleges. Permission for conducting the study was taken from the principal of the concerned college. A pretested, predesigned questionnaire was used to collect the information about the students . Objective methods like check list and rating scale were used as tools to assess the spiritual quotient of the student.^{7,8} Twenty key aspects covering spiritual dimensions appropriate and relevant to college students were considered in preparing the questionnaire .^{9,10} After taking an informed consent from the students , they were requested to tick one of the options using the 5 - point Likert scale. The socio-demographic details were also collected. The data collected was analyzed by using statistical software SPSS version 13 and the result was interpreted using the various statistical tests.

RESULTS

A total of 200 students were covered in the study. Spiritual Quotient scores were calculated. Majority of the students belonged to 21-23 yrs age group followed by students of 19-21 yrs. Majority of them were Hindus, Only 21.1% were in 'high category' and 83.88% were in 'average category' of SQ scores . The mean SQ for males was 131.08+/- 26.16 and for females was 139.1+ / -

27.06 . The females had a significant mean SQ compared to males ($p < 0.01$). The mean SQ scores were highest in students belonging to Sikhism and Jainism ie 138.12, this was followed by Hindus who had a score of 135.86. When the scores for the two colleges were compared it was seen that students of medical college have a higher mean SQ when compared to that of the other college. The mean scores for males in medical college was 135+/-24.5 and for females it was 141+/-27.5. The mean scores for males of degree college was 126,2+/-27.8 and for females it was 136.5+/-26.8. Comparison of mean scores of males of medical college and degree college was statistically significant ($p < 0.05$). The difference in the mean score in case of females was statistically insignificant ($p > 0.05$) .

The self improvement scores for males was 62.21+/- 18.87 and in case of females it was 70+/- 14.08. This difference was statistically significant. The age trends in self improvement scores showed a high proportion 30.77% among 21-23 yrs who qualified for excellent score , whereas only 28.0% of 19-21 yrs qualified for excellent score. The self improvement scores for Christians was highest , 72.86 % followed by those of other religions . The self improvement score for males of the medical college was 66.4+/-18.05 and for females it was 69.1+ / - 15.5 The score for males of degree college was 58.0+/- 19.76 and for females it was 71.04 +/- 12.58. The medical college students responded better to situations presented to them . The difference in the scores of males of the two colleges was statistically significant ($p < 0.01$) The

difference in scores was also significant in case of females. ($p < 0.05$)

DISCUSSION

The cross-sectional study done to assess the spiritual quotient of college students showed majority of the students belonged to average SQ category (83.88%) and only 21.1% of the students fall in high category. Students of medical college have higher mean SQ and better spiritual values compared to non-medical students. This might be because people who are in medical line of education tend to face stressful situations during their studies. Also they come face to face with suffering, distress, death among people in their daily life. So they fall back upon ethics, moral standards and other such pillars of our religion which help them to tide over the situation. The females population had a significant high mean SQ score compared to the males. This might be because since time immemorial, a woman is considered the personification of patience and tolerance. Maybe all this strength of hers reflects in her high SQ score. Previous studies done also show a better SQ among females. Age trends in SQ showed more of 21-23 yrs age (9.74%) qualified for excellent category whereas only 7.46% among 19-21 yrs were in excellent category. This might be because as people mature their spiritual values also become better.

The trends in Self improvement scores showed a high number i.e. 30.77% among 21-23 yrs qualified for excellent scores. This shows that as age increases people become spiritually more stronger. Self improvement scores were highest

among Christians (72.86%). This shows that they respond in a more spiritually strong manner to situations and it could be because they have constant religious interactions and they also have a team spirit in solving their problems. Medical college students showed a better self improvement score compared to the degree college students as they have to adopt a more spiritual way of living in order to face the stressful situations in their daily life.

CONCLUSION

Professional students have to adopt a more spiritual way of living, which might help them to face stressful situations in life. Since most of the students fall in the average category, they can improve by joining workshops, which help them to adopt a more healthier attitude towards life. Spirituality and religion can be incorporated into the regular training and education system so that the student later does not become a machine forgetting his true essence and original needs with which he comes to the earth. Pursuance of spirituality encourages one to empty all negative thoughts and distractions from mind and helps one cultivate a positive attitude towards nagging life situations.

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