



Spirituality and Mindfulness- A Co-rrelational study

Mamta* Dr. Sandeep Singh**

*Research Scholar , Department of Applied Psychology Guru Jambheshwar University of Science & Technology, Hisar

**Professor Department of Applied Psychology Guru Jambheshwar University of Science & Technology, Hisar

Abstract:

Teacher is considered nation builder who is responsible for making the future of the society. He should be familiar with the prime concern of our lives. The key motivation of our life is the exploration of meaning. If this is not accomplished we feel petty which causes crisis to search for meaning. The comprehensive researches in the field of positive psychology has revealed the power of spiritual forces on the body and mind of humans and explained the importance of spiritual intelligence. In the last decade, much attention is given to study the influence of mindfulness training on teachers. Recently, mindfulness practice has been more commonly recognized for its positive effects, primarily as a way of soothing the mind and improving clarity and focus. The study focuses at finding the relation between spiritual intelligence and mindfulness among teachers. The sample included 200 teachers (100 male and 100 female) from different schools and their age range was 25-40 years. Data was analyzed using descriptive statistics and product moment correlation method. Results showed considerable positive association between spiritual intelligence and mindfulness.

In recent times psychologists have focused their attention on the concept known as spiritual intelligence that is useful in improving health and wellbeing(Kabat Zinn) Spiritual intelligence is known as a form of intelligence that is helpful in adjustment and problem solving and provide expansion in diverse cognitive, emotional ethical and interactive domains(Moore et al.). It develops various techniques of consciousness that is utilized to attain a balance between thought, soul and the outer world.(Vaughan 2002).Sisk defined spiritual intelligence as a thoughtful realization that helps to become more aware of the different features of self. The term Spiritual intelligence combines the idea of spirituality and intelligence–into one concept. This type of



intelligence improves the power of flexibility and self awareness of the human being to have more tolerance in facing difficult situation. It is an intrinsic human intelligence and grows like other intelligence types. Spiritual intelligence is defined as the ability that individuals use to concern, apparent and symbolize spiritual possessions, ideals and traits in unusual ways that improve their every day performance and health. Spiritual intelligence involves a variety of methods that can help to arrange life experiences and the strength of mind with outer world that helps to achieve happiness and improve human existence (Vaghuan2002).

David B. King (2009) defined spiritual intelligence as a collection of abilities based on immaterial and mystical aspects of real life, particularly those that add to the consciousness, incorporation, and elastic function of the nonphysical and inspirational side of one's life. It is useful in the development of deep empirical articulation and identification of a magnificent self, and proficiency of spiritual situation Later, he proposed four central abilities of spiritual intelligence: Critical Existential Thinking means to extensively view the nature of reality, the humankind, moment, and other hypothetical issues; also the ability to think imagined issues in relation to one's reality. Personal Meaning Production is the ability to develop individual meaning and reason of all types of experiences (physical &mental), involving the competence to create and master in life function. Transcendental Awareness is the potential to discover spiritual patterns of the identity, of others, and of the material world through normal conscious state. Conscious State Expansion is the capability to go through and leave advanced states of realization.

All these definitions show the association between spiritual intelligence and mindfulness. Actually, mindfulness is described as an unbiased and realistic perception of awareness that assists to observe and understand emotional and bodily experience at the same time it happens. Mindfulness training is helpful in improving overall well-being. Mindfulness can be helpful in developing the ability to deal with expected stressful experiences on mental health.

Mindfulness is a way for reduce pain, inspiring and making life remarkable (Siegel et al.2009). Earlier studies indicate the positive effects of practicing mindfulness on mental health and overall well-being (Kohls et al.)

Mindfulness is also identified as witnessing, which means paying close attention to the current moment without judgement..

Human being has the exclusive talent to imagine back and reproduce earlier experiences. It also thinks about the upcoming, and busy in planning events. Though, this skill to imagine past and



thinking about the future is not always valuable as sometime thinking about the unforeseen future may lead to stress at extreme. Mindfulness is a skill of bringing our attentiveness back from past or future into the present and appreciate every second. Kabat-Zinn (2003) stated that mindfulness is a kind of alertness that comes by concentrating in the current moment and being open-minded to the learning experiences each moment. Sethi (2009) stated that mindfulness helps in the inculcation of three abilities i.e. center of attention, consciousness and living in the moment. Mindfulness practice is really helpful in identifying harmful negative self conversation and in getting the relations between belief, outlook and actions. In addition mindfulness practices helps in dealing with negative emotions like anxiety, annoyance and hopelessness.

Dane (2000) stated that be mindfulness is not a set quality that some people hold and another do not. Infact mindfulness like spiritual intelligence is a condition of brain that every person have and a person's capability to be mindful can be enhanced over time. Astin (1997) concluded on the basis of his study on undergraduate students that considerable increase in spiritual experience was observed after mindful intervention. Shapiro et al. (1998) observed that higher scores were obtained on a test of spiritual experience in a meditation group when compared with a control group.

Even though much attention has been paid on improving the hypothetical boundaries of mindfulness and spiritual intelligence in the modern time, only a small number of studies have been done to find the relation between these two concepts. The present study tries to fill the gap by studying the relation spiritual intelligence and mindfulness.

Purpose of the study

The chief aim of the study is to find the relationship between spiritual intelligence and mindfulness among teachers.

Hypothesis

There will be significant positive relationship between spiritual intelligence and mindfulness.

Sample:

The study sample included 200 school teachers (100 males and 100 females within age group of 25-40) from different schools were randomly selected.

Tools:



SISRI (David King 2007)

Spiritual intelligence inventory developed by David King (2007).was used to assess spiritual intelligence level of teachers. It has 24 statements and 4dimensions. It is 5-point Likert scale range (from completely right to completely wrong). The test is suitable to be used for school teachers. The reliability of the scale was estimated equal to .88.

Mindfulness Attention Awareness Scale:

This test was developed by K. W. Brown (2003) to assess awareness level and attention to life events. It consists of 15 statements. It is a 6 point likert scale (Almost always to Almost never). This test has high internal consistency between.80 to .90.

Table 1: Descriptive Statistics

	N	Mean	Std. Deviation
CET	200	17.49	3.963
PMP	200	15.15	2.576
TA	200	17.84	3.560
CSE	200	11.74	3.152
MF	200	66.11	9.873

Table2: CORRELATION



	CET	PMP	TA	CSE	MF
CET	1	.441**	.554**	.319**	.163*
PMP		1	.583**	.207**	.235**
TA			1	.465**	.162*
CSE				1	-.060
MF					1

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

* . Correlation is significant at the 0.05 level (2-tailed).

*CET- Critical Existential Thinking

*CSE- Conscious State Expansion

*PMP- Personal Meaning Production

*MF- Mindfulness

* TA- Transcendental Awareness



Results and Discussion:

Results in table 1 shows the descriptive statistics (mean and standard deviation). Table 2 shows the association between spiritual intelligence and mindfulness calculated by using product moment correlation method. Result shows considerable positive relation was found between spiritual intelligence and mindfulness. Critical existential thinking is significantly correlated with mindfulness ($r = .163$). Personal meaning production is highly correlated with mindfulness ($r = .235$). It describes an individual's ability to find the reason and meaning of life helps him to solve his daily life hassles instead of magnifying them. It widens one's belief system, change perception, increase awareness and helps the person to see the problems from different angles. It provides direction in life, increases faith in God, decrease negative thoughts and emotions. Transcendental awareness also have positive relation with mindfulness ($r = .162$). In other words, we can say that greater level of spiritual intelligence lead to great level of mindfulness and vice versa. Teachers with high degree of spiritual intelligence are better adjusted, able to cope with difficult situations as well as solve easily the problems encounter. Spiritual intelligence organizes our perception and also helps to deal with difficult experiences of life. Spiritual intelligence is a latest concept in positive psychology and the most influential determinant in the development of an individual's behavior and thoughts. However it requires occurrence of some essential values that add to improve spiritual intelligence in people. Spiritual intelligence helps an individual to get the balance between higher values and goals. It helps a person in dealing with pressures and the conflicts in life. Increase level of spiritual intelligence is an important determinant of personal growth and well-being. Moreover, a deep and important relation between the spiritual intelligence and mindfulness was found. Mindfulness is related with less degree of negative emotions, high self esteem and high level of emotional adjustment. 18-20. On the basis of the study it can be said that by developing spirituality and mindfulness ability will be effective in increasing their potential to relieve the pressures in life. People with high level of mindfulness, have better understanding of mental processes and their abilities. Mindfulness training increases own awareness of other people and place in present time. It can be said that mindfulness level increases consciousness that makes a person more conscious about himself, facilitate him to be aware of the present time and obtain the most excellent from the forthcoming condition.

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