

Impact of Emotional Competence and Spiritual Intelligence on the Life Satisfaction among Young Adults

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ABSTRACT

This study aims to understand the impact of emotional competence & spiritual intelligence on life satisfaction of young adults. 4.8% of young adults were dissatisfied with life, only 36% of people could accurately identify emotions as they occurred (National Centre for Health Statistics, 2021). To be more satisfied with life, one needs to enhance emotional clarity and healing, and foster constructive problem-solving. People with spiritual intelligence cope with challenges of life, conflicts, and create a path towards satisfaction. The objectives of this study are: 1. To study the gender difference in the level of emotional competence, spiritual intelligence, and life satisfaction among young adults. 2. To study the relationship between emotional competence, spiritual intelligence and life satisfaction among young adults. The sample consisted of 100 female & 100 male young adults selected via random sampling. The results were discussed after analysing the data using SPSS. Emotional competence & spiritual intelligence aid individuals in connecting, understanding, and navigating their own emotions & those of others.

Keywords: *Emotional Competence, Spiritual Intelligence, Life Satisfaction*

Emo**tional Competence:** Emotional competency is the ability to understand, regulate and manage our own emotions as well as those of others, and takes the following into consideration:

- conveying one's emotions or expressions through an appropriate degree of emotional intensity.
- capacity to successfully communicate and control one's emotions.
- ability to manage emotions in a healthy way while still performing everyday responsibilities.
- ability to navigate and effectively handle challenging or difficult emotions in a healthy manner.
- conscious development of positive emotions.

Spiritual Intelligence: According to Stephen Covey, "Spiritual intelligence is the central and most fundamental of all the intelligences, because it becomes the source of guidance for the others."

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Some experts in philosophy & psychology, and developmental theorists use the term "spiritual intelligence" to imply a spiritual component to intellectual quotient and emotional quotient.

Life satisfaction: The evaluation of one's quality of life is commonly referred to as life satisfaction. The evaluation takes consideration of one's personality traits, intimate relationship satisfaction, goals, coping abilities, and self-concept.

Relationship between Emotional Competence, Spiritual Intelligence, & Life Satisfaction: One of the many distinctive characteristics that make us human is our capacity to form profound relationships with people, probe deeper into life, and seek a greater purpose in life.

While emotional competency & spiritual intelligence have many features, like the need for empathy and self-awareness, they are differing from one another and appeal to different dimensions of human existence.

Spiritual intelligence is concerned with recognising and creating connections with the more substantial aspects of life, whereas emotional competence focuses primarily on understanding and managing emotions.

Spiritual intelligence and emotional intelligence interact in numerous forms:

- One of the most significant elements of spiritual intelligence is being aware of oneself which emotional intelligence can assist individuals in attaining.
- People with spiritual awareness are able to face challenges, feel content, and conquer hurdles.
- People who demonstrate emotional competency are more adept at managing the way they feel & establishing close connections.

Rationale of the study:

One of the things that makes us unique as a species is our capacity to form significant relationships with others, probe deeper through the human experience, and look for a deeper meaning in life. The two distinctive types of intelligence that correspond to different dimensions of human existence are spiritual and emotional intelligence. People with spiritual intelligence may take on challenges, feel content, and conquer hurdles. Additionally, it could bolster religious and spiritual convictions.

REVIEW OF LITERATURE

Efendi, E. et. al. (2021) conducted a study to analyse the role of job satisfaction in mediating the relationship between emotional intelligence and intellectual intelligence on the performance of the high school teachers. The results reveal that there is a significant positive relationship between emotional intelligence on the job satisfaction of high school teachers. The results also reveal a positive effect of spirituality on the job satisfaction.

Mónaco, E. (2021), studied the relationship between emotional competences and subjective well-being and the mediating role of relationship satisfaction in young Spanish adults. The results indicate a significant relationship between emotional competences, relationship satisfaction and subjective well-being.

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Chang, C. (2020) investigated how different nature encounters and window views relate to life satisfaction. Higher life satisfaction was also reported by those who visited a wider variety of natural areas, spanning managed parks, beaches, and untamed wilderness. Higher life satisfaction was additionally associated to those who had views of the outside from their windows, if they were at home or at work.

Sancoko, R. et al. (2019) examined the link between organisational culture, spiritual intelligence, emotional intelligence, and worker productivity. The outcomes demonstrate that organisational culture and spiritual intelligence have considerable effects on emotional intelligence. Employee performance is also profoundly affected by spiritual intelligence and organisational culture. Furthermore, employee performance has been significantly affected by emotional intelligence.

METHODOLOGY

Aim: To study the impact of emotional competence and spiritual intelligence on the life satisfaction among young adults.

Objectives:

- i. To study the gender difference in the, emotional competence, spiritual intelligence, and life satisfaction among young adults.
- ii. To study the relationship between emotional competence and life satisfaction among young adults.
- iii. To study the relationship between emotional competence and life satisfaction among young adults.

Hypothesis:

- i. There will be no significant gender differences in the emotional competence, spiritual intelligence, and life satisfaction among young adults.
- ii. There will be no significant relationship between emotional competence and life satisfaction among young adults.
- iii. There will be no significant relationship between spiritual intelligence and life satisfaction among young adults.

Variables:

- i. Independent variable (IV): 1. Emotional Competence 2. Spiritual Intelligence.
- ii. Dependent variable (DV): 1. Life satisfaction

Sample: the sample consists of 200 (100 females and 100 males) young adults.

Nature of sample: the data was collected from 200 young adults (ages 18 to 34), both males and females through random sampling.

Inclusive criteria: the data was collected from 200 young adults (100 males & 100 females). The sample included people from urban and rural backgrounds.

Exclusive criteria: the sample being used excluded young adults who have any psychological disabilities or disorders.

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Description of the tools used:

- 1. Emotional Competence Scale by Dr. H. Sharma and Dr. R.L. Bharadwaj (1995):** This scale measures an individual's level of emotional competence. The scale assesses the emotional competence in five domains, which are- adequate depth of feeling, adequate expression and control of emotion, ability to function with emotions, ability to cope with problem emotions, enhancement of positive emotions.
- 2. Spiritual Intelligence Scale by Dr. K.S. Mishra, (2014):** This tool is aimed at assessing an individual's level of spiritual intelligence. In this scale 42 statements related to the spiritual understanding, belief, efforts, outlook and reasoning have been given.
- 3. Life Satisfaction Scale by Prof. Hardeo Ojha (2005):** This tool measures an individual's level of life satisfaction. This tool consists of twenty statements about lifestyle, where the respondent is expected to read each statement carefully and decide their response on each on a 5-point alternative scale.

RESULTS

- **Analysis of results:**

Table-1: t-test to find gender differences in emotional competence, spiritual intelligence, and life satisfaction.

VARIABLES	GENDER	N	MEAN	STD. DEVIATION	t	Sig. (2-tailed)
Emotional competence (domain-01: ADF)	Male	100	15.79	4.32	0.3	.000
	Female	100	14.63	3.55		
Emotional competence (domain-02: AECE)	Male	100	19.56	4.27	0.19	.000
	Female	100	18.8	3.49		
Emotional competence (domain-03: AFE)	Male	100	19.33	9.25	0.25	.000
	Female	100	18.62	3.62		
Emotional competence (domain-04: ACPE)	Male	100	19.29	4.80	0.01	.000
	Female	100	17.76	3.58		
Emotional competence (domain-05: EPE)	Male	100	19.08	4.68	0.02	.000
	Female	100	17.56	3.32		
Spiritual Intelligence	Male	100	66.43	12.66	0.88	.000
	Female	100	61.09	8.58		
Life Satisfaction	Male	100	132.22	31.97	0.64	.000
	Female	100	146.8	31.17		

Table-1 revealed no significant gender differences in emotional competence ($t=0.3$; $t=0.19$; $t=0.25$; $t=0.01$; $t=0.02$, $p>.001$), spiritual intelligence ($t=0.88$, $p>.001$) and life satisfaction ($t=0.64$, $p>.001$) among young adults with males reporting higher scores in all the three variables. Since all the obtained t-values are less than the critical values at 95% and 99% confidence levels, therefore, there is no significant gender differences in the variables among young adults.

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Table-2: Pearson's correlation between emotional competence and life satisfaction

	Emotional Competence	Life Satisfaction
Emotional Competence	1	.404**
Life Satisfaction	.404**	1

Table-2 displays a positive correlation between emotional competence and life satisfaction among young adults ($r=.404$, $p<.01$), indicating that as emotional competence increases life satisfaction level also tends to rise. This r-coefficient is bigger than the critical values at 95% and 99% confidence levels, therefore, the obtained correlation value is statistically significant.

Table-3: Pearson's correlation between spiritual intelligence and life satisfaction

	Spiritual Intelligence	Life Satisfaction
Spiritual Intelligence	1	.309**
Life Satisfaction	.309**	1

Table-3 displays a positive correlation between emotional competence and life satisfaction among young adults ($r=.309$, $p<.01$), indicating that as spiritual intelligence increases life satisfaction level also increases. This r-coefficient is bigger than the critical values at 95% and 99% confidence levels, therefore, the obtained correlation value is statistically significant.

DISCUSSION

The aim of the research was to understand if there were any gender differences in the variables and whether there was a relationship between the variables. Data was collected from 200 young adults (100 females & 100 males) through random sampling technique. The analysis of the data was done through independent sample T-test and Pearson's Correlation Method.

The hypotheses of this present study are:

H1: There will be no significant gender differences in the emotional competence, spiritual intelligence, and life satisfaction among young adults.

Table-1 revealed no significant gender differences in emotional competence ($t=0.3$; $t=0.19$; $t=0.25$; $t=0.01$; $t=0.02$, $p>.001$), spiritual intelligence ($t=0.88$, $p>.001$) and life satisfaction ($t=0.64$, $p>.001$) among young adults with males reporting higher scores in all the three variables. Since all the obtained t-values are less than the critical values at 95% and 99% confidence levels, therefore, there is no significant gender differences in the variables among young adults.

The findings showed that young adults' emotional competency, spiritual intelligence, and level of life happiness are not significantly affected based on their gender. This is the outcome of evolving social and cultural norms in society as a whole, more equal possibilities and experiences for individuals of both genders, and more awareness and education concerning spirituality and emotions.

Kong, F., Zhao, J., & You, X. (2012) conducted a study to examine if social support mediates the impact of emotional intelligence on mental distress and life satisfaction in Chinese young

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adults. Multi-group analysis revealed that males obtained a higher score than females and their life satisfaction was partially mediated by life satisfaction.

Kotnala, S. (2015) studied the level of spiritual intelligence among graduate students. The findings revealed that there are no significant gender differences in the level of spiritual intelligence between males and females.

Therefore, H1 is accepted.

H2: There will be no significant relationship between emotional competence and life satisfaction among young adults.

Table-2 displays a positive correlation between emotional competence and life satisfaction among young adults ($r=.404$, $p<.01$), indicating that as emotional competence increases life satisfaction level also tends to rise. But this condition is contradictory to our formulated hypothesis. This r-coefficient is more than the critical values at 95% and 99% confidence levels; therefore, the obtained correlation value is statistically significant.

The research results show that among young adults, there exists a highly significant relationship between life happiness and emotional competence. This suggests that those who exhibit greater emotional awareness and regulation are more equipped to navigate stress, encounters with others, challenges and conflicts, among other factors which contribute to a higher quality of life.

Gavín-Chocano, Ó., Molero, D., Ubago-Jiménez, J. L., & García-Martínez, I. (2020) studied emotions as predictors of life satisfaction among university students. The findings show that there is a significant correlation between life satisfaction and emotional competence and all of its domains.

Ghorbanshiroudi, S., et. al. (2011) studied the relationship between emotional intelligence and life satisfaction and determining their communication skill test effectiveness. The results have shown significant relationship between the two variables.

Therefore, H2 is rejected.

H3: There will be no significant relationship between spiritual intelligence and life satisfaction among young adults.

Table-3 displays a positive correlation between emotional competence and life satisfaction among young adults ($r=.309$, $p<.01$), indicating that as spiritual intelligence increases life satisfaction level also tends to rise. But this condition is contradictory to our formulated hypothesis. This r-coefficient is bigger than the critical values at 95% and 99% confidence levels, therefore, the obtained correlation value is statistically significant.

Shukla, M. (2021), studied spiritual intelligence, resilience and life satisfaction in young adults. The results reveal that there is a significant relationship between spiritual intelligence, resilience, and life satisfaction.

Furthermore, we can find that among young adults, spiritual intelligence and life satisfaction are significantly correlated. Spiritually enlightened people have a feeling of significance and meaning in life, which fosters perseverance and promotes mindfulness, which is the

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foundation for this positive connection. People may gradually raise their level of life satisfaction through implementing this.

Therefore, H3 is rejected.

Recommendations:

1. More intricate and thorough tests or questionnaires assessing life satisfaction, spiritual intelligence, and emotional competence can be administered to young adults in order to gain a deeper knowledge of the relationships between these factors on a bigger scale.
2. Qualitative research should be done among young individuals who identify as feminine in order to determine why they have lower levels of life happiness, spiritual intelligence, and emotional competence than males.
3. Interventions targeting the improvement of young adults' spiritual and emotional intelligence ought to be put into practice. This can be accomplished through practicing mindfulness meditation, as well as by assisting young adults in exploring and comprehending their spiritual beliefs, social skills, emotional regulation, and self-awareness.
4. It is important to talk about and consider the consequences for educational initiatives, workplace interventions, and therapeutic practices that attempt to improve emotional intelligence and spiritual intelligence in order to increase life satisfaction.

Limitations:

Since all of the participants in this research were from Delhi, Noida and Ghaziabad the conclusions and results of the study do not extend to the rest of the India or the global platform. Researchers propose that additional methods can be used in subsequent experiments for more accurate results.

Implications:

1. The current findings add to research on emotional competence, and life satisfaction among young adults. Moreover, the findings from this research can inform the development of educational programmes aimed at promoting emotional competence and spiritual intelligence among young adults. These programmes can be integrated into school curriculum, college courses or community initiatives to help individuals cultivate skills and perspectives that enhance their overall life satisfaction.
2. Mental health professional can incorporate strategies to improve emotional competence and spiritual intelligence into counselling and therapy sessions with young adults. By addressing these factors, therapists can help clients develop healthier coping mechanisms and improve interpersonal relationships therefore, finding the greater meaning and fulfilment in their lives.
3. Policymakers and government agencies may consider the findings of such research when designing policies and programmes aimed at promoting the overall well-being of young adults. This could involve allocating resources to initiatives that address emotional and spiritual needs such as mental health services youth development programmes and community-based interventions.

CONCLUSION

This research aimed at understanding the impact of emotional competence and spiritual intelligence on life satisfaction among young adults. Emotional competency and spiritual intelligence provide us with the required skills and awareness that help us manifest and enhance the level of satisfaction in our lives.

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Conflict of Interest

The author(s) declared no conflict of interest.

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