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Original article

ANALYSIS OF SPIRITUAL INTELLIGENCE AMONG ATHLETES

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Abstract

Spiritual intelligence is important aspect in all the intelligence and a guidance force for the athletes. Spiritual Intelligence represents a set of skills, capabilities, and intellectual resources that their application in daily life can enhance the adaptability to the individual.

Objectives. The present study was conducted to investigate the spiritual intelligence among college athletes.

Methods of research The sample comprised 60 college athletes (N = 20, 10 male and 10 female district level, N=20, 10 male and 10 female state level and N=20, 10 male and 10 female national level) perusing their graduation in Arts at different colleges of Cuttack, Bhubaneswar, India. The research tool used for this study was 'Spiritual Intelligence Self Report Inventory' (SISRI-24) to measure the Spiritual Intelligence of the athletes.

Results. The result indicated that in critical existential thinking and personal management production, District level, State level and National level athletes did not differ significantly from each other.

Conclusions. It is concluded that the District level, State level and national level athletes differ significant form each other in case of transcendental awareness and conscious State Expansion.

Key Words: Critical Existential thinking, Personal Management Production, Transcendental Awareness and Conscious State Expansion, athletes.

Introduction

According to Stephen Covey, "Spiritual Intelligence is the central and most fundamental of all the intelligence because it becomes the source of guidance for the others. Cindy Wigglesworth defines Spiritual Intelligence as "the ability to act with wisdom and compassion, while maintaining inner and outer peace, regardless of the circumstances. (King, 2008) defined Spiritual Intelligence represents a set of skills, capabilities, and intellectual resources that their application in daily life can enhance the adaptability to the individual. Moreover, make person able to find meaning, abstract reasoning and problem solving. Sports psychology relates to understanding of spirituality. It is this psychology which impacts an athlete stressfully after retirement or career ending. A sports consultant could be helpful who could address both sport and non-sport issues. Spirituality helps in attaining health and wellbeing of an athlete. By allowing personal qualities like perseverance, courage and determination which could encourage and awareness of the spiritual. This way a consultant could help an athlete more able to cope up with the comforting adversity and pressure which may over power an athlete. Spirituality, hence, is an

ingredients, which fills the gapping vacuum in life, and slides an individual has to slip over handling stress and upcoming challenges. The athlete incorporates spirituality which greatly befits their performance. In an age of competition performance excellence relates to the inner qualities which a sportsman possesses. He remains ever watchful and a no way allows the lower mind to ignore the higher values required in competition. It is observed that when one weakness removed, one find all other weakness disappearing. It will create a mind that will concentrate only on one goal of winning. It is much better for a player to love the world but without attachment. This will allow the huge cultivation of weeds and vanity which brings down the performance of a player. In spiritual terms, it could be accomplish only by meditation. (Elyasi et al., 2011) studied on the overall goal of the research is to investigate the relationship between athletes and non-athletes on the mental health and spiritual intelligence. The results indicated that there is no relationship between spiritual intelligence expert and novice athletes and non-athletes of different sports and athletes. (Abadi, 2014) study finding showed that there was a positive and significant relation between

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spiritual intelligence and sport behavior. The results of (Katagami and Tsuchiya, 2016) indicated that received support was positively correlated with athletes' psychological support. In the earlier study of (Mirzaaghazadeh et al., 2015) found a statistical and significant correlation between spiritual intelligence and life satisfaction of national team athletes. The results founded on the study on (Micoogullari et al., 2017) revealed that there was a significant relationship between sport mental toughness and psychological wellbeing in undergraduate student athletes. (Azarmi & et al., 2013) Spiritual intelligence in general had shown a set of abilities, capacities, spiritual resources which use them in everyday work life, finding meaning and purpose in life events, internal and external health, relaxation, rejuvenation and is refreshed. (Yaghoubi, & et al., 2011) investigated study on the relationship between the spiritual intelligence and mental health in university students and find significant relationship. (Sohrabi, 2009) revealed that spiritual intelligence, all those things that we believe, and the role of beliefs and norms, beliefs and values in the central point. (George, 2006) in a study find out the intellectual intelligence of top managers with a different method can steer people to it and adopt. Self-confidence, Influence, interpersonal communication, understanding and dealing with obstacles and hardships, are the characteristics of these managers, correspondingly. (Arnout, 2008) reveals that the spiritual intelligence is very important for individual quality of life. (Amram, 2009) mentioned that the spiritual intelligence is focused on the rituals and beliefs with concern to the blessed within institutional organizations. (Arnout, & Alkhatib, 2019) reveals that the spiritual intelligence is vital to Human hemostasis. (Wigglesworth, 2012) is defined spiritual intelligence as a specific set of beliefs and practices, usually based on a sacred text, and represented by a community of people.

Objective

To study the spiritual intelligence among District level, State level and National level college athletes.

Hypothesis

There would be no significant difference between the mean Scores of district level, state level and national level athletes in spiritual intelligence.

Methods

The sample comprised of 60 college athletes (N = 20, 10 male and 10 female district level athletes, N = 20, 10 male and 10 female state level athletes and N = 20, 10 male and 10 female national level athletes) studying graduation in different colleges of Cuttack and Bhubaneswar. All the college athletes have

participated in various District, State and National level competitions in sport. Participants ranged in age from 18 to 25 years (mean age is 21.5 years).

Spiritual Intelligence Self Report Inventory (SISRI-24) developed by (King, 2008) was used to measure spiritual intelligence among adolescents. The scale comprised of 24 items on five point rating scales ranging from not at all true of me to completely true of me. A response of 0 implies that the statement is 'not at all true', 1 implies 'not very true', 2 implies 'somewhat true for the subject', 3 implies 'very true', and 4 implies completely true. This inventory measures four dimensions of spiritual intelligence namely Conscious State Expansion (CST), Critical Existential Thinking (CET), Personal Meaning Production (PMP) and Transcendental Awareness (TA). The Cronbach coefficient alpha of the inventory was found to be .92 and the factorial validity of the scale was also found to be high (King, 2008).

1. Critical Existential thinking- The capacity to critically contemplate the nature of existence, reality, the universe, space, time, and other existential/metaphysical issues, also the capacity to contemplate non-existential issues in relation to one's in relation to one's existence (i.e., from an existential perspective).

2. Personal Management Production- the ability to derive personal meaning and purpose from all physical and mental experiences, including to capacity to create and master the purpose of life.

3. Transcendental Awareness- The capacity to identify transcendental dimensions /patterns of the self (i.e. a transpersonal or transcendent self), , of others and of physical world (e.g. nonmaterialism) during normal state of consciousness, accompanied by the capacity to identify their relationship to one's self and to the physical.

4. Conscious State Expansion- the ability to enter and exit higher state of consciousness (e.g. pure consciousness, cosmic consciousness, unity, oneness) and other state of trance at one's own discretion (as in deep contemplation, meditation, prayer, etc).

In this study, the instrument used to collect the data from the sample was preceded by a separate set of instructions. Some background information regarding age, gender, name of the state to which they belonged, name of the game, and event, educational qualification, level of experience and level of participation such as (district, state and national level) was obtained from the respondents. The data were collected from the respondents during their off class hours.

Table 1. Summary of One Way ANOVA of Critical Existential Thinking of District, State and National level Athletes

Source	Degrees of Freedom DF	Sum of Squares SS	Mean Square MS	F	Remark
Between Groups	2	22.53	11.27	1.59	P<.05
Within Groups	57	402.2	7.05		
Total	59	424.73			

From Table-1 it is evident that the F-value for Critical Existential Thinking is (1.59) which is not significant at 0.05 level with $df = 2/57$. It means all the three groups such as District level, State level and National level athletes are not differing from each

other in their Critical Existential Thinking. Thus, the Null Hypothesis that there is no significant difference in Mean Scores of Critical Existential Thinking of District level, State level and National level athletes is accepted.

Table 2. Summary of One Way ANOVA of Personal Meaning Production of District, State and National level Athletes

Source	Degrees of Freedom DF	Sum of Squares SS	Mean Square MS	F	Remark
Between Groups	2	6.93	3.46	.75	P<.05
Within Groups	57	262.05	4.59		
Total	59	268.98			

From Table- 2 it is evident that the F-value for Personal Meaning Production is (.75) which is not significant at 0.05 level with $df = 2/57$. It means all the three groups such as District level, State level and National level athletes are not differing from each

other in their Personal Meaning Production. Thus, the Null Hypothesis that there is no significant difference in Mean Scores of Personal Meaning Production of District level, State level and National level athletes is accepted.

Table 3. Summary of One Way ANOVA of Transcendental Awareness of District, State and National level Athletes

Source	Degrees of Freedom DF	Sum of Squares SS	Mean Square MS	F	Remark
Between Groups	2	69.23	34.61	5.56**	P<.01
Within Groups	57	354.95	6.22		
Total	59	424.18			

From Table-3 it is evident that the F-value for Transcendental Awareness is (5.56) which is significant at 0.05 level with $df = 2/57$. It means all the three groups such as District level, State level and National level athletes are differing from each other

in their Transcendental Awareness. Thus, the Null Hypothesis that there is no significant difference in Mean Scores of Personal Meaning Production of District level, State level and National level athletes is rejected.

Table 4. Summary of One Way ANOVA of Conscious State Expansion of District, State and National level Athletes

Source	Degrees of Freedom	Sum of Squares	Mean Square	F	Remark
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	DF	SS	MS		
Between Groups	2	21.23	10.61	5.14**	P<.01
Within Groups	57	117.7	2.06		
Total	59	138.93			

From Table-4 it is evident that the F-value for Conscious State Expansion is (5.14) which is significant at 0.05 level with $df = 2/57$. It means all the three groups such as District level, State level and National level athletes are differing from each other in their Conscious State Expansion. Thus, the Null Hypothesis that there is no significant difference in Mean Scores of Personal Meaning Production of District level, State level and National level athletes is rejected.

Discussion

The objective of the present investigation is to study the spiritual intelligence among district level, State level and National level athletes. From the result it is showed that on Critical Existential Thinking the F-value is (1.59) which is not significant at 0.05 level with $df = 2/57$. It means all the three groups such as District level, State level and National level athletes are not differing from each other in their Critical Existential Thinking. Thus, the Null Hypothesis that there is no significant difference in Mean Scores of Critical Existential Thinking of District level, State level and National level athletes is accepted. It means all three levels of athletes are found to be similar in their Critical Existential Thinking.

From the result it is revealed that on Personal Meaning Production the F-value is found to be (.75) which is not significant at 0.05 level with $df = 2/57$. It means all the three groups such as District level, State level and National level athletes are not differing from each other in their Personal Meaning Production. Thus, the Null Hypothesis that there is no significant difference in Mean Scores of Personal Meaning Production of District level, State level and National level athletes is accepted. Therefore, in personal Management Production all three levels of athletes are found to be similar with each other.

On the other hand in case of Transcendental Awareness the F-value is found to be (5.56) which is significant at 0.01 level with $df = 2/57$. It means all the three groups such as District level, State level and National level athletes are differing from each other in their Transcendental Awareness. Thus, the Null Hypothesis that there is no significant difference in Mean Scores of Transcendental Awareness of District level, State level and National level athletes is rejected. The reason could be due to the fact that

because of different level of participation and exposure to different level of competitions all three groups of athletes are differing from each other in their Transcendental Awareness.

Finally, in case of Conscious State Expansion the F-value is found to be is (5.14) which is significant at 0.01 level with $df = 2/57$. It means all the three groups such as District level, State level and National level athletes are differing from each other in their Conscious State Expansion. Thus, the Null Hypothesis that there is no significant difference in Mean Scores of Personal Meaning Production of District level, State level and National level athletes is rejected. All three groups of athletes are differing from each other in Conscious State Expansion because of different level of participation and also success in different competitions.

Conclusion

Therefore, from the above discussion it is concluded that all the three levels of athletes did not differ significantly in their critical existential thinking and personal meaning production and differ significantly in their transcendental awareness and conscious state expansion.

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