

The Relationship between Islamic Spiritual Intelligence and Psychological well being  
among University Students

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## ABSTRACT

The current study was aimed to assess the relationship between Islamic spiritual intelligence and psychological well-being among university students and to find the difference of Islamic spiritual intelligence and psychological well-being in relation to demographic variables (age, gender, qualification, marital status ).Sample of 200 students of university of Azad Jammu and Kashmir Islamic Spiritual Intelligence scale(ISI), psychological well-being scale(DASS21) were used ISI 20 item questionnaire and DASS21 20 items questionnaire was given to university students .Data was analyzed using SPSS(Statistical Package for Social Sciences)software.

**KEYWORDS:** Islamic spiritual Intelligence, Psychological well-being, University Students

## INRODUCTION

Spiritual intelligence refers to the ability to understand, connect with and apply spiritual principal and values in daily life.It involve in recognizing the existence of higher power or ultimate reality spiritual intelligence is not involved in any particular religion or faith it is a universal concept which can be applied in various field that include personal growth, relationship and professional development. Islamic spiritual intelligence refers to develop a strong connection with Allah and live a life according to Islamic values and principles. It encompasses the developing of a deep connection with Allah, compassion, resilience and a sense of purpose and meaning. It involved in cultivating seven core components Taqwa(being conscious of Allah) ,Iman(having faith), Ihsan(doing good ),Tawbah(seeking forgiveness),Sabar(being patient),Shakur(being grateful)and Dhikr(remembering Allah ). ISI has numerous benefits, including increased self awareness, emotional intelligence and resilience. Islamic spiritual intelligence play a significant role in promoting psychological well-being It helps students connect with Allah reduce stress and anxiety.Islamic values gives students direction, boost their self worth and mental health. Islamic spiritual promote self-reflection empowering students to grow emotionally and spiritually .It can enhance their mental health and well-being. It develops coping skills, improve their relationship and social connections. They can experience inner peace and calmness.

Psychological Well-being refers to the state of mental health characterized by felling of happiness, contentment and fulfilling life marked by happiness, life satisfaction and a sense of purpose. The

connection between ISI and PWB is strong. Islamic teaching offers a holistic approach to combine spiritual and psychological well being. Islamic spiritual practise like prayers and remembrance of Allah bring emotional stability and calmness. Islam gives life direction and meaning to promote positive mental health .Islamic teaching encourage patience,gratitude,and reliance on Allah that can help individual to cope up with daily life challenges. ISI nurtures PWB by combing spiritual growth emotional regulation, resilience and positive social interactions.

The impact of spiritual intelligence training on students' mental health. The research involved 30 female students who received spiritual intelligence training. The results showed significant improvements in mental strength and psychological health. Spiritual intelligence training can be a valuable tool in promoting students' mental well-being by enhancing self-awareness, flexibility, and belief systems (.Amiri,et al.2022).There is a significant relation between Islamic spirituality and psychological well-being. A study of 115 Muslim participants aged 18-25 yielded a strong positive correlation. Spirituality emerges as a vital factor in promoting mental health. This finding underscores the importance of considering spirituality in psychological interventions. The study contributes to understanding the interplay between faith and well-being. (Ali et al. 2020)We found that spiritual intelligence plays a significant role in promoting psychological well-being in women with breast cancer. There is a strong relation between spiritual intelligence and psychological well-being. Spiritual intelligence can help women with breast cancer cope with their condition and improve their mental health.(Soleimani,M. A., et al. 2016). Islamic education can benefit from a humanistic approach to develop students' emotional and spiritual intelligence. This approach can help students to build strong relationships, develop moral values, and use technology in a meaningful way.By combining humanistic principles with technology, Islamic education can help students become well-rounded and balanced individuals. (Abdullah, A. 2024).Spiritual Intelligence in Islamic Perspective is as spiritual intelligence is the ability to find purpose and meaning in life through inner resources and connection with God. It involves self-awareness, idealism, and critical thinking. In Islam, spirituality is deeply rooted in religious beliefs and practices.Yusuf, M. (n.d.).The spiritual lives of Jordanian Arab Muslim university students. There are students with strong spiritual beliefs and practices, as well as those who were more religious, tended to have better overall well-being. Abo-Raiya, H., et al. (2017). The relationships between emotional intelligence, religious beliefs, and mental health in university students.The emotional intelligence and religious beliefs are both linked to better mental health and well-being. Khan, et al. (2015).The relationship between resilience, spiritual intelligence, and mental health is that individual with higher resilience and spiritual intelligence tended to have better mental health. Soleimani et al. (2015). The connection between spiritual intelligence, having a sense of purpose, and overall well-being in nurses.The nurses with higher spiritual intelligence tend to have a clearer sense of purpose and better psychological wellbeing.Seyedfatemi et al. (2017)

## **METHOD OBJECTIVE**

To find the relationship between Islamic spiritual Intelligence and psychological well-being To find the effect of Islamic spiritual Intelligence on Students psychological well-being

## **HYPOTHESIS**

There is positive relation between Islamic Spiritual Intelligence and Psychological well-being

Students with positive spiritual intelligence will have good psychological wellbeing

## **Sample size**

Data was collected from 200 students of university The sample was chosen randomly from different departments students.

**Instruments**

**Islamic Spiritual Intelligence Scale (ISI)**

The scale consists of 20 items. It consist of 2 sections, the first 10 Items cover Faith and Belief in Islamic Principles. This sections is designed to measure the strength of an individual's faith,their commitment to living a life guided by Islam.And other 10 Items covers spiritual practices. These items measure an individual's commitment to regular Prayer, fasting, charity, and other spiritual practices.

**Psychological Well-being Scale (DASS21)**

The Depression, Anxiety and Stress Scale-21 items (DASS21) is a set of three self reported scales designed to measure the emotional state of depression, anxiety and stress.Each of three DASS21 scale contain 7 items, divided into sub-scales with similar content.

**RESULTS**

**Table No 1 Descriptive properties of the sample (N=200)**

The sample consists of 200 respondents

Including both male and female primly aged between age between 21-28. Additionally, participant’s qualification including BS available in the data file.

SAMPLE DATA		N	%
AGE			
	18-21	81	40%
	21-28	119	60%
GENDER			
	MALE	72	36
	FEMALE	128	64
QUALIFICATION	BS	200	100%
MARITAL STATUS	MARRIEDE	17	9%
	UNMAEEIED	183	91%

**Table 2 :Psychometric properties of all instruments (N=200)**

SCALES	N	a	M	SD	Range	Skew	Kurtosis
ISI	20	.785	84.68	7.19036	37.00	.443	.289
DASS	21	.906	36.58	10.65718	55.00	-1.384	-2.403

NOTE ISI=Islamic intelligence scale ,DASS= Psychological well being scale

Table 2 present descriptive statistics and alpha reliability coefficients for all values used in study.The reliability of the scale is well within acceptable range with alpha coefficients ranging from .785 to .906 .Additionally , normality assumption has been assessed with skewness and kurtosis value falling between -1 to +2 indicating the data follow a normal distribution

**Table 3: Correlation matrix between Islamic spiritual intelligence and psychological well being Questionnaire.**

VARIABLES		1	2
1	ISI	-	.059
2	DASS	.059	-

NOTE ISI=Islamic intelligence scale ,DASS= Psychological well being scale

The table outline the correlation coefficient between two variables.islamic spiritual intelligence positively interrelated to psychological well being

**Table 4: Regression Coefficient Of Independent Variable on dependent variable**

VARIABLES	B	SE	t	p	95% CI
CONSTANT	28.940	4.055	7.136	.000	36.937 .184
ISI	.090	.048	1.900	.000	20.943 -.003

**Note N=200, ISI=Islamic intelligence scale ,DASS= Psychological well being scale**

The table presents the result of regression analysis the impact of Islamic spiritual intelligence of psychological well being. The positive and significant coefficient (**B=0.90.P=.000**). It suggest that higher Islamic spiritual intelligence is associates with greater psychological well being .supporting the hypothesis

## DISCUSSION

The findings of this study support the hypothesis that Islamic Spiritual Intelligence (ISI) is positively associated with psychological well-being (PWB) among university students. The results indicate that

students with higher levels of ISI tend to experience better psychological well-being, as measured through the Depression, Anxiety, and Stress Scale (DASS-21). A positive correlation was observed, and regression analysis confirmed that ISI serves as a significant predictor of PWB.

These results align with prior research highlighting the impact of spirituality on mental health. For instance, Amiri et al. (2022) demonstrated that training in spiritual intelligence enhances students' psychological resilience and mental well-being. Similarly, Ali et al. (2020) identified a strong positive relationship between Islamic spirituality and psychological well-being in young Muslim adults. This study contributes to existing literature by focusing on university students in Azad Jammu and Kashmir, emphasizing the role of ISI in mitigating stress, anxiety, and depression.

Islamic teachings promote resilience, gratitude, and self-reflection, all of which are crucial for psychological well-being. Spiritual practices such as prayer, dhikr (remembrance of Allah), and seeking forgiveness contribute to emotional regulation and inner peace. Previous studies (Soleimani et al., 2016; Seyedfatemi et al., 2017) have shown that individuals with higher spiritual intelligence tend to have a stronger sense of purpose and emotional stability. The findings of this study reinforce these perspectives, suggesting that ISI may serve as a psychological buffer against mental health challenges faced by university students.

However, while the relationship between ISI and PWB is positive, the correlation coefficient ( $r = .059$ ) suggests a weak association. This indicates that although ISI contributes to psychological well-being, other factors such as social support, academic stress, and personality traits may also play a significant role. Future research should examine these additional variables to develop a more comprehensive understanding of the factors influencing students' psychological well-being.

## CONCLUSION

This study underscores the importance of Islamic Spiritual Intelligence in promoting psychological well-being among university students. The results indicate that students who maintain a strong connection with Islamic teachings and spiritual practices experience lower levels of stress, anxiety, and depression. Given the increasing mental health concerns among university students, incorporating ISI into counseling and well-being programs could be beneficial.

The findings emphasize the need to promote Islamic values such as patience (sabr), gratitude (shukr), and mindfulness in students' daily lives. Universities and mental health professionals can integrate faith-based interventions and spiritual training programs to strengthen students' psychological resilience. Future research should investigate the interaction between different dimensions of Islamic spirituality—such as religious commitment and moral values—and other psychological constructs to enhance mental health outcomes further.

## LIMITATIONS

1. **Sample Size and Diversity:** The study was conducted on 200 university students from Azad Jammu and Kashmir, which may limit the generalizability of the findings to students from other cultural and educational backgrounds.
2. **Self-Reported Measures:** Both ISI and PWB were assessed using self-reported questionnaires, which may introduce response bias. Future research should incorporate qualitative methods such as interviews to gain deeper insights.
3. **Limited Scope of ISI:** The study primarily focused on faith and spiritual practices, without exploring other dimensions of Islamic intelligence, such as ethical behavior and community engagement.
4. **Cross-Sectional Design:** As the study employed a cross-sectional approach, it does not establish causation. Longitudinal studies are needed to determine whether ISI directly influences psychological well-being over time.

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