



UNIVERSITI PUTRA MALAYSIA

**EFFECTS OF SPIRITUAL INTELLIGENCE-GRATITUDE TRAINING
ON SPIRITUAL QUOTIENT OF IRANIAN ADOLESCENTS**

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**EFFECTS OF SPIRITUAL INTELLIGENCE-GRATITUDE TRAINING ON
SPIRITUAL QUOTIENT OF IRANIAN ADOLESCENTS**

By

MARYAM HOSSEINI

**Thesis Submitted to the School of Graduate Studies, Universiti Putra
Malaysia, in Fulfilment of the Requirements for the Degree of Doctor of
Philosophy**

March 2011

DEDICATION

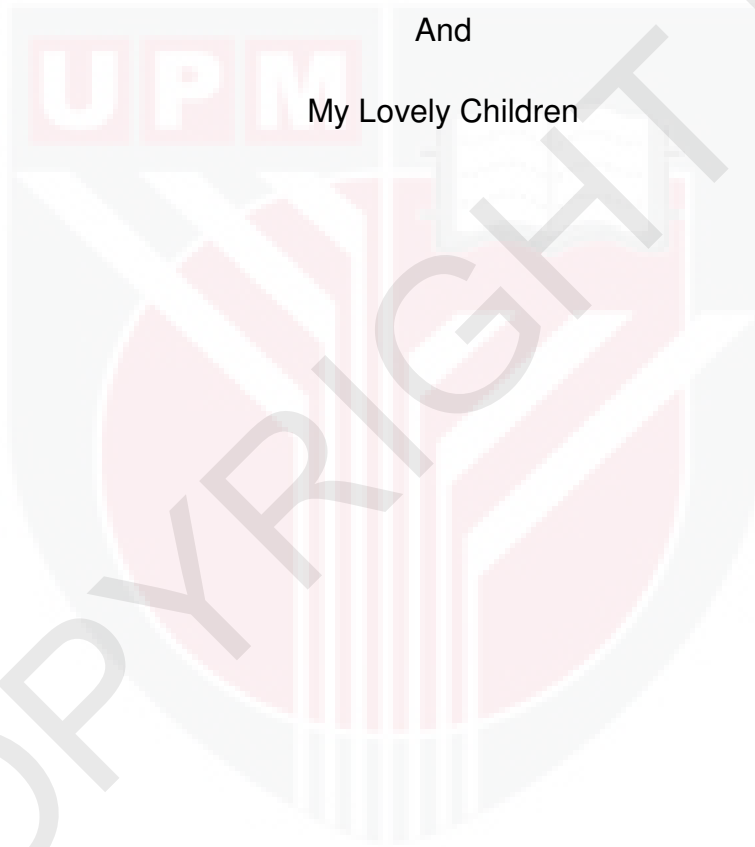
This work is dedicated to

My Dear Parents

My Lovely husband

And

My Lovely Children



Abstract of thesis presented to the Senate of Universiti Putra Malaysia in fulfillment of the requirement for the degree of Doctor of Philosophy

EFFECTS OF SPIRITUAL INTELLIGENCE-GRATITUDE TRAINING ON SPIRITUAL QUOTIENT OF IRANIAN ADOLESCENTS

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Adolescents are in desperate need of the skills, knowledge, and competencies to moderate the worldliness of the 21st century. The understanding that emanates from wisdom when applied to spirituality is spiritual intelligence. Hence, the main goal of the current study was to determine whether SI-G (Spiritual Intelligence – Gratitude) training results in measurable increases in SQ (spiritual intelligence). The present quasi-experimental study examined the effect of SI-G training on spiritual intelligence among Iranian students (n = 34) from one private, Iranian school in Kuala Lumpur. We evaluated the effects of the SI-G training program on overall SQ and 22 subscales. Spiritual intelligence was measured using an adapted version of the Integrated Spiritual Intelligence Scale (ISIS) (Amram and Dryer, 2007) to assess students' spiritual intelligence before the training, at the conclusion of the training and three weeks following the training.

Results of the pre-test showed that most of the students scored low on the overall SQ ($M=3.96$) while the subscale Gratitude showed the lowest score ($M=2.75$) among the 22 subscales. At the conclusion of the training, t-tests indicated significant improvements in SQ and some subscales of the ISIS, like: Gratitude, Joy, Acceptance, Mindfulness, Optimism, Self acceptance, sacredness and Egolessness. Three weeks after the training, a follow-up test was conducted revealing a drop in scores on some of the subscales. After comparing the results with the pre-test, however, the training program showed significant, positive increases in SQ. The results lend initial support to the assertion that with SI-G training, spiritual intelligence and its subscales can be enhanced, although three weeks may not be sufficient to make the changes sustainable.

Abstrak tesis yang dikemukakan kepada Senat Universiti Putra Malaysia
sebagai keperluan untuk ijazah Doktor Falsafah

**KESAN LATIHAN Spiritual PERISIKAN-berterima kasih di QUOTIENT
Spiritual PARA REMAJA Iran**

Oleh

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Remaja sangat memerlukan kemahiran, pengetahuan, dan kompetensi untuk menyesuaikan diri dengan keadaan dunia dalam abad ke-21. Pemahaman yang berasal dari kebijaksanaan yang di aplikasi dalam hidup adalah kecerdasan spiritual. Oleh kerana itu, tujuan utama kajian ini adalah untuk menentukan sama ada latihan SI-G (Kecerdasan spiritual kesyukuran) dapat meningkatkan SQ (kecerdasan spiritual). Kajian quasi-eksperimental ini meneliti kesan daripada latihan SI-G keatas kecerdasan spiritual di kalangan pelajar Iran (n = 34) dari salah sebuah sekolah swasta, Iran di Kuala Lumpur. penyelidik menilai kesan dari program latihan SI-G pada SQ secara keseluruhan dan 22 sub-skala. Kecerdasan spiritual diukur dengan menggunakan versi yang diadaptasi dari Skala Kecerdasan Spiritual Bersepadu (ISIS) (Amram dan Dryer, 2007) untuk mengukur kecerdasan

spiritual pelajar sebelum latihan, pada akhir latihan dan tiga minggu selepas latihan. Keputusan ujian pra-menunjukkan bahawa sebahagian besar pelajar mendapat skor yang rendah pada keseluruhan SQ ($M = 3.96$) sedangkan subskala kesyukuran menunjukkan nilai terendah ($M = 2.75$) antara 22 sub-skala. Di akhir latihan, ujian-t menunjukkan peningkatan yang signifikan pada semua 22 sub-skala dalam ISIS. Tiga minggu selepas latihan, ujian susulan dilakukan menunjukkan penurunan nilai dalam beberapa sub-skala. Setelah membandingkan keputusan dengan ujian pra, program latihan menunjukkan peningkatan yang positif dalam SQ. Keputusan awal menyokong kenyataan bahawa dengan latihan SI-G, kecerdasan spiritual dan sub-skala dapat ditingkatkan secara signifikan, walaupun tiga minggu mungkin tidak mencukupi untuk membuat perubahan yang berterusan.

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Last but not the least, my special thanks to my lovely children, Maral and Mobin for the time we should have spent together. Thank you and I love you.

I certify that an Examination Committee has met on date of viva voce to conduct the final examination of MARYAM HOSSEINI on her degree thesis entitled "the effect of spiritual intelligence- gratitude(SI-G) training on Spiritual intelligence among adolescents" in accordance with Universiti Putra Malaysia (Higher Degree) Act 1980 and Universiti Pertanian Malaysia (Higher Degree) Regulations 1981. The Committee recommends that the student be awarded the relevant degree.

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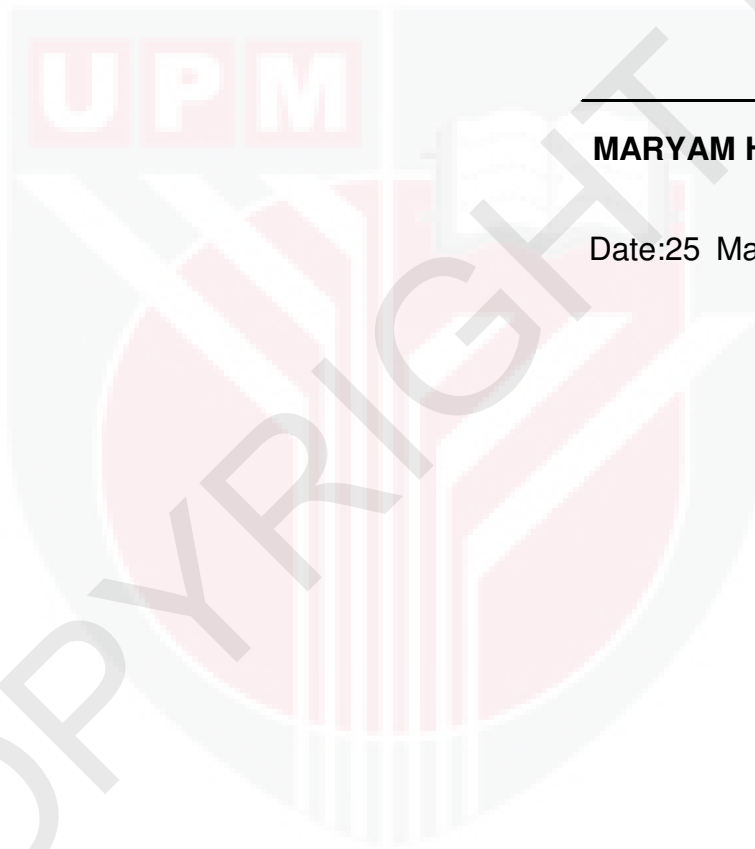
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DECLARATION

I declare that the thesis is my original work with excerpts for quotations and citations having been duly acknowledged. I also declare that it has not been previously, and is not concurrently, submitted for any other degree at Universiti Putra Malaysia or at any other institution.



MARYAM HOSSEINI

Date:25 March 2011

TABLE OF CONTENTS

	Page
ABSTRACT	III
ABSTRAK	V
ACKNOWLEDGEMENTS	VII
APPROVAL	VIII
DECLARATION	X
TABLE OF CONTENTS	XI
LIST OF TABLES	XVI
CHAPTER	
1 INTRODUCTION	1
1.1 Introduction	1
1.2 Statement of the Problem	4
1.3 Objectives of the Study	7
1.4 Hypotheses	7
1.5 Significance of study	8
1.6 Limitation of the study	11
1.7 Definition of terms	
1.7.1 spiritual intelligence	12
1.7.2 adolescence	15
1.7.2 training	16
1.8 Conclusion	18
2 LITERATURE REVIEW	19
2.1 Introduction	19
2.2 Multiple intelligence	20
2.2.1 Intelligence and the concept of multiple	20

intelligences	
2.2.2 Spiritual intelligence	22
2.2.3 Spiritual intelligence versus general intelligence	23
2.2.4 Aspects of spirituality that meet criteria for intelligence	25
2.2.5 Unique characteristics of spiritual intelligence	28
2.2.6 Appropriate application of spiritual intelligence	31
2.3 Conceptualizing spiritual intelligence	33
2.3.1 Spiritual intelligence in relation to transcendent awareness	35
2.3.2 Experiencing, expressing and promoting gratitude	38
2.3.3 Awareness of a divine presence in relation to spiritual intelligence	39
2.3.4 Spiritual intelligence in relation to existential concerns	41
2.3.5 Spiritual intelligence and the 'bigger picture'	42
2.3.6 Support for an evolutionary basis for spiritual intelligence	43
2.4 Adolescence and spiritual intelligence	46
2.4.1 Who are adolescents?	46
2.4.2 Psychologies in adolescence: some general observations	53
2.4.3 Eriksson's theory	56
2.4.4 Developing Identity	58
2.4.5 Personal versus Social Identity and Development	61
2.4.6 IQ, EQ and SQ in adolescence	63
2.5 The development of spiritual intelligence	66

2.6	Factors that may contribute to individual differences in spiritual intelligence	69
2.7	Gratitude as a factor of spiritual intelligence	72
2.7.1	Experiencing, expressing and promoting gratitude	74
2.7.2	Interventions for Promoting Gratitude	76
2.7.3	Research-Based Interventions for Promoting Gratitude	77
2.8	Potential dangers in the pursuit of spiritual intelligence	81
2.9	Measuring spiritual intelligence	83
2.10	Is there an optimal level of spiritual intelligence?	86
2.11	Theoretical Framework for Spiritual Intelligence	92
2.12	Dana Zohar's theory	101
2.13	Conclusion	102
3	METHODOLOGY	104
3.1	Introduction	104
3.2	Research design	104
3.3	Internal validity	107
3.4	Population and Sampling	111
3.5	Location of the study	112
3.6	Data Collection Process and Procedures	112
3.7	Data Analysis	113
3.8	Instruments	114

3.8.1	Questionnaire	114
3.8.2	Scoring	115
3.8.3	Instrument validity and reliability	123
3.8.4	Pilot test	125
3.9	research framework	127
3.10	Training program	128
3.11	Pilot study	130
3.11.1	Purpose of pilot study	131
3.11.2	Results of the pilot study	132
3.12	Conclusion	133
4	FINDINGS	134
4.1	Introduction	134
4.2	Demographic Profile of the Respondents	135
4.3	Evaluation of SQ and its subscales and clusters in pre test and post test in control group	136
4.4	Evaluation of SQ and its subscales and clusters in pre test and post test in experimental group	139
4.5	Evaluation of the effect of training with t – test	142
4.6	To evaluate the sustainability of the effects of training after 3 weeks	147
4.7	Bonferonni adjustment test to account for simultaneous error rates in control group and experimental group	155
4.8	conclusion	156
5	SUMMARY, CONCLUSION AND RECOMMENDATIONS	156
5.1	Introduction	156

5.2	Summary of the Study	156
5.3	Discussion of the Findings	157
5.4	The Effect of SI-G Training on Spiritual Intelligence	161
5.5	Assessing the Effects of Training on Twenty Two Subscales of Spiritual Intelligence	164
5.6	In evaluating the sustainability of the effect of training after three weeks	166
5.7	Implications of the Study	167
	5.7.1 Innovation of Research	167
	5.7.2 Theoretical Implication	169
	5.7.3 Practical Implication	170
5.8	Recommendations for Future Studies	172
	REFERENCES	175
	APPENDECS	194
	BIODATA OF STUDENT	255