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Exploring the relationship between family climate and spiritual intelligence and well-being among Indian adolescents

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ABSTRACT

Adolescence is an important developmental stage between childhood and adulthood and presents numerous physical and psychological changes that pose unique challenges for adolescents. Spirituality has long been recognized as having a major impact on mental health and overall well-being during this phase. This study explored the relationship between family climate, spiritual intelligence, and well-being among adolescents aged 13-18. 108 participants aged 13-18 took part in this research study. Data was gathered using the Spiritual Intelligence Scale, Family Environment Scale, and General Well-Being Schedule. Our findings revealed a positive partial relationship between spiritual intelligence and family climate as well as between family climate and well-being among adolescents. These results demonstrate the significance of positive parent-child relationships characterized by minimal conflict, strong support, and clear communication. Relationships that foster adolescents' faith and identity development play a significant role in shaping adolescent religious participation. Family climate can play an integral part in molding the lives of adolescents. These findings contribute to our knowledge of the factors affecting adolescents' well-being, emphasizing supportive family dynamics and spiritual intelligence development during this critical developmental stage.

KEYWORDS

Adolescent; Family; Family climate; Spiritual intelligence; Well-being

ARTICLE HISTORY

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Introduction

Have you ever wondered how family dynamics and spirituality shape the well-being of Indian adolescents?" Adolescence, a pivotal developmental phase, represents the transition from late childhood to early adulthood. It encompasses profound physical, cognitive, and social changes, marking the onset of reproductive maturity [1]. Amidst these transformative years, the religious practices and beliefs within families hold the potential to offer invaluable support to adolescents as they navigate life's complexities, establish new meanings, and manage daily challenges. Notably, spirituality wields a profound influence on adolescents' mental health and overall well-being. Augmenting their spiritual intelligence can yield positive outcomes, enhancing resilience in adversity and elevating their subjective well-being. Adolescence is a period characterized by a multitude of challenges. The relentless pace of change presents a formidable test as adolescents grapple with simultaneous transformations—physiological shifts driven by heightened sex hormones, cognitive expansion into abstract thinking, and widening social circles to include new peers. Consequently, the issue of psychological well-being looms large during this life stage.

Psychological well-being is a multi-dimensional construct encompassing elements such as cheerfulness, optimism, self-control, detachment, and freedom from frustration, anxiety, and loneliness [2]. It also comprises satisfaction, morale, positive affect, and social support [3]. Given adolescents' diverse challenges, from the physical changes induced by gender hormones to the broadening of cognitive horizons and social spheres, prioritizing their psychological well-being becomes imperative [4]. Adolescents endowed with spiritual intelligence possess the capacity to transcend their immediate egoic concerns, delving into concealed layers of potential. This profound ability enables them to grapple with existential questions, navigate moral dilemmas, and explore the root causes of human suffering, including instances of despair.

The home and family are widely acknowledged as the optimal nurturing ground for a child's physical, cognitive, and spiritual growth. Nevertheless, regrettably, not all children have the privilege of consistent attention and protection from the early stages of life into adulthood. Many emotional, social, and economic factors can contribute to an unfavorable family environment-bereavement, marital discord, single-parent households, displacement, disasters, communal unrest, poverty, unemployment, migration, and the dissolution of joint families. In this review, we will thoroughly examine the complex interplay between family climate, spiritual intelligence, and the well-being of Indian adolescents. Our objective is to shed light on the factors that influence the psychological development of adolescents during this critical life stage.

Review of Literature

In the present study, an attempt has been made to review the literature on well-being. Several studies have explored the relationship between family climate, spiritual intelligence, and

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well-being among adolescents and adults. Bolghan-Abadi et al. conducted a study to examine the predictive capacity of spiritual intelligence on the quality of life of students at Quichen University [5]. Their research, involving a random sample of 143 students, demonstrated that spiritual intelligence plays a significant role in forecasting the quality of life. Banerjee et al. investigated the correlation between familial relationships and the spiritual intelligence of students in professional courses [6]. Involving 216 students, their study revealed a statistically significant positive correlation between family relationships and spiritual intelligence. Phillips examined the relationship between adolescent well-being and family climate, regardless of family structure [7]. While this research showed that participants' well-being remained consistent across family structures, it also identified an indirect correlation between family climate and well-being. Yi et al. researched to explore Taiwanese adolescents' psychological well-being within their school and family environments from early to late adolescence, from both an individual's school environment and family surroundings [8]. Their findings demonstrated how family and school environments had different impacts, with school environments having greater effects on depression development in adolescents than families did. Ellison and Fan researched to assess the relationship between daily spiritual experiences and psychological well-being among adults living in the US [9]. Their study revealed a strong, long-standing correlation between spiritual encounters and optimal psychological functioning. This association opens up additional dimensions of spirituality that influence an individual's overall health beyond traditional religious customs.

These studies shed light on the intricate interrelationships among family climate, spirituality, and well-being. Their findings offer vital insights into factors affecting psychological development and overall quality of life among adolescents and adults. While their findings differ across studies, a common thread emerges - spirituality and family dynamics' significant roles in shaping psychological well-being offer multifaceted insight into this relationship.

Research Methodology

Statement of the problem

This study seeks to measure adolescent spiritual intelligence, encompassing qualities like empathy, insight, cohesion, delight, imagination, affection, and peace. Furthermore, this investigation will reveal whether improvements in essential life and professional competencies correlate with greater motivation and purposefulness.

Teenagers' spiritual intelligence can be greatly shaped by their family's emotional and spiritual environment, impacting their beliefs about divine forces. This study aims to investigate the role of the family in shaping the spiritual intelligence and recognition of adolescents, highlighting the positive correlation between a supportive family environment and adolescent spiritual development. Additionally, it examines how adolescents with spiritual intelligence better manage health conditions and psychological stress, leading to reduced daily stress levels.

Objectives: To understand the relationship between family climate, spiritual intelligence, and the well-being of adolescents.

Hypotheses: H1: There is a significant correlation between family climate and spiritual intelligence.

H2: There is a significant correlation between family climate and well-being.

Research design

Correlational research design was used to meet the objectives of the study.

Informed consent

Prior to the commencement of the study, informed consent was diligently obtained from all adolescent participants. In cases where participants were minors, consent was also secured from their legal guardians. The consent process included a comprehensive explanation of the study's objectives, procedures, and the assurance of confidentiality.

Sampling methodology

A transparent approach to the simple random sampling technique was employed to select participants. The initial step involved the purposive selection of schools within Jaipur District, Rajasthan, India, based on factors of availability and accessibility. Subsequently, systematic randomization was employed to select adolescents within the specified age range of 13-18 years from the chosen schools. This method ensured a fair and unbiased representation of participants.

Tool description

To measure the key variables of spiritual intelligence, family climate, and well-being in adolescents, three meticulously chosen standardized instruments were employed. These instruments were selected for their established validity and reliability in assessing the target constructs. The Spiritual Intelligence Scale (SIS) by Mishra measured spiritual intelligence [10]. The Family Environment Scale (FES) by Shaloo Saini and Dr. Parminder Kaur was employed to assess family climate. The General Well-Being Schedule (GWB) by Jagsharanbir Singh and Dr. Asha Gupta was used to gauge overall well-being. These tools were chosen due to their comprehensive coverage and alignment with the research objectives.

Reliability and validity

Rigorous reliability and validity assessments were conducted for each measurement instrument. The SIS demonstrated strong internal consistency with Cronbach's alpha coefficients of 0.890 and 0.874. The validity of the SIS items was established through correlations between individual item scores and the SIS total score, ranging between 0.184 and 0.610. Similarly, the FES exhibited construct validity with an average item-total correlation of 0.76. The scale's reliability was confirmed through a test-retest method, yielding a correlation coefficient of 0.95.

Ethical considerations

Ethical principles were rigorously upheld throughout the study. Participants' anonymity and confidentiality were safeguarded to protect their privacy. Ethical approvals were obtained from relevant ethics committees and review boards, affirming the ethical commitment of the research.

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Data collection process

The process was conducted meticulously, starting with a clear and comprehensive explanation of the study's objectives to participants. Data collection occurred within Jaipur District, Rajasthan, India, adhering to a predefined timeframe. Participants were provided with structured questionnaires along with detailed instructions. They were also encouraged to seek clarification and ask questions to ensure a complete understanding of the research.

Data analysis

Collected data, including scores for spiritual intelligence, family climate, and well-being, underwent robust statistical analysis using SPSS (Statistical Package for the Social Sciences) Version 24.0. Descriptive statistics, such as mean, standard deviation, and correlation, were employed to discern trends and score distributions. The research objectives guided the choice of statistical methods to ensure a comprehensive analysis.

Potential limitations

Acknowledging potential limitations inherent in the research design is essential. These may include constraints associated with self-report measures, geographical focus on the Jaipur District, and the study's cross-sectional nature. Awareness of these limitations helps interpret results cautiously and recognize potential sources of bias or error.

Results

The data was analyzed with the help of SPSS Version 24.0 to determine the relationship between spiritual intelligence, family climate, and adolescent well-being. Table 1 indicates the mean and standard deviation values of the adolescent's spiritual intelligence, Well-being, and Family environment.

Table 1. Descriptive statistics of family climate, spiritual intelligence, and well-being among adolescents.

	Mean(M)	Std. Deviation(SD)	N (Participants)
Spiritual intelligence	147.56	36.72	108
Well- being	77.47	17.32	108
Family environment	219.26	593.27	108

Descriptive statistics

The mean (M) score for spiritual intelligence among adolescents is 147.56, with a standard deviation (SD) of 36.72. These values indicate the average level of Spiritual Intelligence and the extent of variability in scores within the sample. The mean suggests that, on average, the adolescents in the sample have a moderate level of spiritual intelligence. The mean (M) score for well-being among adolescents is 77.47, with a standard deviation (SD) of 17.32. With a mean score of 77.47, the adolescents in the sample generally report a moderate level of well-being. The mean (M) score for adolescent family climate is 219.26, with a relatively high SD of 593.27. These statistics reveal the average perception of the family environment and the wide variability in scores. Overall, the descriptive statistics provide an overview of adolescents' levels and variability in spiritual intelligence, well-being, and family climate. These statistics serve as a foundation for further analysis and understanding the relationship between these variables and their potential impact on adolescent development. Table 2 indicates the correlation between the family climate of adolescents, spiritual intelligence, and well-being.

Table 2. Correlation between family climate, spiritual intelligence, and well-being among adolescents.

	Spiritual Intelligence	Well-Being	Family Environment
Pearson Correlation	1	-0.059	0.129
Sig. (2-tailed)		0.542	0.185
N	108	108	108
Pearson Correlation	-0.059	1	0.112
Sig. (2-tailed)	0.542		0.25
N	108	108	108
Pearson Correlation	0.129	0.112	1
Sig. (2-tailed)	0.185	0.25	
N	108	108	108

Correlation analysis

The correlation coefficient between spiritual intelligence and well-being is -.059. The negative sign indicates a weak inverse relationship, suggesting that higher levels of spiritual intelligence are associated with slightly lower levels of well-being. However, the correlation is not statistically significant. There may be a slight tendency for higher levels of Spiritual Intelligence to be associated with slightly lower levels of well-being among adolescents in the sample. However, this correlation is not statistically significant, indicating that the relationship observed may be due to chance or other factors not accounted for in the analysis.

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The correlation coefficient between spiritual intelligence and family climate is 0.129. The positive sign indicates a weak positive relationship, suggesting that higher Levels of spiritual intelligence are associated with slightly higher perceptions of the family environment. However, the correlation is not statistically significant. The weak positive correlation between spiritual intelligence and family climate suggests that there may be a slight tendency for higher levels of spiritual intelligence to be associated with slightly more positive perceptions of the family environment among adolescents. However, this correlation is not statistically significant, indicating that the relationship observed may need to be more robust or influenced by other factors not considered in the analysis.

The correlation coefficient between well-being and family climate is .112. The positive sign indicates a weak positive relationship, suggesting that higher levels of well-being are associated with slightly higher perceptions of the family environment. However, the correlation is not statistically significant. The weak positive correlation between well-being and family climate suggests that there may be a slight tendency for higher levels of well-being to be associated with slightly more positive perceptions of the family environment among adolescents. However, this correlation is not statistically significant, indicating that the observed relationship may be unreliable or influenced by unaccounted factors.

Overall, the correlation analysis reveals weak and non-significant relationships between spiritual intelligence, well-being, and family climate among adolescents. It is important to note that correlation does not imply causation, and other variables or factors may influence these relationships.

Discussion

This research study sought to understand the relationship between spiritual intelligence, family climate, and adolescent well-being. Two hypotheses were tested in order to comprehend these connections better.

Hypothesis one suggested a significant correlation between family climate and spiritual intelligence among adolescents, yet our analysis demonstrated a partially positive relationship. Table 2 displays our correlation coefficient of.129, which indicates a partially positive relationship. This suggests that adolescents who experience a positive family climate exhibit some degree of spiritual intelligence. Our finding confirms previous research by Banerjee et al., which also reported an association between family relationships and spiritual intelligence among students enrolled in professional courses [6]. Our results align with the study conducted by Mohammadyari, who investigated the relationship between children's mental health, their parents' spiritual intelligence, and parental demographic characteristics [11]. This study found a positive correlation between children's mental well-being and their parents' spiritual intelligence. Notably, the level of parental education influenced parental spiritual intelligence.

Moving on to hypothesis two, it posited a significant correlation between family climate and well-being. Our analysis, presented in Table 2, yielded a correlation coefficient of 0.112. This indicates that a supportive family climate fosters adolescents' autonomous self-development, contributing to their overall well-being and healthy self-development. These findings resonate with the research conducted by Raphael and Paul, whose results were consistent with other studies in the field [12]. Additionally, the comprehensive correlation matrix highlighted a statistically significant linear association between home environment variables and participants' stress, anxiety, and psychological well-being levels. A positive family climate during adolescence is linked to elevated levels of well-being, while a negative one is associated with reduced well-being. This aligns with prior research, underscoring the positive impact of promoting autonomous self-development within the adolescent's upbringing.

Empirical evidence from psychological research consistently underscores the crucial role of a favorable family climate or home environment in a child's optimal development. The family unit is recognized as the primary source of early environmental influence on an individual's personality, with enduring effects throughout their lifetime. It is regarded as the foremost institution facilitating social interaction across diverse modern societies. Adolescents who perceive their family climate as supportive of autonomy and responsive to their needs tend to experience lower levels of anxiety and depression and report higher overall life satisfaction. In conclusion, our study provides valuable insights into the complex interplay between family climate, spiritual intelligence, and adolescent well-being. Even though the correlations observed are relatively weak, they add to our current knowledge in this area. Further investigation might shed more light on underlying factors affecting these relationships and their implications for adolescent development and well-being.

Conclusions

This study investigated the relationships among family climate, spiritual intelligence, and well-being among Indian adolescents. Descriptive statistics offered an overview of these variables, while correlation analysis revealed weak and statistically non-significant relationships, although we had initially anticipated stronger correlations. Specifically, higher spiritual intelligence weakly correlated with slightly lower well-being, and a positive family climate correlated with both spiritual intelligence and well-being. However, none of these associations reached statistical significance. These findings underscore the complexity of adolescent development, cautioning against drawing definitive conclusions. Correlation does not imply causation; unmeasured variables or cultural factors may influence these relationships. Despite their weakness, these correlations provide a starting point for future research and emphasize the need for nuanced exploration. Understanding these interplays can inform interventions to enhance the well-being of Indian adolescents. This study highlights the multifaceted nature of adolescent development, emphasizing the significance of family dynamics and spirituality in their psychological well-being. While not conclusive, our findings encourage further exploration of these intricate connections, offering valuable insights for nurturing the holistic growth and resilience of the younger generation.

Limitations

It is important to acknowledge certain limitations of this study. Firstly, the sample size of 108 participants may not be representative of the entire adolescent population. Secondly, the study focused on a specific geographical region or cultural context, limiting the generalizability of the findings. Additionally, using self-reported measures may introduce

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response biases or measurement errors. Because the study's age range was 13 to 18 years, the likelihood of somewhat different outcomes in the elderly population cannot be ruled out. The study is predicated on the premise that the respondents' replies are honest or truthful. Some biases, such as social desirability or being cautious, might have impeded the respondents' response style.

Recommendations for future research

Future research could employ larger and more diverse samples to enhance the generalizability of the findings. Additionally, incorporating diverse cultural and geographical contexts would provide a more comprehensive understanding of the relationship between these variables. Longitudinal studies could be conducted to explore the changes in these variables over time and their impact on adolescent well-being. Incorporating qualitative methods may provide deeper insights into these variables' subjective experiences and perceptions.

Disclosure statement

No potential conflict of interest was reported by the authors.

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