

Marital happiness as the function of spiritual intelligence

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Abstract

The pursuit of happiness is an important determinant of human behaviour. It becomes even more vital when a couple enters to new life after marriage. This marital happiness has been claimed to be determined by spiritual intelligence levels of both the partners, also along with other factors. Most recently, Diedrich (2007) has defined spiritual intelligence as choosing between the ego and spirit. The authors intended to study role of spiritual intelligence in marital happiness. It has been assumed that couples with higher level of spiritual intelligence will enjoy better marital happiness. On the basis of scores of spiritual intelligence test, the couples were identified as both high, husband high-wife low, wife high-husband low and both low. Thirty subjects were selected incidentally for each of the four groups and happiness test was administered. The findings confirmed the research hypothesis.

Keywords: Marital Happiness, Spiritual Intelligence

INTRODUCTION

Life satisfaction usually referred to as "happiness" which comes from the fulfillment of the need or wish and as such is the cause for means of enjoyment. Happiness is a state of well-being and pleasurable satisfaction. It comes when the individual's needs and wishes are fulfilled. Happiness is an emotion. The pursuit of happiness is an important determinant of human behaviour. "How to gain, how to keep and how to recover happiness is in fact, for most men, at all times the secret motives for all they do" (James, 1902). It is a long lasting enduring enjoyment of life. It is being in love with living, it is a state towards which humans and animals are behaviourally driven, to counter external forces which would otherwise lead to unhappiness.

Spiritual intelligence is the ability to find meaning, purpose and value in our lives, connecting our actions and lives to a wider, richer meaning-giving context. Zohar (1997) coined the term "Spiritual Intelligence". It is the intelligence that makes us whole that gives us our integrity. It is the souls' intelligence, the intelligence of the deep self. It is the intelligence with which we ask fundamental question and with which we reframe our answers.

The tools of spiritual intelligence include prayer, meditation, contemplation, conscious awareness of ones tendencies towards fear, and the ongoing daily practice of staying conscious of one's thoughts emotions, and behaviour. There is a strong basis to reason that a person with high spiritual intelligence will tend to lead a happier life.

Bagheri Fabribores et al. (2010) found positive correlation between spiritual intelligence and happiness. Myres (2000) and

Shaw (2008) also found high correlation between happiness and spiritual activities. Diener (1984) studied that individuals are able to increase their happiness and prosperity by controlling their thoughts. For instance, believing that this is a transcendental power and goal leads to happiness. Those who have positive thoughts and behaviours and visualize everything brightly, pray, and struggle are to be successful.

PROBLEM & HYPOTHESIS

The only problem of the present research pertains to role of spiritual intelligence in marital happiness of couples.

It has been hypothesized that spiritual intelligence level of both the couples would play its vital role in happiness. More specifically, couples both with high spiritual intelligence would show the highest level of happiness, while the couples with both low spiritual intelligence would be the least happy. The other two groups i.e., husband high-wife low spiritual intelligence and wife high-husband low spiritual intelligence would possess the inter-mediatory position in this regard.

METHODOLOGY

Sample

Final incidental samples of 30 couples in four spiritual intelligence groups i.e., both high, husband high-wife low, wife high-husband low, and both low, were selected. Care was taken to select only those couples who had marital life span of 1-10 years.

Tools

Following test were used to assess the two dimensions considered in the present research:

(i) **Assessment of Spiritual Intelligence** – Spiritual Intelligence Scale constructed and standardized by Ajawani et al. (2009) was used to assess spiritual intelligence level of couples. The test is highly reliable and valid and percentile norms are available.

(ii) **Assessment of Happiness**– Happiness Scale (Ajawani & Sethi, 2003) was used to determine happiness level of couples. The test is highly reliable and valid and percentile norms are available.

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Procedure

Initially spiritual intelligence was administered on 200 couples. On the basis of Q1 and Q3 statistics, the subjects were screened out for four groups i.e., both high, husband high-wife low, wife high-husband low and both low. 30 couples were selected incidentally from each of the four groups and were administered happiness scale.

RESULTS & DISCUSSION

The only problem of the present research pertains to role of S.I. in marital happiness of couples. It was hypothesized that couples both high S.I. would show the highest level of happiness

than the couples with both low S.I.. It is clear from Table 1 that average happiness scores of the four groups i.e., both high, husband high-wife low, wife high-husband low and both low are 146.50, 122.10, 127.54, and 109.30, respectively. The obtained F-ratio for these differences ($F = 54.47$) is significantly higher than being expected from chance fluctuation, the confidence level being .01 for 3 and 116 degrees of freedom. The significant F-ratio provides empirical ground to retain the research hypothesis that couples both with high S.I. would show the highest level of happiness while the couples with both low S.I. would be the least happy.

Table #1: Average Happiness Scores Of Four Sub-Groups

Comparison Groups	n	M	Σx^2	Mean
Both High	30	146.50	3984.10	126.36
Husband High-Wife Low	30	122.10	3716.14	
Wife High-Husband Low	30	127.54	3432.39	
Both Low	30	109.30	4120.15	

Table # 2: Summary of One-Way ANOVA

Source	SS	df	V	F-ratio	Remarks
Between 4 S.I. Groups	21485.94	3	7161.98	54.47	$P < .01$
Within Sets (Error Term)	15252.78	116	131.48		
Total	36738.72	119			

Myers (2000), Shaw (2008), and Bagheri Faribores et al. (2010) found positive correlation between spiritual intelligence and happiness. Hosseini et al. (2010) assert that the spiritual intelligence provides a general basis for the individual to be able to consider his seeking for goals and meaning in life and to move towards happiness.

The more spiritual intelligent, the more they possess the dimensions of spiritual intelligence such as self-awareness, self-actualization, self-regard, spiritual practices, forgiveness, gratitude etc. and that will definitely make such person perfect in their life. Of course, this perfection in life will lead them to happiness. Spiritual and religious beliefs give strength to people even in adverse circumstance, even though they walk through the valley of shadow of death, as their belief give them hope and think about having a peaceful eternal life. This will again help couples lead a happier peaceful life.

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