

A Study on Impact of Spiritual Intelligence on Resilience Among Youth According to Family Structure

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Abstract

The resilience that helps young people survive in modern life, when all seems to be against them, is a very critical attribute. This study looks at the relationship between spiritual intelligence and resilience among youth, particularly considering the moderating effects of nuclear and joint family structures. Spiritual intelligence-the ability to find meaning, purpose, and a sense of connection-is studied as an important factor determining resilience. The research investigates variations in spiritual intelligence and resilience levels among youth based on their family environment, aiming to understand how family dynamics shape these attributes. Using a mixed-methods approach and quota sampling method, data was collected through structured surveys with youth from nuclear and joint families. Statistical analysis was performed descriptive, Mean, SD to evaluate the relation between spiritual intelligence and resilience and to identify differences attributed to family structure. The findings reveal that spiritual intelligence significantly enhances resilience, with distinct patterns observed based on family type.

Keywords - *Spiritual Intelligence, Resilience, Youth, Family Structure, Nuclear Family, Joint Family.*

I. INTRODUCTION

In an era of rapid social, economic, and technological transformations, the youth face a myriad of challenges that test their mental and emotional stability. Resilience, the ability to adapt and thrive in the face of adversity, is increasingly recognized as a critical life skill for navigating these challenges. Among the factors influencing resilience, spiritual intelligence the capacity to find meaning and purpose in life, connect with a higher power or values, and exhibit empathy and mindfulness has emerged as a significant contributor to an individual's ability to cope with stress and recover from setbacks(Kumari, 2024). Family structure, whether nuclear or joint, plays a pivotal role in shaping an individual's spiritual and emotional development. Nuclear families, characterized by their compact and independent nature, often offer an environment of focused attention on individual members, potentially fostering personal autonomy.

On the other hand, extended families, with their close network of support, have strong connections and shared experiences in relation to values, spiritualities, and coping capacities (Cerit & Şimşek, 2021). Against this backdrop, this article will discuss the complex interactions between spiritual intelligence and youth resilience, focusing on family structure. By understanding the variations in spiritual intelligence and resilience levels across nuclear and joint family systems, this research aims to provide insights into the social and psychological factors that contribute to the well-being of young individuals. (Khandelwal & Singh, 2023) The findings of this study hold significance for educators, counselors, and policymakers in designing interventions and support systems that enhance resilience in youth. It also emphasizes the fact that spiritual intelligence is the building block of developing

strong, adaptive, and emotionally healthy persons who can cope with modern life (Lodha & Kashyap, 2016).

1.1 Spiritual intelligence and resilience.

Mental health specialists have been studying the topic of spirituality and man's spiritual progress for many decades. Philosophers, psychologists, particularly developmental theorists use the term. "spiritual intelligence" to refer to the spiritual connections between IQ (Intelligence Quotient) and (Chandni, 2019) established the notion of spiritual intelligence, which was further explored by (Khandelwal & Singh, 2023). Danah Zohar created the phrase "spiritual intelligence" and popularized it in her 1997 book, *rewiring the Corporate Brain*. The World Health Organization views spiritual elements as existential qualities of human beings, classifying them as a dimension in human growth and development after physical, mental, physical social dimensions (World Health Organization, 2005). Studies by many psychologists, such as (Arnout et al., 2019) and (Ravikumar & Dhamodharan, 2014), (Ahangar & Khan, 2017), highlight the need of investigating juvenile resilience in today's socio-cultural milieu. The importance of family structure in developing resilience with spiritual intelligence

Resilience

The ability to "bounce back", deal with, overcome, or grow stronger as a result of suffering challenges or damages is referred to as resilience. (Cerit & Şimşek, 2021) defines resilience as the combination of risk and protective variables. (Ravikumar & Dhamodharan, 2014) defines resilience as an adaptability in the face of danger and adversity. (Kumari, 2024) found that those with strong self-reported resilience are more likely to utilize positive emotions to "bounce back" from negative situations. Empirical data reveals that resilience is based on a wide range of genetic, biochemical, psychological, and environmental components. Although resilience resources might possess immediate impacts on health and well-being outcomes, stress experiences work as protective mechanisms within the manner in which affect physical health, functionality, subjective well-being, as well as psychological well-being.

1.2 Importance of Studying Youth Resilience in Today's Socio-Cultural Context

In today's rapidly evolving socio-cultural landscape, understanding youth resilience has become crucial. Youth face multifaceted challenges, including academic pressures, social expectations, economic uncertainties, and exposure to global crises such as climate change and pandemics (Khandelwal & Singh, 2023). Simultaneously, they navigate an increasingly digitalized world where social media influences self-esteem and mental health. Resilience the ability to adapt, recover, and thrive in adversity empowers young individuals to cope effectively with these challenges. Studying resilience helps identify the protective factors, such as supportive relationships, self-efficacy, and emotional regulation that enable youth to maintain psychological well-being (Yousefi et al., 2024). Additionally, insights into resilience inform the development of policies, educational programs, and community interventions tailored to foster adaptability, critical thinking, and holistic growth among young people. By emphasizing resilience, societies can prepare youth not just to survive but to contribute meaningfully to social, cultural, and economic progress (Yousefi et al., 2024).

1.3 Relevance of Family Structure in Shaping Resilience and Spiritual Intelligence

Family structure plays a foundational role in shaping both resilience and spiritual intelligence in individuals. A stable and nurturing family environment provides emotional security, which is a cornerstone for building resilience. Through supportive interactions, families instill values such as perseverance, empathy, and problem-solving, equipping youth to face adversities with confidence (Arnout et al., 2019). On the other hand, fragmented or dysfunctional family structures can hinder resilience by exposing individuals to chronic stress and emotional instability. Moreover, spiritual

intelligence defined as the capacity to find meaning, purpose, and ethical understanding in life is often cultivated within the family through shared beliefs, traditions, and moral teachings (Argawal & Nidhi, 2022). A cohesive family environment fosters open dialogue, encouraging youth to explore existential questions and develop inner peace. Understanding the interplay between family dynamics, resilience, and spiritual intelligence is essential for creating targeted interventions that strengthen the emotional and spiritual foundations of young individuals, ensuring their holistic well-being and growth(Cerit & Şimşek, 2021).

II. LITERATURE REVIEW

2.1 Introduction

In the literature review, we will look at current studies on the link between spiritual intelligence as well as resilience, focusing on their individual along with combined influence on adolescent development. We will examine studies highlighting the influence of family structure (nuclear vs. joint) on shaping spiritual and emotional competencies. Additionally, the review will identify gaps in the current understanding of how spiritual intelligence mediates resilience in varying familial contexts (Yousefi et al., 2024).

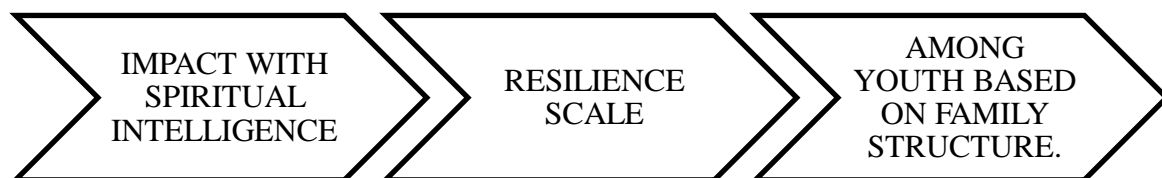


Figure 2 Conceptual framework

Sr. No	Author(s)	Year	Findings	Conclusion
1	Aradhana Kumari	2024	Employed women with higher spiritual intelligence demonstrated greater resilience in managing work-life challenges.	Spiritual intelligence significantly contributes to enhancing resilience among employed women, aiding their adaptability and well-being.
2	Zahra Yousefi	2023	Emotional intelligence positively influences resilience and contributes to enhanced family cohesion among married individuals.	Strong emotional intelligence and resilience are crucial for fostering family cohesion in married life.
3	Vaishnavi Khandelwal	2023	Positive family climate was strongly associated with higher spiritual intelligence and	A supportive family climate enhances spiritual intelligence and overall well-being, highlighting the

			well-being among Indian adolescents.	importance of familial relationships in adolescent development.
4	Nidhi and Alpna Agarwal	2022	Adolescents from joint families exhibited higher levels of spirituality compared to those from nuclear families, with age showing a positive correlation with spirituality.	Family structure and age significantly influence spirituality, with joint families providing a supportive environment for spiritual development.
5	Navya Gedela	2022	Youth from joint families with higher spiritual intelligence exhibited greater resilience compared to those from nuclear families.	The importance of joint families in fostering spiritual intelligence as well as resilience is underscored by the fact that family structure affects this connection.
6	Jacquiline Thankachan	2021	Spiritual intelligence positively influences resilience and mental health, enabling individuals to cope with stress effectively.	Higher spiritual intelligence fosters better mental health and resilience, promoting overall well-being.
7	Chandni	2019	Spiritual intelligence levels among adolescents showed significant differences based on gender, with females scoring higher on certain dimensions.	Gender plays a role in shaping spiritual intelligence, emphasizing the need for tailored approaches in fostering spiritual growth among adolescents.
8	Seena N. S.	2018	Psycho-spiritual therapies. Maltreated adolescent females had considerably enhanced emotional intelligence,	Psycho-spiritual interventions are effective in fostering emotional and psychological well-being in vulnerable juvenile populations.

			spiritual intelligence, even psychological resilience.	
9	Mr. Deepak Mathil	2016	Adolescents from joint families demonstrated better social adjustment compared to those from nuclear families, influenced by the support systems available.	Family structure significantly affects the social adjustment of adolescents, with joint families providing more comprehensive social support.
10	T. Ravikumar	2014	Corporate executives with higher spiritual intelligence exhibit better emotional intelligence and psychological resilience.	Spiritual intelligence plays a significant role in enhancing emotional and psychological well-being among corporate executives.

2.2 Research gap

While previous studies have explored the roles of spiritual intelligence, resilience, and family structure independently or in specific contexts, there is a lack of comprehensive research examining how spiritual intelligence impacts resilience among youth across different family structures. Additionally, limited studies have investigated the interplay of these factors with a focus on cultural and societal dynamics unique to youth populations.

III. METHODOLOGY

The complete sample was drawn from the member institutions of Dehradun. The investigation was done in the year 2024.

3.1 Objective

1. To examine the resilience levels of youth based on their family structure.
2. To compare the spiritual intelligence of youth from nuclear families versus joint families.
3. To determine whether spiritual intelligence contributes to enhanced resilience among youth.

3.2 Method of data collection

In the wake of the current pandemic, an online questionnaire was prepared using excel to collect data (Arnout et al., 2019). For our study, we administered a questionnaire to 100 postgraduate students from five component colleges of Dehradun. In total, the number of responses obtained was 76; however, after screening and selecting the right students, there was an equal number of males and females brought into analysis (Yousefi et al., 2024). with the help of the mixed-methods approach and quota sampling method, data was collected through structured surveys with youth from nuclear and joint families This approach not only ensured a balanced gender representation but also suited the constraints posed by the pandemic, allowing for effective and efficient data collection in a manner that prioritizes the safety and convenience of the participants (Ravikumar & Dhamodharan, 2014).

3.3 Sample size

The final sample size for this study comprised 100 postgraduate students drawn from the five constituent colleges of Dehradun, in which an equal number of males and females were present. That was the required balanced sampling to ensure reliability and the validity of research findings.

Where:

Z= 1.959 (confidence interval with a 95% z-score)

p= 0.5 (to account for the widest possible range)

E= 0.05 (error margin)

N= 94 (whole population)

$$\text{Sample size} = \frac{\left(\frac{z^2 * p * (1-p)}{e^2} \right)}{1 + \left(\frac{z^2 * p * (1-p)}{e^2 * N} \right)}$$

$$\text{Sample size} = \frac{\left(\frac{1.959^2 * 0.5 * (1-0.5)}{5\%^2} \right)}{1 + \left(\frac{1.959^2 * 0.5 * (1-0.5)}{5\%^2 * 94} \right)}$$

$$1.959^2 = 3.8416$$

$$0.5 \times (1-0.5) = 0.25$$

$$3.8416 \times 0.25 = 0.9604$$

$$\text{Sample size} = \frac{0.9604}{0.0025 * 94} = \frac{0.9604}{0.235} = 4.087$$

$$\text{Final calculation: } 1 + 4.087 = 5.087$$

$$\text{Sample size} = \frac{384.16}{5.087} \approx 75.54$$

The sample size is approximately **76**.

3.4 Data collection Tool

Spiritual intelligence scale

Spiritual intelligence was determined through spiritual intelligence scale by (Dr K. S. Mishra 2014). It comprises materials categorized into six dimensions: inner self, inter self, biostoria, life views, spiritual actualization, and value orientation.

Resilience scales

Resilience was evaluated using the Resilience Scale developed by (Mallick & Kaur, 2016). The scale is a self-report questionnaire designed to assess resilience. It was shown to be reliable and precise in assessing resilience.

Statistical tools

We have used SPSS for the data analysis for the data analysis with the help of the difference tools like

Arithmetic Mean

To get the mathematical mean, we add together all the values from nuclear and mixed families and divide that sum by the total number of observations. (Cerit & Şimşek, 2021).

$$A = \frac{1}{n} \sum_{i=1}^n X_i$$

Standard Deviation

A complete sample's standard deviation measures the dispersion of its mean value with respect to the total number of members. It was used to ascertain the average ratings of several elements pertaining to family structure characteristics. The formula for it is this: (Yousefi et al., 2024).

$$S = \sqrt{\frac{\sum(X - \bar{X})^2}{n}}$$

T-test

Finding statistical differences between joint with nuclear homes with respect to the mean scores focus spiritual intelligence combined resilience was the focus of the study. A specific formula was used (Cerit & Şimşek, 2021):

$$t = \frac{\bar{X}_1 - \bar{X}_2}{S \sqrt{\frac{1}{n_1} + \frac{1}{n_2}}}$$

Z-test

The analysis was conducted to identify gender-based and familial structural inequalities across many dimensions including independent and dependent variables to discover substantial disparities (Cerit & Şimşek, 2021).

IV. DATA ANALYSIS

This research assessed quantitative data collected from the online questionnaire using suitable statistical methodologies. This research sought to discern patterns, correlations, and distinctions in the variables of interest, particularly examining the influence of spiritual intelligence on resilience among kids from various household systems.

4.1 Descriptive analysis

Age	Frequency	Percent
20–23 years	36	47.4
24–26 years	26	34.2
27–29 years	8	10.5
Above 30 years	6	7.9
Gender	Frequency	Percent
Female	32	42.1
Male	44	57.9
Education Level	Frequency	Percent
High School	32	42.1
Undergraduate	25	32.9
Postgraduate	12	15.8
Other	7	9.2
Family Structure	Frequency	Percent
Joint Family	24	31.6
Nuclear Family	52	68.4
Employment Status	Frequency	Percent
Employed	22	28.9
Self-employed	7	9.2
Student	29	38.2
Unemployed	18	23.7
Do you actively engage in any spiritual or religious practices?	Frequency	Percent
No	14	18.4
Yes	62	81.6

The demographic information sheds light on the make-up of the young people who participated in the research on the effect of spiritual intelligence on resilience as it relates to family composition. Nearly half of the people who filled out the survey are between the ages of 20 and 23, with a further 34.2% falling into the 24-26 age bracket. The representation of older age groups is lower, with only 10.5% aged 27–29 years and 7.9% above 30 years, indicating a predominantly younger demographic. In terms of gender, males constitute 57.9% of the sample, while females represent 42.1%. The

educational background shows that 42.1% of respondents have completed high school, while 32.9% are undergraduates, 15.8% have postgraduate degrees, and 9.2% fall into the 'Other' category, suggesting a diverse educational attainment among the youth. Regarding family structure, a majority of the participants (68.4%) come from nuclear families, whereas 31.6% belong to joint families. Employment status reveals that 38.2% are students, 28.9% are employed, 9.2% are self-employed, and 23.7% are unemployed, indicating a considerable focus on education within this group. Lastly, a notable 81.6% of respondents actively engage in spiritual or religious practices, suggesting a strong inclination towards spirituality among the youth. The study's emphasis on spiritual intelligence along with its possible effect on resilience may explain this high proportion. Overall, the demographic profile reflects a predominantly young, educated population with diverse family structures and a strong engagement in spiritual practices, providing a relevant context for the research findings.

Table 1 compares mean scores (\pm SD) of youth based on family structure across several dimensions and spiritual intelligence.

Dimensions Regarding Spiritual Intelligence	Totaln Number (n=76)	Joint Family (n1=38)	Nuclear Family (n2=38)	t-value
	Mean \pm SD	Mean \pm SD	Mean \pm SD	
The Inner Self	32.45 \pm 6.34	34.12 \pm 5.48	30.78 \pm 6.96	2.56*
The Inter Self	70.12 \pm 11.25	72.50 \pm 9.75	67.74 \pm 12.56	2.10**
Biostoria	21.67 \pm 5.32	22.80 \pm 4.12	20.55 \pm 6.18	1.85*
Life Perspectives	37.28 \pm 5.91	38.75 \pm 5.03	35.81 \pm 6.46	2.41*
Spiritual Actualization	80.10 \pm 15.67	82.50 \pm 14.32	77.70 \pm 16.18	1.85*
Value Orientation	47.12 \pm 8.50	48.50 \pm 7.34	45.74 \pm 9.02	1.98*
Overall Spiritual Intelligence	289.00 \pm 54.12	295.00 \pm 42.51	283.00 \pm 61.38	2.17

*** **Significant at one per cent level**

In the dimension of The Inner Self, the total mean score is 32.45 (\pm 6.34), with individuals from joint families scoring higher (34.12 \pm 5.48) compared to those from nuclear families (30.78 \pm 6.96). The t-value of 2.56 indicates a statistically significant difference, suggesting that youth from joint families may have a stronger sense of inner self-awareness. The dimension of The Inter Self shows a similar trend, with a total mean score of 70.12 (\pm 11.25). Youth from joint families (72.50 \pm 9.75) again outperform those from nuclear families (67.74 \pm 12.56), with a t-value of 2.10 highlighting a significant difference. This suggests that joint family structures may foster better interpersonal spiritual connections. For the Biostoria dimension, the overall mean score is 21.67 (\pm 5.32). The scores reveal that joint family members (22.80 \pm 4.12) score higher than nuclear family members (20.55 \pm 6.18), with a t-value of 1.85, indicating a marginally significant difference. In terms of Life Perspectives, the total mean score stands at 37.28 (\pm 5.91), with joint family members averaging 38.75 (\pm 5.03) and nuclear family members 35.81 (\pm 6.46). The t-value of 2.41 suggests a significant difference, highlighting that those from joint families may possess a broader or more positive perspective on life. Spiritual Actualization presents a total mean score of 80.10 (\pm 15.67), with joint family members (82.50 \pm 14.32) again exhibiting higher scores than their nuclear counterparts (77.70 \pm 16.18). The t-value of 1.85 indicates a significant difference, suggesting that joint families may facilitate greater spiritual actualization. The Value Orientation dimension has a total mean score of 47.12 (\pm 8.50), with joint family members scoring 48.50 (\pm 7.34) and nuclear family members scoring 45.74 (\pm 9.02). The t-value of 1.98 indicates a significant difference, implying that joint family structures might promote stronger value orientations. Finally, the overall score for Spiritual Intelligence is 289.00 (\pm 54.12), with joint family members scoring 295.00 (\pm 42.51) and nuclear family members scoring 283.00 (\pm 61.38). The t-value of 2.17 confirms a significant difference,

suggesting that youth from joint families tend to exhibit higher overall spiritual intelligence compared to those from nuclear families.

Table.2 Differences in mean scores (\pm SD) of youth based on family structure across various levels of spiritual intelligence

Levels of Spiritual Intelligence	Total (n=76)	Joint Family (n1=38)	Nuclear Family (n2=38)	Z-value
	Mean \pm SD	Mean \pm SD	Mean \pm SD	
High	350.25 \pm 10.15	351.40 \pm 12.00	349.10 \pm 8.50	0.25
Average	310.75 \pm 13.25	311.80 \pm 13.60	309.70 \pm 12.90	0.45
Low	220.15 \pm 45.30	222.80 \pm 46.50	217.50 \pm 44.30	0.35

The analysis of spiritual intelligence levels among youth based on family structure reveals some interesting findings. The total mean score for high spiritual intelligence was 350.25 (\pm 10.15), with individuals from joint families scoring slightly higher (351.40 \pm 12.00) than those from nuclear families (349.10 \pm 8.50), although the Z-value of 0.25 indicates no significant difference between the two groups. For average spiritual intelligence, the total mean score was 310.75 (\pm 13.25), with joint family members again showing a marginally higher mean (311.80 \pm 13.60) compared to their nuclear family counterparts (309.70 \pm 12.90); the Z-value of 0.45 suggests this difference is also not statistically significant. In terms of low spiritual intelligence, the total mean score was 220.15 (\pm 45.30), with joint families scoring 222.80 (\pm 46.50) and nuclear families 217.50 (\pm 44.30). The Z-value of 0.35 indicates no significant differences in this category either. Overall, while joint families show slightly higher mean scores across all levels of spiritual intelligence, these differences do not reach statistical significance, suggesting that family structure may not have a substantial impact on the spiritual intelligence of youth in this sample.

Table.3 Comparative mean scores (\pm SD) of youth about resilience based on their familial structure

Variable	Total (n=76)	Joint Family (n1=38)	Nuclear Family (n2=38)	t-value
	Mean \pm SD	Mean \pm SD	Mean \pm SD	
Resilience	125.50 \pm 20.50	128.00 \pm 21.30	123.00 \pm 19.70	1.98*

The comparative analysis of resilience scores among youth based on family structure reveals significant findings. The overall mean resilience score for the total sample of 76 youth is 125.50 (\pm 20.50). When broken down by family structure, youth from joint families have a mean score of 128.00 (\pm 21.30), while those from nuclear families have a lower mean score of 123.00 (\pm 19.70). There exists a statistically significant difference with respect to the resilience score of youth from joint versus nuclear families, as pointed out by the t-value of 1.98. It means that children belonging to joint families report more resilience than their counterpart siblings residing in nuclear families. The difference in mean scores really shows that the family structure might influence the resilience of youths, indicating that the friendly environment usually found in joint families might be the reason for resilience among young individuals.

Table.4 Mean score (\pm SD) variations in resilience based on youth family structure

Levels of Resilience	Total (n=76)	Joint Family (n1=38)	Nuclear Family (n2=38)	Z-value
	Mean \pm SD	Mean \pm SD	Mean \pm SD	
High	160.00 \pm 4.00	162.00 \pm 4.50	158.00 \pm 3.50	1.56
Moderate	130.00 \pm 10.00	132.50 \pm 10.50	127.50 \pm 9.50	2.00**
Low	70.00 \pm 15.00	72.00 \pm 20.00	68.00 \pm 10.00	2.50**

The examination of resilience levels among youth based on family structure highlights some noteworthy differences. For high resilience, the overall mean score is 160.00 (± 4.00), with youth from joint families scoring a mean of 162.00 (± 4.50) and those from nuclear families scoring 158.00 (± 3.50). The Z-value of 1.56 indicates that the difference in high resilience scores between the two family structures is not statistically significant. In the moderate resilience category, the total mean score is 130.00 (± 10.00), with joint families reporting a mean of 132.50 (± 10.50) and nuclear families a lower mean of 127.50 (± 9.50). The Z-value of 2.00 suggests a statistically significant difference, indicating that youth from joint families exhibit higher moderate resilience compared to their nuclear family counterparts. For low resilience, the total mean score is 70.00 (± 15.00), with joint families at 72.00 (± 20.00) and nuclear families at 68.00 (± 10.00). The Z-value of 2.50 indicates a statistically significant difference, suggesting that youth from joint families show lower levels of low resilience than those from nuclear families. Overall, the results show that family structure significantly impacts the resilience levels, and that generally, youth from joint families exhibit higher resilience, especially in moderate and low resilience categories.

Table.5 Influence of spiritual intelligence and resilience in youth from joint and nuclear homes

Family Structure	Co-efficient (β)	Std. Err.	t-value	p-value
Joint Family (n1=38)				
Intercept/Constant	60	15	4	0.0001
Spiritual Intelligence	0.25	0.06	4.17***	0.0003
R ²	0.18			
Nuclear Family (n2=38)				
Intercept/Constant	80	12	6.67	1.23E-09
Spiritual Intelligence	0.15	0.05	3.00***	0.004
R ²	0.15			
Total (N = 76)				

The analysis of the outcome of spiritual intelligence on resilience reveals differential findings for joint families and nuclear families. This model for joint families suggests there is a significant relationship that exists between spiritual intelligence and the measure of resilience with an overall coefficient ($\beta = 0.25$ standard error = 0.06) t-value equals to 4.17, and p-value as 0.0003. This indicates that for every unit increase in spiritual intelligence, the resilience increases by 0.25 units, and the model explains 18% of the variance in resilience ($R^2 = 0.18$). Whereas, for nuclear families youths, the relationship is significant but weaker with a coefficient of 0.15 (standard error = 0.05), with a t-value of 3.00, and p-value of 0.004. This implies that for every unit increment in spiritual intelligence, resilience will go up by 0.15 units, with the model explaining 15% of the variance in resilience ($R^2 = 0.15$). All in all, the result shows that spiritual intelligence boosts resilience in both joint and nuclear families, though stronger among the youth of a joint family than in those of a nuclear family. This would imply that the familial context has a role in the extent by which spiritual intelligence contributes to resilience among youth.

4.2 The effect of spiritual intelligence of resilience among adolescents in joint and nuclear homes.

Resilience Levels by Family Structure: Youth about joint families have a higher average resilience score (128.00 ± 21.30) compared those of their counterparts with nuclear families (123.00 ± 19.70), with a statistically significant difference (t-value = 1.98). This suggests that the supportive environment seen in mixed families may improve resilience in young people. **Spiritual Intelligence and Resilience:** A study found a significant positive association between spiritual intelligence and resilience in joint families, with a coefficient (β) of 0.25 (standard error = 0.06), resulting in a t-value of 4.17 and p-value of 0.0003. This means that for every unit rise in spiritual intelligence, resilience

grows by 0.25 units. The model accounts for 18% of the variation in resilience among kids from joint households ($R^2 = 0.18$). In contrast, kids from nuclear homes show a positive link between spiritual intelligence and resilience, although a lesser one, with a coefficient of 0.15 (standard error = 0.05), a t-value of 3.00, and a p-value of 0.004. The model explains 15% of the variation in resilience for this group ($R^2 = 0.15$), indicating a role for spiritual intelligence. Overall, our data show that, although spiritual intelligence improves resilience in both joint and nuclear families, the impact is stronger in joint families. This shows that the family setting and the intrinsic support structures within joint families may increase the advantages from spiritual intelligence in cultivating resilience among kids.

V. RESULT AND DISCUSSION

There are clear variations in the effects of spiritual intelligence on resilience in adolescents according to family composition. The resilience scores of youth from nuclear households are 123.00 (± 19.70), whereas those from joint families are higher, averaging 128.00 (± 21.30). A t-value of 1.98 indicates that this difference is statistically significant. According to these results, kids are more likely to be resilient because of the support system that is usually associated with mixed families. Furthermore, in joint families, the correlation between spiritual intelligence and resilience is strongest; a regression analysis reveals a coefficient of 0.25, t-value of 4.17, and p-value of 0.0003, indicating that resilience increases by 0.25 units for every unit increase in spiritual intelligence. This model explains 18% of the variation in resilience, suggesting that spiritual intelligence plays a major role in this particular family setup. Spiritual intelligence accounts for 15% of the variation in resilience in nuclear families, although it has a lower impact there (coefficient of 0.15, t-value of 3.00, p-value of 0.004). These findings highlight how one's familial environment affects the correlation between EQ and resiliency. Young people may have developed more resilience as a result of the higher social support and shared values seen in joint families, which may explain why these kinds of families seem to have a more noticeable impact. Spiritual intelligence significantly contributes to resilience, according to this research, and family structure is a major mediator of this relationship.

VI. CONCLUSION

In conclusion, this study reveals that spiritual intelligence exerts a significant influence on the resilience of the youth; the family structure is very crucial to the relationship. The findings revealed that the level of resilience among the youth in the joint family system is higher than those in the nuclear family system. Therefore, the support dynamics typically available in the joint family settings are beneficial for the youth. The analysis further reveals that spiritual intelligence positively contributes to resilience and has a more pronounced effect in joint families. This suggests that fostering spiritual intelligence within young individuals could be an effective strategy for enhancing their resilience, particularly in environments that provide strong familial support. Overall, these insights suggest that interventions that foster spiritual intelligence and strengthen family bonds should be used to better prepare the youth for challenges and develop resilience in their lives.

VII. FUTURE SCOPE OF THE STUDY

The future direction of this study on the impact of spiritual intelligence on resilience among the youth based on family structure shows several promising avenues for conducting further research. Longitudinal studies may be conducted regarding how spiritual intelligence and resilience actually develop over time within different kinds of family structures. In addition, generalizability would be enhanced by a broader population research including diverse demographics of various cultural, socioeconomic, and geographical backgrounds. Of specific interest are the more focused aspects of spiritual intelligence with respect to individual contributions in enhancing resilience. This should also include qualitative methods, such as interviews or focus groups, to get an understanding of personal experiences and perceptions, deepening the dynamics involved.

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