

Effectiveness of Comprehensive Spiritual Intelligence Program on the Level of Stress Among Adolescents in Selected Schools of Gurugram, Haryana

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ABSTRACT

Introduction and objectives: The changing sociocultural and emotional demands of modern life lead to stress related to academic pressures among school-going adolescents. This condition further erodes their mental and academic abilities. The potential for managing high stress levels lies in improved self-awareness, inner peace, and resilience. This study looks into the effectiveness of a Comprehensive Spiritual Intelligence Program in reducing the level of stress among adolescents who are going to school in Gurugram, Haryana.

In this study, the investigator focused on the effectiveness of comprehensive spiritual intelligence program on the level of stress among adolescents in selected schools of Gurugram, Haryana.

The objectives of the study were to assess the effectiveness of comprehensive spiritual intelligence program on the level of stress among adolescents in selected schools of Gurugram, Haryana. The study also aimed to associate the pre and post test level of stress among adolescents with their selected demographic variables.

Pre-Experimental—A one-group pretest and post test design was employed. Sixty adolescents who met the inclusion criteria were selected as participants. A comprehensive spiritual intelligence program was introduced to the adolescents. The Perceived Stress Scale was utilized to assess the levels of stress among the adolescents.

Perceived stress scale was used to assess the level of stress among adolescents. The mean difference between the pretest and post-test was calculated to be -10.38, accompanied by a t-value of 11.88., These scores were highly significant at $p < 0.001$ level suggesting that The comprehensive spiritual intelligence program proved to be efficacious in alleviating stress levels among adolescents. The investigation proposed the establishment of a thorough spiritual intelligence program for adolescents to support them in diminishing their stress levels.

Keywords: Effectiveness, Comprehensive spiritual intelligence program, Stress, Adolescents.

INTRODUCTION

In the fast-changing world today, adolescents are more and more exposed to scholarly pressure, societal expectations, and emotional stressors. These on-going stressors can overwhelm their capacity to adapt well, which makes stress an emerging issue among adolescents. It's estimated that 4.4 out of 10

adolescents aged 10 to 14 experience anxiety disorders, while 5.5 out of those aged 15 to 19 report comparable issues. Depression is believed to affect approximately 1.4% of individuals in the 10 to 14 age bracket and 3.5% of those aged 15 to 19. Both depression and anxiety exhibit numerous overlapping symptoms, including rapid and unpredictable fluctuations in mood. Social stressors such as peer victimization and bullying, which are prevalent during adolescence, are known to have enduring neurological effects. Victims tend to become amenable and withdrawn, whereas perpetrators often display both physical and emotional aggression. Prolonged exposure to such adversities has also been associated with the development of adult stress-related disorders⁵.

Debnam K. et al. (2016) conducted a study involving over 5,000 adolescents in grades 6 to 8 found that high levels of stress were linked with increased substance use, including alcohol and tobacco. Notably, lower levels of spiritual belief were associated with higher substance use, suggesting a protective influence of spirituality in youth⁶.

Activities such as prayer, meditation, and self-reflection—core components of spiritual intelligence—have been shown to improve adolescents' ability to regulate their emotions, reduce impulsivity, and enhance self-understanding⁷.

Embedding spiritual intelligence in the school curriculum nurtures the Holistic Growth model advocated by the National Education Policy (NEP) 2020 of India, which aims to integrate emotional, ethical, and intellectual development with scholastic learning⁸. Considering the context, spiritual intelligence training has great potential to serve as a culturally sensitive school-based program for reducing stress and enhancing resilience among Indian adolescents⁹.

Very few studies in India have focused on specifically examining the effectiveness of a planned comprehensive spiritual intelligence program aimed at adolescents¹⁰. Hence, the current study is much needed and apt, as it aims to assess a planned spiritual intelligence program's potential to alleviate adolescent stress, thereby supporting the academic as well as the emotional growth of young students in Indian schools¹¹.

The objectives of the study were:

- To analyse the Frequency and Percentage distribution of Demographic Variables.
- To assess the pretest level of stress among adolescents.
- To assess the post test level of stress among adolescents.
- To assess the effectiveness of comprehensive spiritual intelligence program by comparing the pre-test and post-test mean scores of level of stress among adolescents
- To determine the association between the level of stress among adolescents with their selected demographic variables

Extensive review of literature was done on Research studies related to related to Spiritual Intelligence, Stress in Adolescents, Intervention of Stress management, Spiritual Intelligence and Stress Reduction.

MATERIAL AND METHODS

A Pre-experimental-one group pretest and post-test design was adapted for the study. The dependent variable was the levels of stress among adolescents and the independent variable was the comprehensive spiritual intelligence program. The study was conducted at selected schools of Gurugram, Haryana.

The Sample size estimated by Purposive sampling technique was 60 and hence the sample size of the study comprised of total estimated 60 adolescents.

The Perceived stress scale was used to measure the levels of stress among adolescents.

The content was validated from 6 experts. An extensive initiative focused on fostering spiritual intelligence was conducted for the adolescents over a duration of seven days.

The interventions were comprehensive, coordinated with adolescents involvement and included perceived stress scale to assess the levels of stress among adolescents, Introduction, Definition of spiritual intelligence and stress, Understanding stress: Causes, symptoms, and impact on mental health, Link between spiritual intelligence and stress reduction, Introduction to meditation and prayer in spiritual intelligence, Role of meditation and prayer in managing stress, Techniques for meditation and prayer.

was given by the researcher for 7 days to the adolescents through power point presentation, lecture and discussion. The post-test was carried out by the investigator after 7 days.

RESULTS

Data analysis was planned by using descriptive and inferential statistics. Frequency and percentage distribution was used to analyse demographic variables. Paired “t” test was used to find the significant difference between the level of stress among adolescent's students. A chi square test was done to determine association between the levels of stress with their selected demographic variables of adolescents' students.

Data were analyzed using descriptive and inferential statistics and are presented in the form of tables and figures according to the objectives of the study.

Statistical Package for Social Sciences (SPSS) version 25 was used for data analysis. A total of 60 adolescents with moderate to severe stress levels were included in the study based on inclusion criteria. The effectiveness of the intervention was evaluated using paired t-tests, and associations with demographic variables were analyzed using chi-square tests.

Table 1:-Comparison of Pretest and Post-test MEAN, S.D. and MEAN% and ‘t’ value of Stress Scores among Adolescents.

N=60

Paired T Test	Mean±S.D.	Mean%	Range	Mean Diff.	Paired T Test	P value	Table Value at 0.05
PRETEST STRESS	23.8±4.758	59.50	7-35	-10.380	11.88 significant	<0.001	2.00
POSTTEST STRESS	13.42±4.366	33.55	3-25				

Interpretation- A paired t-test was conducted to compare stress levels before and after the intervention among 60 participants. The mean pre-test stress score was 23.8 ± 4.76 (59.50%), and the post-test stress score reduced to 13.42 ± 4.37 (33.55%). The mean difference was -10.38. The calculated t-value was 11.88, which is greater than the table value of 2.00, and the p-value was <0.001, indicating that the result is statistically significant.

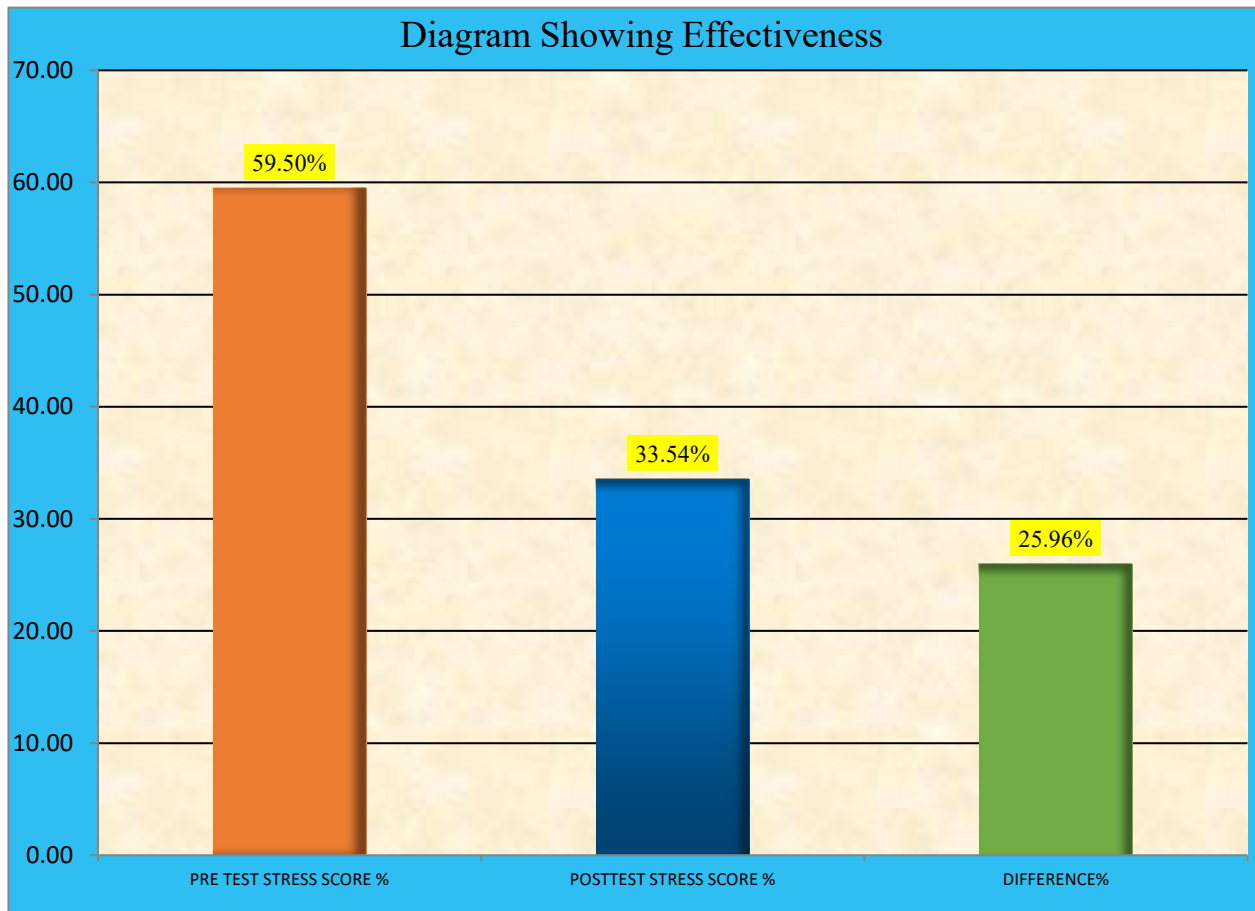


Fig no. 15:- Bar diagram representing difference between pre test and post test scores.

Table 2: Association between Post-test Stress Scores and Selected Demographic Variables
N=60

ASSOCIATION OF PRETEST STRESS SCORES WITH SELECTED SOCIO-DEMOGRAPHIC VARIABLES.									
Variables	Options	HIGH STRESS	MODERATE STRESS	LOW STRESS	Chi Test	P Value	df	Table Value	Result
Age	13-16	0	0	0	2.132	0.344	2	5.991	Not Significant
	17-19	7	25	0					
Gender	Male	10	20	1	2.145	0.342	2	5.991	Not Significant
	Female	6	23	0					
	9th-10th	7	25	0					
	11th-12th	9	18	1					
Religion	Hindu	15	38	1	0.917	0.922	4	9.488	Not Significant
	Christian	0	0	0					
	Sikh	0	2	0					
	Muslim	1	3	0					
Frequency of	Daily	3	23	0	6.508	0.039	2	5.991	Significant

meditation and prayer	Once a week or twice	13	20	1					
Income	<10,001	7	11	0	5.742	0.453	6	12.592	Not Significant
	10,002-29,999	6	18	0					
	30,000-50,000	3	11	1					
	Above 50,000	0	3	0					
Residence	Urban	8	19	0	1.998	0.736	4	9.488	Not Significant
	Rural	8	23	1					
Family	Joint	5	9	1	3.713	0.156	2	5.991	Not Significant
	Nuclear	11	34	0					

Interpretation:

Above table shows the association between demographic variables and the level of stress among adolescents, it was found that there was a significant association between the frequency of meditation and prayer. Students who were exposed "once a week or twice" had higher stress than those with daily exposure, indicating frequency of performing meditation and prayer may influence stress levels.

Summary of Findings

- The mean stress score significantly reduced after implementation of the Comprehensive Spiritual Intelligence Program ($t = 11.88$, $p < 0.001$).
- Post-test stress levels shifted positively, with more adolescents in the low to moderate stress range. No one left in the high stress category after the interventions.
- Demographic factors like frequency of performing meditation and prayer were found to have a significant association with the stress levels.

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