



**RELATIONSHIP BETWEEN BIG FIVE PERSONALITIES, SPIRITUAL
INTELLEGEENCE AND RESILIENCE**

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ABSTRACT

The relationship between characteristic traits in personality, resilience, and spiritual intelligence is a fascinating juncture that merits additional scholarly investigation in the complex field of human behaviour and psychology. In order to shed light on the multifaceted relationships between these foundational ideas and how they affect human understandings and results, this research sets out on this journey. The research aimed to study the relationship between big five personality traits, spiritual intelligence and resilience. Additionally, also aimed to understand how certain personality traits and spiritual intelligence have an effect on the degree of resilience. A sample to 130 young

adults ranging between the age of 18 years to 25 years were administered with Big Five Inventory (BFI) by John et al. (1991), The Spiritual Intelligence Self Report Inventory (SISRI-24) by King David (2008) and Brief Resilience Scale (BSR) by Smith et al.

(2008). The results showed a positive correlation between spiritual intelligence and conscientiousness ($r = .23$) which was found to be significant at 0.05 level, neuroticism ($r = .14$) which was found to be not significant, openness ($r = .58$) which was found to be significant at 0.05 level, and extraversion ($r = .45$) which was found to be significant at 0.05 level. The results further showed the positive correlation between resilience and openness ($r = .25$) which was found to be significant at $p < 0.05$, extraversion ($r = .09$) which was found to be not significant at 0.01 and 0.05 level. Negative correlation was found between resilience and agreeableness ($r = -0.14$) conscientiousness ($r = 0.02$), neuroticism ($r = -0.19$) which was found significant at 0.01 level, and spiritual intelligence ($r = 0.33$) which was found significant at 0.05 level. The liner regression analysis neuroticism personality and spiritual intelligence explained about 17% of negative and positive variance on resilience.

KEYWORDS: Big Five Personality Traits (openness, Conscientiousness, Extraversion, Agreeableness and Neuroticism), Spiritual Intelligence, Resilience, Young Adults

INTRODUCTION

The relationship between individual modifications in personality, resilience, and spiritual intelligence is a captivating juncture that advances further academic examination in the multipart ground of human behaviour and psychology. In order to shed light on the complex relationships between these foundational ideas and how they influence human experiences and results, the research was investigated.

The Big Five personality traits, i.e., conscientiousness, extraversion, agreeableness, and neuroticism are the core tenets of this investigation. Recognized as essential aspects of personality, these features deliver a edifice for understanding how

individuals vary in their motivational, emotional, and social inclinations. Even though aforementioned research has observed meticulously at these characteristics properties in a sum of expanses, more study is required to copiously recognize their multifaceted associations to spiritual intelligence and resilience.

Understanding resilience, often well-defined as one's capability to acclimatize and ornament in the face of harsh conditions, turn out to be essential to grasping how people transaction with life's hindrances. Resilience is a self-motivated paradigm that comprehends the dimensions to endure shocks in addition to the mechanisms for ornamental resilience that encourage psychological expansion and overall welfare. Exploration the linking amongst resilience and the Big Five personality traits divulges how personality abilities can affect an entity's surviving mechanisms and resilience possessions, which sequentially can outline how they respond to hardship.

The element of spiritual intelligence; a multifaceted hypothesis that embraces the capability for otherworldliness, meaning-making, and construction with the consecrated counterparts the study of personality and resilience. Spiritual intelligence delivers a cognitive outline for understanding how individuals engross with existential interrogations, stem denotation from life proceedings, and develop internal resources for piloting existential encounters even supposing spirituality has long been accredited as an outstanding aspect of the human knowledge. Investigating the affiliation between spiritual intelligence, personality, and resilience grasps the probable to irradiate the composite traditions in which people connect their spiritual possessions to figure resilience and deal with privation.

Probing the association between spiritual intelligence, resilience, and the Big Five personality abilities is exclusively imperative when bearing in mind today's issues, which

takes in global contagions, sociopolitical turbulence, and observational uncertainties. People's psychological retorts throughout epochs of predicament are influenced not just by their essential disposition traits but also by their spiritual theories and resilience possessions. Significantly how these rudiments intermingle can be very accommodating in emerging therapies that sustenance psychological wellbeing, existential connotation in the face of destitution, and adaptive surviving instruments.

According to a meta-analysis (Hu et al., 2015) of 60 studies, resilience was positively correlated with mental health, life satisfaction, and positive emotional experience (mean r effect size = 0.50) and negatively correlated with negative indicators of psychological functioning like depression, anxiety, and negative emotional experience (mean r effect size = -0.36). To fully understand a person's psychological functioning and get above the conventionally held, oversimplified definition of mental health as the absence of mental illness and disability, a differentiated treatment of positive and negative signs is necessary (Suldo & Shaffer, 2008).

According to studies, there are generally medium correlations between resilience and the Big Five, with agreeableness and neuroticism having absolute values of 0.31 and 0.46, respectively (Oshio et al., 2018). Additionally, research involving undergraduate and secondary school students indicates that all five traits jointly contribute to resilience, with the percentage of variance explained varying between 27% and 37% (Backmann et al., 2019, Ercan, 2017, Fayombo, 2010, Friberg et al., 2005, Iimura and Taku, 2018). However, one study finds that the Big Five account for 76% of the variance in resilience (Campbell-Sills et al., 2006). The findings suggest that while resilience is somewhat covered by the Big Five personality traits, it also refers to other, more specialised parts of personality that are especially important for coping with the demands of a constantly changing environment.

Spiritual intelligence and resilience are positively correlated, according to several research. Iranian university students' spiritual intelligence and resilience were compared in a study conducted by Charkhabi et al. (2014). The findings suggested that resilience was positively correlated with spiritual intelligence levels. In a similar vein, Zamanian et al. (2015) discovered that training in spiritual intelligence improved the resilience of nurses employed in intensive care units.

METHOD

PROBLEM

To study the relationship between the big five personality traits (openness, Conscientiousness, extraversion, agreeableness and neuroticism), Spiritual Intelligence and Resilience.

OBJECTIVE

- To study the relationship between big five personality traits (openness, Conscientiousness, extraversion, agreeableness and neuroticism) and spiritual Intelligence.
- To study the relationship between big five personality traits (openness, Conscientiousness, extraversion, agreeableness and neuroticism) and resilience.
- To study the relationship between spiritual intelligence and resilience
- To study the effect of spiritual intelligence and big five personality traits (openness, Conscientiousness, extraversion, agreeableness and neuroticism) on Resilience.

HYPOTHESE

- **H0:** There will be no positive correlation between big five personality traits (neuroticism) and spiritual intelligence.
- **H0:** There will no positive correlation between big five personality traits (openness, Conscientiousness, extraversion, agreeableness, neuroticism) and resilience.
- **H1:** There will be positive correlation between big five personality traits (openness, Conscientiousness, extraversion, agreeableness) and spiritual intelligence.
- **H2:** There will be positive relationship between spiritual intelligence and resilience.

DESIGN

Correlation analysis was used to study the relationship between big five personality traits, spiritual intelligence and resilience

VARIABLES

Independent Variable

- Spiritual intelligence and big five personality traits (openness, Conscientiousness, extraversion, agreeableness and neuroticism)

Dependent Variable

- Resilience

SAMPLE

Sample consists of 130 young adults ranging between the ages of 18 to 25 years residing in Delhi NCR. Convenient sampling was used for the collection of data.

TOOLS

- **Big Five Inventory (BFI):** The scale was designed by John et al. (1991). This scale consists of 44 item inventories which is further divided into five division which measures a person's personality in five characteristics traits which were given by (Goldberg, 1993). The scale uses 5 pointer Likert scale ranging from 5 (strongly agree) to 1 (strongly disagree).
- **Spiritual Intelligence Self Report Inventory (SISRI-24):** The tool was developed by King David (2008). The tool consists of 24 items inventories each subdivide into four categories. Each of the statement are designed to measure the thinking process, various behaviour and mental characteristics of the individual. The scale uses a Likert from 0(not at all true for me to 4 (completely true for me).
- **Brief Resilience Scale (BRS):** the tool was developed by Donahue and Kentle (1991). It consists of 6 items in the inventory which trials the ability of an individual to recoil back from a difficult situation. The scale uses the scale uses 5 pointer Likert scale ranging from 5 (strongly agree) to 1 (strongly disagree).

STATISTICAL TECHNIQUE

Pearson correlation was used to study the relationship between big five personality, spiritual intelligence and resilience. Linear regression was used to study the effect of big five personality traits, spiritual intelligence on resilience.

RESULT

Table 1

Pearson's correlation between personality, spiritual intelligence, resilience

	1	2	3	4	5	6	7
1 Spiritual intelligence	-						
2 Agreeableness	.15	-					
3 Conscientiousness	.23**	.39**	-				
4 Neuroticism	.14	.22**	.06	-			
5 Openness	.58**	.39**	.39**	.31**	-		
6 Extraversion	.45**	.44**	.27**	.07	.45**	-	
7 Resilience	.33**	-.14	.02	-.19*	.25**	.09	-

****Correlation is significant at 0.01 level *significant at 0.05 level (p<0.05)**

Table (1) represents the coefficient of correlation between personality, spiritual intelligence, resilience.

The table shows a positive correlation between spiritual intelligence and conscientiousness ($r = .23$) which was found to be significant at 0.05 level, neuroticism ($r = .14$) which was found to be not significant, openness ($r = .58$) which was found to be significant at 0.05 level, and extraversion ($r = .45$) which was found to be significant at

0.05 level. The table further shows the positive correlation between resilience and openness ($r = .25$) which was found to be significant at $p < 0.05$, extraversion ($r = .09$) which was found to be not significant at 0.01 and 0.05 level. Negative correlation was found between resilience and agreeableness ($r = -0.14$) conscientiousness ($r = 0.02$), neuroticism ($r = -0.19$) which was found significant at 0.01 level, and spiritual intelligence ($r = 0.33$) which was found significant at 0.05 level.

Table 2

Linear regression table with neuroticism personality and spiritual intelligence as predictor of resilience

Predictor	Criterion: Resilience								
	B	S. E.	β	t	R	R ²	Adj. R ²	α	F
Spiritual intelligence	.01	.00	.37	4.56**	.41	.17	.16	3.37	13.30**
Neuroticism personality	-.04	.01	-.24	-3.02**					

**significant at 0.01 level ($p < 0.01$)

Table (2) represents the stepwise linear regression with neuroticism personality and spiritual intelligence as predictor of resilience.

Spiritual Intelligence as Predictor of Resilience

- beta coefficient ($\beta = 0.37$) shows a positive relationship with resilience indicating more the spiritual intelligence greater is the resilience of the young adults.

- ($t= 4.56$) shows significant and positive relationship between spiritual intelligence and resilience at 0.01 level.
- ($f=13.30$) shows significant relationship between spiritual intelligence and resilience at 0.01 level.

Neuroticism Personality as Predictor of Resilience

- beta coefficient ($\beta= -.24$) shows a negative relation between neuroticism personality and resilience stating that greater the neuroticism lesser is resilience.
- ($t= -3.02$) shows significant relationship between neuroticism personality and resilience at 0.01 level.

DISCUSSION

The aim of the study was to analyze the relationship between big five personality traits, spiritual intelligence and resilience. The objective of the study was to study the relationship between big five personality traits (Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism) with spiritual Intelligence and resilience. Also to study the relationship between spiritual intelligence and resilience and at last to study the effect of spiritual intelligence and big five personality traits (Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism) on Resilience.

Amrai et al. (2011) conducted correlation research on spiritual intelligence and personality traits on 205 students at University of Tehran using personality traits questionnaire NO-FFI (Costa & McCrae, 1992) and spiritual intelligence scale (King, 2008). The study found results stated that there was positive correlation between conscientiousness, agreeableness, and extroversion and negative correlation between

neuroticism and spiritual while Spiritual intelligence had no relationship with openness, which is partially aligning with the present study finding that state there is positive correlation between spiritual intelligence and conscientiousness ($r = .23$) which was found to be significant at 0.05 level, neuroticism ($r = .14$) which was found to be not significant, openness ($r = .58$) which was found to be significant at 0.05 level, and extraversion ($r = .45$) which was found to be significant at 0.05 level, accepting the hypotheses (H1) stating there will be positive relation between big five personality traits (openness, Conscientiousness, extraversion, agreeableness) and spiritual intelligence and (H0) stating there will be no positive relation between big five personality traits (neuroticism) and spiritual intelligence as there is no significant evidence to support that there is a positive relationship between neuroticism and spiritual intelligence.

A study conducted by Das et al. (2020) conducted a study to evaluate the connection between resilience and personality in young adults. In order to do this, convenience sampling was utilized to choose 150 young adults in the 18–25 age range. The NEO FFI-3 and Resilience Scale were used to evaluate them. The Big Five Factor personality components and resilience were analysed using a Correlational Design to see if there was any evocative correlation between them. According to the research findings, neuroticism and resilience were negatively associated with each other and positively correlated with extraversion, conscientiousness, and openness to new experiences, no significant correlation between Agreeableness and resilience. Partially aligned with the result stated positive correlation between resilience and openness ($r = .25$) which was found to be significant at $p < 0.05$, extraversion $r = .09$ which was found to be not significant at 0.01 and 0.05 level. Negative correlation was found between resilience and agreeableness ($r = -0.14$) conscientiousness ($r = 0.02$), neuroticism ($r = -0.19$) which was found significant at 0.01 level in the present result that showed a correlation between big

five personality traits and resilience that states that there is a significant negative correlation between neuroticism and resilience and significant positively correlation between openness and extraversion. This further confirms the linear regression result that stated that beta coefficient ($\beta = -.24$) shows a negative relation between neuroticism personality and resilience stating that greater the neuroticism lesser is resilience. ($t = -3.02$) shows significant relationship between neuroticism personality and resilience at 0.01 level confirming that neuroticism is a predictor of resilience and that there is significant negative relationship between neuroticism and resilience.

This result further partially accepts the hypothesis (H0) which states that there will no positive correlation between big five personality traits (openness, Conscientiousness, extraversion, agreeableness, neuroticism) and resilience.

A study conducted by Khan et al. (2023) aimed to understand the relationship between perceived stress, spiritual intelligence and resilience. The study was conducted 200 Peshawar university students using tools the spiritual intelligence self-report inventory (SISRI) along with Brief resilience scale (BRS) and Perceived stress scale (PSS). Linear Regression confirmed spiritual intelligence a significant prediction of resilience and perceived stress further confirming a positive relationship with resilience. Similar result was observed in the present study that stated beta coefficient ($\beta = 0.37$) shows a positive relationship with resilience indicating more the spiritual intelligence greater is the resilience of the young adults. ($t = 4.56$) shows significant and positive relationship between spiritual intelligence and resilience at 0.01 level ($f = 13.30$) shows significant relationship between spiritual intelligence and resilience at 0.01 level confirming that spiritual intelligence is a significant predictor of resilience and that there is a positive relationship between spiritual intelligence and resilience. Accepting the

hypothesis H2 that there will be positive relationship between spiritual intelligence and resilience.

CONCLUSION

This study offers an in-depth knowledge on the relationship between big five personality traits, resilience and spiritual intelligence. Through this study we attempted to know how the following five personalities namely openness, Conscientiousness, extraversion, agreeableness and neuroticism) are related with spiritual intelligence and how spiritual intelligence and big five personality traits have an effect over resilience. the study showed spiritual intelligence is a significant predictor of resilience and that there is a positive relationship between spiritual intelligence and resilience stating that individual with higher spiritual intelligence tends to be resilient and has an ability to bounce back from any difficult situations. neuroticism is a predictor of resilience and that there is significant negative relationship between neuroticism and resilience, stating that individual high on negative emotions tends to be lesser resilient while facing a difficult situation and have a hard time bouncing back from difficult situations. Individuals with high level of openness are significantly positive to resilient stating that openness to experience can help an individual to bounce back from adverse situations with the help of new ideas etc. between spiritual intelligence and Conscientiousness personality was significant and positive stating that individual those who are mindful, mentally organised and high on self-control exhibits high level of spiritual intelligence. And spiritual intelligence and Extraversion personality was significant and positive stating increase in extraversion leads to increase in spiritual intelligence or vice-versa. The findings suggests that different mindful practices, yoga, spiritual practices can help an individual with

increase resilience and mental wellbeing and also how increasing different aspects of certain personality traits can also be helpful in increasing resilience such as openness to experience, extraversion.

Due to the study's small sample size, the results cannot be broadly applied to a diverse community. To enable easy population-wide generalization of the results, a larger sample from various regions or areas of the country may be chosen in the future. Since there is no intervention in the current study, treatment-based tactics may be included in the future to address problems as they arise by utilizing various clinical instruments.

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