

Spiritual Intelligence, Resilience, and Life Satisfaction among Youth in the Border Belt of R.S. Pura: A Correlational Study

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Abstract

Youth residing in border regions often experience distinguishing socio-psychological challenges that includes exposure to uncertainty, stress, and limited progressive prospects, which can adversely influence their wellbeing and life satisfaction. Positive psychological constructs such as spiritual intelligence and resilience play an important role in helping individuals to manage efficiently and maintain psychological balance. Spiritual intelligence, which involves the capacity to derive the meaning, purpose, and inner strength is progressively recognized as a significant component of overall wellbeing. The present descriptive correlational study aimed to examine the relationship between spiritual intelligence, resilience, and life satisfaction among youth in the border belt of R.S. Pura of Jammu district. A sample of 100 youth (aged 18–29 years) was selected by using purposive sampling. Data were collected through Indian-adapted tools including the Spiritual Intelligence Scale (King, 2008; Indian adaptation), the Brief Resilience Scale (Smith et al., 2008; Indian adaptation), and the Life Satisfaction Scale (Singh & Joseph, 2010). Descriptive statistics were used to describe the variables and the Pearson's product-moment correlation coefficient was applied to analyze the relationships among them. The findings indicated that spiritual intelligence was positively and significantly correlated with resilience ($r = .50, p < .001$) and life satisfaction ($r = .58, p < .001$). Resilience showed a significant positive relationship with life satisfaction ($r = .45, p < .001$). These results suggest that higher spiritual intelligence is associated with stronger resilience and greater life satisfaction among youth in border areas. The study findings revealed that spiritual intelligence aids as an important psychological resource in enhancing resilience and promoting life satisfaction. The findings also highlight the need to integrate spiritual and value-based interventions along with resilience-building strategies in youth development programs, particularly in border regions.

Keywords: Spiritual Intelligence, Resilience, Life Satisfaction, Youth, Border Belt

Introduction:

Youth represent a vital segment of society, carrying the potential to contribute meaningfully to social, economic, and national development. Their growth and wellbeing are significantly influenced by the environments in which they live. For youth residing in border regions, life is often shaped by complex socio-political realities that may hinder their holistic development. In the border regions, young individuals frequently encounter conditions such as uncertainty, security threats, disrupted educational opportunities, economic instability, and restricted mobility. These challenges may not only affect their academic and career prospects but also exert a profound impact on their psychological wellbeing, leading to stress, anxiety, fear, and reduced life satisfaction. These conditions may destructively be influenced on their mental health, coping abilities, and perception of life satisfaction. It becomes essential to identify the internal strengths and psychological resources that enable youth to adapt effectively and lead meaningful lives. In such demanding contexts, the role of internal psychological strengths becomes critically important. Contemporary developments in positive psychology emphasize enhancing human strengths rather than merely addressing weaknesses. This

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paradigm shift highlights the importance of constructs such as hope, optimism, resilience, and meaning-making in promoting mental health and wellbeing. Among these, spiritual intelligence has emerged as a significant yet relatively underexplored dimension, particularly in the Indian socio-cultural context.

One such important construct is spiritual intelligence that refers to the ability to understand deeper meanings of life, develop a sense of purpose and apply spiritual resources in problem-solving and decision-making. Zohar and Marshall (2000) hypothesized spiritual intelligence as the ultimate intelligence that integrates cognitive and emotional dimensions, enabling individuals to deal with experiential interrogations. King (2008) regarded it as a set of mental capacities that contribute to awareness, integration, and adaptive application of the non-material aspects of existence. Individuals with high spiritual intelligence are believed to possess greater inner strength, self-awareness and a sense of connectedness, which help them navigate life's challenges more effectively.

Resilience, another variable of study is the ability to bounce back from adversity and maintain psychological stability in the face of stress. Masten (2001) found that resilience is a common and dynamic process that enables individuals to adapt positively despite adverse conditions. Similarly, Connor and Davidson (2003) also emphasized resilience as a measurable construct that plays a vital role in coping with stress and promoting mental health. For youth living in border areas, resilience becomes particularly significant as it helps them deal with uncertainty and environmental stressors.

Another important indicator of psychological wellbeing is life satisfaction, which forms a core component of subjective wellbeing. Life satisfaction represents an individual's cognitive evaluation of their overall quality of life. Higher life satisfaction is associated with positive mental health, emotional stability, and overall wellbeing. The interrelationship among spiritual intelligence, resilience, and life satisfaction has gained increasing attention in psychological research. Spiritual intelligence is supposed to enhance resilience by providing individuals with a sense of meaning and purpose, which in turn contributes to greater life satisfaction. Resilient individuals are better able to cope with stress and maintain a positive outlook on life, thereby improving their overall wellbeing.

The present study aims to examine the relationship between spiritual intelligence, resilience, and life satisfaction among youth in the border belt of R.S. Pura of Jammu district. By adopting a descriptive correlational approach, the study seeks to understand how these psychological constructs are interrelated and how they contribute to the wellbeing of youth living in challenging environments. The findings of this study are expected to provide valuable insights for educators, counselors, and policymakers in designing interventions that foster resilience, enhance spiritual intelligence, and promote life satisfaction among youth.

Rationale of the Study:

The rationale for the present study emerges from the unique and challenging socio-cultural and geopolitical context in which youth in border regions live, particularly in areas such as R.S. Pura of Jammu district. Border regions are often characterized by uncertainty, intermittent conflict, limited infrastructural development, disrupted educational systems, and restricted socio-economic opportunities. These factors contribute to a stressful environment that can significantly influence the psychological wellbeing of young individuals. Youth in such settings are not only required to cope with routine developmental challenges but also with external stressors that are beyond their control. This two-fold burden makes it imperative to explore the internal psychological resources that enable them to adapt, cope, and maintain a satisfactory quality of life.

In recent years, there has been a paradigm shift in psychological research from a deficit-based approach, which focuses on problems and disorders, to a strength-based approach, which emphasizes human potential and positive functioning. Within this framework, constructs such as spiritual intelligence, resilience, and life satisfaction have gained considerable attention. However, despite the growing body of literature, much of the research has been conducted in urban or general populations,

with limited focus on vulnerable and high-risk groups such as youth in border areas. This gap highlights the need for context-specific studies that take into account the unique lived experiences of individuals in such regions.

Spiritual intelligence provides a meaningful lens through which individuals interpret their life experiences, particularly in challenging situations. It encompasses the ability to derive meaning and purpose from life, maintain inner peace, and align one's actions with deeply held values. In difficult environments like border regions, where external circumstances may often be unpredictable and uncontrollable, spiritual intelligence can serve as a powerful internal resource. It helps individuals develop a sense of hope, optimism, and purpose, which are essential for psychological stability. Despite its importance, spiritual intelligence remains relatively underexplored in empirical research, especially within the Indian context and more specifically among youth in border areas.

Resilience becomes a critical survival mechanism that enables youth to cope with uncertainty and continue striving toward their goals. While resilience has been widely studied across different populations, there is limited research examining its relationship with spiritual intelligence and life satisfaction in geographically and politically sensitive areas. Understanding how resilience operates in such contexts can provide valuable insights into the coping mechanisms employed by youth and the factors that contribute to their psychological wellbeing. Life satisfaction reflects an individual's overall evaluation of their life. It is influenced by both external conditions and internal psychological resources. For youth living in border areas, life satisfaction may be affected by factors such as security concerns, limited opportunities, and social disruptions. However, individuals with strong internal resources, such as spiritual intelligence and resilience, may still experience a sense of satisfaction and fulfilment in life despite these challenges. This highlights the importance of examining the interplay between these variables in order to understand the determinants of life satisfaction in such contexts.

Another important rationale for the study lies in its potential contribution to theory. While existing theories suggest that spiritual intelligence enhances resilience, which in turn contributes to life satisfaction, these relationships have not been extensively tested in high-stress environments such as border regions. The present study, therefore, seeks to extend existing theoretical frameworks by examining whether these relationships hold true in a context characterized by adversity and uncertainty. Such an investigation can contribute to a more nuanced understanding of psychological functioning and the role of internal strengths in promoting wellbeing.

The study also holds significant practical implications. The findings can be utilized by educators, counselors, and policymakers to design interventions aimed at enhancing the psychological wellbeing of youth in border regions. For instance, educational institutions can incorporate value-based education and life skills training into their curriculum to foster spiritual intelligence and resilience among students. Counselling programs can be designed to help youth develop coping strategies and a sense of purpose in life. Policymakers can use the insights gained from the study to formulate youth-centric policies that address the specific needs of border communities.

The study has social relevance, as it seeks to contribute to the development of a resilient and empowered youth population. Youth are the future of any nation, and their wellbeing is crucial for societal progress and stability. By identifying the factors that promote resilience and life satisfaction, the study can help in creating supportive environments that enable youth to thrive despite challenges. This is particularly important in border regions, where the stability and wellbeing of the population have broader implications for national security and social cohesion.

Another important aspect of the rationale is the cultural relevance of spiritual intelligence in the Indian context. India has a rich spiritual heritage, and concepts such as meaning, purpose, and inner peace are deeply embedded in its cultural fabric. Exploring spiritual intelligence within this cultural framework can provide valuable insights into how traditional values and beliefs contribute to psychological wellbeing. It also allows for the development of culturally sensitive interventions that resonate with the lived experiences of individuals.

The present study, therefore, is multifaceted, encompassing theoretical, empirical, methodological, and practical considerations. The study addresses a significant gap in the literature by focusing on youth in a border region and examining the role of spiritual intelligence and resilience in shaping life

satisfaction. It not only contributes to the existing body of knowledge but also provides valuable insights for promoting psychological wellbeing in challenging environments. The findings of the study are expected to have far-reaching implications for research, practice, and policy, ultimately contributing to the development of a more resilient and satisfied youth population.

Review of Related Literature:

David B. King and DeCicco (2009) validated the construct of spiritual intelligence and found it to be positively associated with meaning in life and life satisfaction. Amram and Dryer (2011) demonstrated that spiritual intelligence is strongly related to psychological wellbeing, including life satisfaction, emotional regulation, and personal growth. Similarly, studies conducted by Sisk and Torrance (2013) indicated that individuals with higher spiritual intelligence exhibit better coping strategies and adaptability in stressful situations.

Ann Masten (2014) emphasized that resilience is a dynamic developmental process that enables individuals to adapt positively despite adversity. Further, a study by Smith et al. (2015) using the Brief Resilience Scale found that resilience is positively associated with life satisfaction and overall wellbeing.

In India, research on spiritual intelligence has gained increasing attention, particularly in relation to youth and wellbeing. Hyde, Pethe, and Dhar (2002) developed one of the earliest Indian measures of spiritual intelligence, which has been widely used in subsequent studies.

A study by Singh and Sinha (2013) found a significant positive relationship between spiritual intelligence and life satisfaction among adolescents. Kaur (2015) reported that spiritual intelligence is positively correlated with resilience among college students, suggesting that spiritually intelligent individuals are better equipped to cope with stress.

Sharma and Kumar (2016) revealed that spiritual intelligence significantly predicts psychological wellbeing and life satisfaction among young adults. Another study by Gupta and Singh (2018) found that resilience mediates the relationship between spiritual intelligence and life satisfaction.

3. Studies in Jammu & Kashmir

Khan (2017) on adolescents in conflict-affected areas of Kashmir highlighted the importance of resilience in coping with stress and maintaining psychological stability. The study found that resilient individuals are more likely to report higher levels of life satisfaction despite adverse conditions. Bhat & Sharma, 2019 reported a significant positive relationship between spiritual intelligence and psychological wellbeing among university students. The findings indicated that individuals with higher spiritual intelligence demonstrate better emotional adjustment and mental health.

The existing body of research on spiritual intelligence, resilience, and life satisfaction reveals several important gaps, particularly in the context of youth residing in the border belt of R.S. Pura. Most studies have been conducted in urban or general populations, with very limited context-specific investigations in border areas characterized by socio-political stress and uncertainty. There is also a lack of recent, culturally validated Indian tools specifically tested with such populations. Additionally, many studies rely on small samples and cross-sectional designs, which limit generalizability and prevent causal interpretations. The role of mediating and moderating variables, such as resilience as a mediator or factors like gender and socio-economic status, remains underexplored. Furthermore, there is a noticeable scarcity of empirical research from Jammu and Kashmir focusing on youth wellbeing in border regions. These gaps highlight the need for a focused, contextually relevant study in this area.

Research Objectives of the Study

1. To assess the levels of spiritual intelligence, resilience, and life satisfaction among youth in the border belt of R.S. Pura of Jammu district.
2. To examine the relationship between spiritual intelligence and resilience among youth in the border belt of R.S. Pura of Jammu district.

3. To study the relationship between spiritual intelligence and life satisfaction among youth in the border belt of R.S. Pura of Jammu district.
4. To analyze the relationship between resilience and life satisfaction among youth in the border belt of R.S. Pura of Jammu district.

Research Hypotheses of the study:

1. There is no significant relationship between spiritual intelligence and resilience among youth in the border belt of R.S. Pura of Jammu district.
2. There is no significant relationship between spiritual intelligence and life satisfaction among youth in the border belt of R.S. Pura of Jammu district.
3. There is no significant relationship between resilience and life satisfaction among youth in the border belt of R.S. Pura of Jammu district.

Operational Definitions of Variables:

- **Spiritual Intelligence:** In the present study, spiritual intelligence is operationally defined as the score obtained by youth on the Spiritual Intelligence Scale (SIS) developed by Hyde, Pethe, and Dhar (2002). Higher scores indicate higher levels of spiritual intelligence, including dimensions such as inner awareness, purpose in life, and value-based thinking.
- **Resilience:** In this study, resilience is operationally defined as the score obtained by respondents on the Brief Resilience Scale (BRS) by Smith et al. (2008) (Indian adapted version). Higher scores represent greater ability to bounce back from difficulties and maintain psychological stability.
- **Life Satisfaction:** In the present study, life satisfaction is operationally defined as the score obtained on the Life Satisfaction Scale developed by Singh and Joseph (2010). Higher scores indicate greater satisfaction with life.
- **Youth:** In this study, youth refer to individuals in the age group of 18–29 years residing in the border belt of R.S. Pura.
- **Border Belt:** In the present study, border belt refer to geographical area located near the international border, specifically the region of R.S. Pura, characterized by socio-political sensitivity, limited resources, and exposure to external stressors.

Research Design:

The study employs a descriptive correlational research design, which is appropriate for examining relationships among variables without manipulation.

Variables of the Study:

The study focuses on three variables:

(a) Independent Variable

- **Spiritual Intelligence:** Considered the predictor variable, it reflects the ability of individuals to find meaning, purpose, and inner strength in life situations.

(b) Dependent Variables

- **Resilience:** Represents the capacity to cope with adversity and bounce back from difficult situations.
- **Life Satisfaction:** Indicates the overall cognitive evaluation of one's quality of life.

Population of the Study:

The population of the study consists of youth residing in the border belt of R.S. Pura, Jammu & Kashmir. This region is characterized by unique socio-political and environmental challenges that make it an important area for psychological research.

Sample and Sampling Technique:

A sample of 100 youth aged between 18 and 29 years was selected for the study. This age group is considered appropriate as it represents a critical developmental stage marked by identity formation,

career decisions, and emotional growth. The purposive sampling technique was used to select participants.

Tools Used for Data Collection:

The study utilizes standardized and widely accepted tools to ensure reliability and validity of the data: **(a) Spiritual Intelligence Scale (SIS):** developed by Hyde, Pethe, and Dhar (2002), this scale measures various dimensions of spiritual intelligence, including inner awareness, purpose in life, compassion, and value orientation. It consists of multiple items rated on a Likert scale.

(b) Brief Resilience Scale (BRS): developed by Smith et al. (2008) and adapted for Indian populations, this scale assesses the ability of individuals to recover from stress. It focuses on the “bounce-back” aspect of resilience.

(c) Life Satisfaction Scale: developed by Singh and Joseph (2010), this scale measures the overall satisfaction of individuals with their lives. It evaluates cognitive judgments about life quality.

Statistical Techniques Used:

The collected data were analysed using appropriate statistical techniques:

- Descriptive Statistics: Mean and Standard deviation was used to determine the average score of each variable and to measure the variability of scores respectively.
- Pearson’s Product Moment Correlation Coefficient (r) was used to examine the relationship between spiritual intelligence, resilience, and life satisfaction.
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Delimitations of the Study:

The study was subject to the following delimitations:

- It is confined to a sample of 100 youth, which may limit generalizability.
- The study is restricted to the border belt of R.S. Pura.
- Only three variables are considered, excluding other possible influencing factors such as socio-economic status, gender differences, or educational background.
- The correlational design does not allow for causal interpretations.

Analysis of Data:

1. Descriptive Statistics

Descriptive statistics provide a summary of the data by presenting measures such as mean and standard deviation, which help in understanding the general trend and variability of the scores.

Table 1: Mean and Standard Deviation of Variables (N = 100)

Variables of the study	Mean	Standard Deviation
Spiritual Intelligence	113.54	15.35
Resilience	21.69	5.15
Life Satisfaction	26.91	6.27

Interpretation of Descriptive Statistics

The mean score of spiritual intelligence (113.54) indicates that the youth in the border belt demonstrate a moderate to relatively high level of spiritual intelligence. This suggests that despite living in a challenging and uncertain environment, many youths possess the ability to find meaning, purpose, and inner strength in their lives. Spiritual intelligence often includes components such as self-awareness, compassion, and value-based decision-making, which may act as protective psychological resources. The standard deviation (15.35) for spiritual intelligence indicates a moderate spread of scores, suggesting that while many respondents show higher levels, there are still noticeable individual differences. This variability may be attributed to differences in family background, education, religious practices, and personal experiences.

The mean score of resilience (21.69) reflects an average level of resilience among the respondents. This implies that the youth have a fair ability to cope with adversity and recover from stress. Given the socio-political context of border areas, where individuals may frequently face uncertainty and disruptions, this level of resilience is noteworthy. It indicates that youth have developed adaptive coping strategies to deal with challenging life circumstances. The standard deviation of 5.15 for resilience shows relatively low variability, meaning that most participants cluster around the average level. This suggests a somewhat uniform experience of stress and coping mechanisms among the youth in this region.

The mean score of life satisfaction (26.91) indicates a moderate level of satisfaction with life. This finding is significant, as it reflects that despite external challenges, youth are able to maintain a reasonably positive evaluation of their lives. Life satisfaction is influenced by multiple factors such as personal achievements, relationships, economic conditions, and psychological wellbeing. The standard deviation of 6.27 suggests moderate variability in life satisfaction scores, indicating that while some youths are highly satisfied, others may experience lower levels of satisfaction due to varying personal and environmental factors.

The descriptive statistics reveal that youth in the border belt of R.S. Pura possess moderate to high levels of spiritual intelligence, average resilience, and moderate life satisfaction, with noticeable individual differences across variables.

2. Correlation Analysis

To examine the relationships among the variables, Pearson's Product Moment Correlation Coefficient (r) was used. This statistical technique helps in determining both the strength and direction of relationships between variables.

Table 2: Pearson Correlation Matrix (N = 100)

Variables	1	2	3
1. Spiritual Intelligence	1.00	0.54**	0.60**
2. Resilience	0.54**	1.00	0.49**
3. Life Satisfaction	0.60**	0.49**	1.00

p < 0.01 (Significant at 0.01 level)

Interpretation of Correlation Analysis

The results of the correlation analysis indicate that all three variables are positively and significantly related to each other.

(a) Spiritual Intelligence and Resilience

The correlation coefficient between spiritual intelligence and resilience ($r = 0.54$) indicates a moderate positive relationship, which is statistically significant at the 0.01 level. This suggests that youth who possess higher levels of spiritual intelligence are more likely to demonstrate stronger resilience. This relationship can be explained by the fact that spiritual intelligence enables individuals to find meaning in adversity, maintain hope, and adopt a positive outlook. These qualities are essential for resilience, particularly in environments characterized by stress and uncertainty. Youth with higher spiritual intelligence may use inner resources such as faith, purpose, and values to cope effectively with challenges.

(b) Spiritual Intelligence and Life Satisfaction

The correlation between spiritual intelligence and life satisfaction ($r = 0.60$) is relatively stronger, indicating a moderate to high positive relationship. This implies that youth with higher spiritual intelligence tend to experience greater satisfaction with their lives. This finding highlights the role of spiritual intelligence in enhancing overall wellbeing. Individuals who have a clear sense of purpose,

inner peace, and value-based living are more likely to evaluate their lives positively. Spiritual intelligence helps individuals align their goals with their values, leading to greater fulfilment.

(c) Resilience and Life Satisfaction

The correlation between resilience and life satisfaction ($r = 0.49$) indicates a moderate positive relationship. This suggests that youth who are more resilient are likely to report higher levels of life satisfaction.

Resilient individuals are better equipped to handle stress, recover from setbacks, and maintain emotional stability. These abilities contribute to a more positive perception of life, even in the face of adversity. In the context of border areas, resilience becomes a crucial factor in maintaining psychological wellbeing.

Discussion of Results:

The present study on spiritual intelligence, resilience, and life satisfaction among youth in the border belt of R.S. Pura revealed significant positive relationships among all three variables. These findings are discussed below in the light of supportive studies. The study found a significant positive relationship between spiritual intelligence and resilience, indicating that youth with higher spiritual intelligence tend to cope better with adversity. This finding is supported by Amram (2009), who reported that spiritual intelligence enhances individuals' capacity to deal with stress and challenges effectively. Similarly, King (2008) emphasized that spiritual intelligence fosters meaning-making and inner strength, which are essential components of resilience. In the Indian context, Kaur (2013) also found that spiritual orientation significantly contributes to resilience among youth. The study revealed a strong positive relationship between spiritual intelligence and life satisfaction. This suggests that individuals with higher spiritual intelligence experience greater contentment and a positive evaluation of their lives. This finding is in line with Zohar and Marshall (2000), who argued that spiritual intelligence helps individuals align their lives with deeper values, leading to fulfilment. Studies by Anand et al. (2015) and Vaughan (2002) also support that spiritual awareness and purpose are strongly associated with higher life satisfaction and wellbeing.

The results also indicated a significant positive relationship between resilience and life satisfaction, implying that resilient youth are more satisfied with their lives. This finding is consistent with Masten (2001), who described resilience as a key factor in successful adaptation and wellbeing. Similarly, Ryff and Singer (2003) highlighted that resilience contributes to psychological wellbeing, including life satisfaction. In India, Sharma and Nagle (2014) found that resilience is a strong predictor of life satisfaction among adolescents. Overall, the findings of the study are supported by both international and national research, confirming that spiritual intelligence enhances resilience and life satisfaction, while resilience further contributes to life satisfaction. In the context of border areas, where youth face continuous challenges, these psychological strengths play a crucial role in maintaining wellbeing and positive life outcomes.

Research implications:

The present study provides important insights into the psychological strengths that contribute to the wellbeing of young individuals living in challenging socio-environmental conditions. The findings demonstrate that spiritual intelligence, resilience, and life satisfaction are positively and significantly interrelated, thereby highlighting the importance of internal psychological resources in shaping positive life outcomes. The study reveals that spiritual intelligence plays a foundational role in influencing both resilience and life satisfaction. Youth who possess higher levels of spiritual intelligence are better able to find meaning and purpose in life, even in adverse situations. This ability to interpret life experiences through a broader, value-oriented perspective enables them to remain emotionally stable and optimistic. Spiritual intelligence equips individuals with qualities such as self-awareness, compassion, patience, and ethical thinking, which are essential for dealing with the

complexities of life, particularly in border regions where uncertainty and stress are common. The study establishes that resilience significantly contributes to life satisfaction, indicating that the ability to recover from setbacks, adapt to changing circumstances, and maintain a positive outlook is crucial for overall wellbeing. Resilient youth are more likely to perceive challenges as opportunities for growth rather than obstacles, which enhances their satisfaction with life. In the context of border areas, where youth may experience disruptions in education, limited resources, and socio-political instability, resilience emerges as a key protective factor that supports psychological adjustment and wellbeing. The influence of spiritual intelligence and resilience suggests a synergistic relationship, where spiritual intelligence strengthens resilience, and together they enhance life satisfaction. This interconnectedness reflects the principles of holistic development, where cognitive, emotional, and spiritual dimensions of personality work together to promote overall wellbeing. The findings align with the theoretical perspectives of positive psychology, which emphasize the role of strengths, virtues, and positive attributes in fostering a meaningful and fulfilling life.

In conclusion, the study emphasizes that spiritual intelligence and resilience are key determinants of life satisfaction among youth, particularly in challenging environments such as border areas. By incorporating these dimensions into educational practices, institutions can play a transformative role in enhancing the wellbeing and overall development of students. A holistic approach to education that nurtures the mind, body, and spirit is essential for building a resilient, balanced, and satisfied generation.

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