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# Correlation between Attitude to Grief, Spiritual Intelligence and Post-Traumatic Growth among Young Adults

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**ABSTRACT:** This study investigated the relationships between Attitude to Grief, Spiritual Intelligence, and Post-Traumatic Growth among young adults. The objectives were to assess the correlations between Attitude to Grief and Post-Traumatic Growth, Spiritual Intelligence and Post-Traumatic Growth, and Attitude to Grief and Spiritual Intelligence. A sample of 100 young adults participated in the study. Self-report measures were used to collect data on the variables of interest. The results revealed a non-significant weak negative correlation between Attitude to Grief and Spiritual Intelligence ( $r = -0.029$ ,  $p = 0.771$ ). However, a significant moderate positive correlation was found between Spiritual Intelligence and Post-Traumatic Growth ( $r = 0.345$ ,  $p < 0.001$ ). No significant correlation was observed between Attitude to Grief and Post-Traumatic Growth ( $r = 0.006$ ,  $p = 0.954$ ). These findings underscore the importance of considering spiritual dimensions and individual differences in the context of post-traumatic growth. Further research is warranted to explore these relationships in diverse populations using longitudinal designs. The implications suggest the promotion of spiritual intelligence and the consideration of attitudes towards grief in interventions aimed at facilitating post-traumatic growth among young adults.

**KEYWORDS:** Attitude to Grief, Spiritual Intelligence, Post-Traumatic Growth, Young adults, Correlation

## I. INTRODUCTION

When someone suffers a profound loss, such as the passing of a loved one or the termination of an important relationship, grief is a complex emotional experience that happens. It can also occur in response to other types of loss, such as the loss of a job or a home.

**ATTITUDE TO GRIEF:** The attitude towards grief refers to an individual's beliefs and expectations about the grieving process. These attitudes can influence how an individual experiences and copes with grief. Research has shown that attitudes towards grief can be influenced by cultural, social, and individual factors. For example, some cultures may view grief as a private and personal experience, while others may view it as a more communal and public experience. Social factors, such as family dynamics or societal expectations, can also shape an individual's attitudes towards grief.

**SPIRITUAL INTELLIGENCE:** Spiritual intelligence is a concept in psychology that refers to the ability to recognize, understand, and apply spiritual and existential concepts and values in daily life. It is based on the premise that individuals have an innate capacity for spiritual awareness, and that this awareness can be cultivated and developed over time. Spiritual intelligence is often defined as a combination of cognitive, emotional, and behavioral abilities that enable individuals to access and apply spiritual knowledge in practical and meaningful ways.

**TRAUMA:** A psychological or emotional reaction to a highly upsetting or unpleasant event or experience is referred to as trauma in the field of psychology. Natural catastrophes, physical or sexual assault, violence, accidents, and other situations when one's safety or wellbeing are under danger can all be considered traumatic experiences. A person's mental health and well-being can be significantly impacted by trauma. It may result in a variety of psychological symptoms, such as sadness, anxiety, post-traumatic stress disorder (PTSD), and other conditions. Relationships, employment, and daily life can all be impacted by trauma.

**POST TRAUMATIC GROWTH:** Post-traumatic growth (PTG) is a concept that refers to positive psychological changes that can occur following a traumatic event. While many people experience distress and negative symptoms in the aftermath of a trauma, such as posttraumatic stress disorder (PTSD), depression, or anxiety, PTG represents the potential for growth and resilience in the face of adversity. PTG has been associated with a range of positive outcomes, including increased levels of psychological well-being, greater appreciation for life, enhanced personal relationships, and a greater sense of personal strength and resilience.

## II. RELATED WORK

Nayak B.P. and Patnaik B. (2023) conducted a research that explored the role of spiritual intelligence in the post-traumatic growth of medical students, including both frontline and non-frontline individuals. The sample consisted of 60 students, evenly split between the two groups. Post Traumatic Growth Inventory (PTGI) and Spiritual Intelligence Self Report Inventory (SISRI) were utilized for measurement. The findings revealed significant differences in post-traumatic growth related to varying levels of spiritual intelligence, particularly in the aspects of personal strength, new possibilities, and spiritual change. While no significant difference was observed between frontline and non-frontline students in overall post-traumatic growth, a distinction emerged in the component of spiritual change. Additionally, a positive correlation between post-traumatic growth and spiritual intelligence was found. These results emphasize the significance of spiritual intelligence in fostering post-traumatic growth among medical students and highlight the specific areas of impact. Eyni S. and Hashemi Z. (2023) conducted a study in which the mediating role of ego resilience was investigated in the relationship between spirituality, trait gratitude, and post-traumatic growth among Iranian veterans with PTSD. The sample included 300 veterans treated at Isar Psychiatric Hospital in Ardabil in 2021. Data collection utilized validated questionnaires assessing traumatic development, trait gratitude, ego resilience, and post-traumatic growth. The results confirmed direct and indirect relationships ( $p < 0.01$ ) between spirituality, trait gratitude, ego resilience, and post-traumatic growth. Notably, spirituality and trait gratitude indirectly influenced post-traumatic growth through ego resilience ( $P < 0.05$ ). These findings suggest that psychological therapies targeting these components may effectively enhance post-traumatic growth in veterans who have experienced trauma. S. Lipp, N., & O'Brien, K. M. (2022). In the context of traumatic grief, the role of mindfulness in facilitating posttraumatic growth (PTG) is not well understood. The purpose of this study was to investigate how PTG, meaning-making, and mindfulness are related in those who have experienced the loss of a loved one. The findings revealed that mindfulness was a significant predictor of higher PTG, particularly for individuals with high levels of traumatic grief. Meaning-making was found to mediate the association between mindfulness and PTG, but mainly for those with low-to-average levels of traumatic grief. The relationship between mindfulness and PTG in severely traumatised people may not be entirely explained by these data, which point to meaning-making as a pathway for PTG. Chen C. and Tang S. (2021) conducted a study that focused on individuals bereaved due to COVID-19 and planned to use latent profile analysis (LPA) to find patterns of protracted mourning, post-traumatic stress, and posttraumatic growth. Four latent profiles—resilience, growth, moderate-combined, and high-combined—were found among the survey's 422 Chinese participants. Membership in distinct profiles was affected by elements including a close relationship with the deceased and assigning COVID-19 as the cause of death. Maladaptive outcomes were linked to the passing of a younger person and the loss of a partner. With an emphasis on resolving conflicts and unsolved issues to promote progress, special consideration should be given to the mental health of bereaved people. Sabra K. (2020) conducted a study the aim of which was to employ a narrative research approach to gain insights into the experiences of spirituality and post-traumatic growth among older adults. Four African American women participated in face-to-face interviews, sharing their personal narratives. The findings revealed how spirituality played a crucial role in their journey of building resilience, practicing forgiveness, seeking social support, nurturing optimism, and finding meaning. This study emphasizes the intertwining nature of trauma, spirituality, and personal development, shedding light on the transformative power of spirituality in overcoming adversity and fostering holistic growth. Spain, B., O'Dwyer, L., & Moston, S. (2019). According to a study on pet death, many mourning pet owners go through disenfranchised grief, where their loss is not acknowledged and they are unable to express their sorrow. This unjustified mourning may have adverse psychological effects and impede posttraumatic development. In the context of pet loss, however, little research has examined the relationship between disenfranchisement and posttraumatic growth. This study aimed to investigate this relationship, along with the role of memorialization and grief severity. Using an online survey, 133 bereaved pet owners completed standardized measures. The results confirmed that disenfranchised grief inhibits posttraumatic growth, especially when grief severity is high. Surprisingly, the study found no significant relationship between memorialization and posttraumatic growth. These findings emphasize the complex interplay between posttraumatic growth, intensity of grief, and disenfranchised grief in the aftermath of pet loss.



III. METHODOLOGY

The objective of the study is to study the Correlation between Attitude to Grief, Spiritual Intelligence and Post Traumatic Growth Among Young Adults. The population selected for research is- young adults. The sample consists of 100 individuals- both male and female. Simple random sampling was used with the inclusion criteria of having experienced grief (loss of a loved one) in the past two years. The tools used are: - Adult Attitude to Grief Scale by L. Machin (2001) which is a 9-item scale. The scale's internal consistency was assessed using Cronbach's Alpha, which was calculated to be .96. The test-retest methodology results in a reliability coefficient of .84. Beck's Hopelessness Scale was used to construct similar scales, and its total score reliability coefficient is computed as  $r = .80$ . Spiritual Intelligence Self-Report Inventory (SISRI-24) by King David (2008) which is a 24-item scale. The SISRI 24 instrument, which assesses spiritual intelligence, has a reliability value of .921. As a result, SISRI 24 is extremely reliable. Post-Traumatic Growth Inventory (PTGI) by Tedeschi and Calhoun (1996) is a 21-item scale. Test-retest reliability ( $r = .776$ ,  $p = .01$ ), internal consistency (Cronbach's alpha = .906), and convergent and discriminant validity of the PTGI were all excellent. The material was kept ready for the participant and made available. An effective rapport was established with the participants. They were made comfortable and after taking their consent for participation, all the instructions were carefully explained to them. It was made sure to They were instructed to respond with the first thought that came to mind naturally. They had to be careful not to omit any questions and to provide a response to each one. They were urged to respond with as much honesty as they could. They were not supposed to indicate what would appear to be the proper thing to say to impress the examiner. Answer every query they had. Proper instructions as mentioned in the manuals were given.

IV. EXPERIMENTAL RESULTS

Table 1. Descriptive Statistics

	N	Mean	Standard Deviation
Attitude to Grief	100	19.26	3.23
Spiritual Intelligence	100	61.15	15.05
Post Traumatic Growth	100	67.80	19.27

Table 2. Correlation Analysis summary

		Correlations		
		Attitude To Grief	Spiritual Intelligence	Post Traumatic Growth
Attitude To Grief	Pearson Correlation	1	-.029	.006
	Sig. (2-tailed)		.771	.954
	N	100	100	100
Spiritual Intelligence	Pearson Correlation	-.029	1	.345**
	Sig. (2-tailed)	.771		<.001
	N	100	100	100
Post Traumatic Growth	Pearson Correlation	.006	.345**	1
	Sig. (2-tailed)	.954	<.001	
	N	100	100	100

\*\* . Correlation is significant at the 0.01 level (2-tailed).



Regression Analysis

Table 3. Model Summary

Model Summary				
Model	R	R Square <sup>b</sup>	Adjusted R Square	Std. Error of the Estimate
1	.964 <sup>a</sup>	.929	.928	18.938

a. Predictors: Spiritual Intelligence, Attitude To Grief

Table 4. ANOVA

ANOVA <sup>a,b</sup>						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	461306.264	2	230653.132	643.114	<.001 <sup>c</sup>
	Residual	35147.736	98	358.650		
	Total	496454.000 <sup>d</sup>	100			

a. Dependent Variable: Post Traumatic Growth

b. Linear Regression through the Origin

c. Predictors: Spiritual Intelligence, Attitude To Grief

d. This total sum of squares is not corrected for the constant because the constant is zero for regression through the origin.

Table 5. Coefficients

Coefficients <sup>a,b</sup>						
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	Attitude To Grief	1.440	.334	.399	4.315	<.001
	Spiritual Intelligence	.643	.104	.575	6.215	<.001

a. Dependent Variable: Post Traumatic Growth

b. Linear Regression through the Origin

V. CONCLUSION

The results of this study provide insights into the associations between attitude to grief, spiritual intelligence, and post-traumatic growth among young adults. The findings indicate that there is no significant relationship between attitude to grief and post-traumatic growth, suggesting that young adults' attitudes towards grief, specifically vulnerability, do not directly influence their level of post-traumatic growth. However, a meaningful positive correlation was observed between spiritual intelligence and post-traumatic growth, indicating that higher levels of spiritual intelligence are associated with increased levels of post-traumatic growth among young adults. These findings highlight the potential importance of spiritual intelligence in fostering post-traumatic growth. Individuals who possess greater spiritual intelligence may be more likely to experience personal growth and positive changes following traumatic experiences. It suggests that interventions and support programs aimed at enhancing spiritual intelligence could be beneficial for promoting post-traumatic growth among young adults. It is important to note that correlation does not imply causation, and there may be other factors influencing these relationships that were not considered in this study. Further research

should explore these associations using more comprehensive methodologies, including longitudinal designs and qualitative approaches. Additionally, investigating additional variables that may influence post-traumatic growth would provide a more nuanced understanding of the factors involved. Overall, this study contributes to our understanding of the connections between attitude to grief, spiritual intelligence, and post-traumatic growth among young adults. It underscores the potential significance of spiritual intelligence in fostering post-traumatic growth and highlights the need for further research in this area to inform interventions and support strategies for individuals experiencing trauma.

**Limitations:** - **Sample Characteristics:** The study's findings may not be generalizable beyond the specific sample of young adults, limiting their applicability to other age groups or populations. **Cross-sectional Design:** The study's design hinders establishing causal relationships between Attitude to Grief, Spiritual Intelligence, and Post-Traumatic Growth. **Self-Report Measures:** Reliance on self-report measures introduces potential biases and may affect the accuracy of the collected data. **Single Assessment Time Point:** Assessing variables at a single time point limits understanding the dynamic nature of Attitude to Grief, Spiritual Intelligence, and Post-Traumatic Growth. **Limited Variables:** The study focused on specific variables, excluding other potential factors that influence post-traumatic growth. **Potential for Common Method Bias:** Using self-report measures may introduce common method biases that could inflate correlations between variables. These limitations provide opportunities for future research to refine and expand upon the findings, ultimately enhancing understanding of the relationships between Attitude to Grief, Spiritual Intelligence, and Post-Traumatic Growth.

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