

# A Study on Sexual Attitude, Spiritual Intelligence and Emotional Maturity of Young Adults

Ms Prabhleen Kaur<sup>1</sup> Miss Freya Vyas<sup>2</sup>

<sup>1</sup>Assistant Professor, Department of Psychology The Bhopal School of Social Sciences, India

<sup>2</sup>Scholar, Department of Psychology The Bhopal School of Social Sciences, India

---

## ABSTRACT

Humans exhibit a dynamic transition during the adolescence period of life. India lives in many centuries at the same time. Indian culture is affected since ancient times in their values, beliefs and attitude due to the rule of different rulers. India is known as the land of spirituality. The art of love making, kamasutra the world oldest literature is written in India. The concept of Emotional maturity is taught in the religious texts. Therefore the purpose of this study was to investigate the correlation of Sexual Attitude and Emotional Maturity, Emotional Maturity and Spiritual Intelligence, and Sexual Attitude and Spiritual Intelligence. A correlation study was conducted on 35 participants from the age group of 21-25. Emotional Maturity scale of Singh and Bhargava, Sexual attitude scale by Amit Abraham and Spiritual Intelligence scale by K.S. Mishra were used in collection of data. A high correlation was found between Emotional Maturity and Spiritual Intelligence of the participants. A moderate correlation was found between the Sexual attitude and Emotional maturity of the participants and a high correlation between the Spiritual intelligence and Sexual attitude of the participants.

**Key Words:** Adolescence, Sexual Attitude, Emotional Maturity, Spiritual Intelligence, Correlation

---

Date of Submission: 10-11-2022

Date of Acceptance: 25-11-2022

---

## I. INTRODUCTION

### 1.1 Sexual attitude

In India, sex is still considered a taboo and only married couples should have physical intimacy. Indians' adults belief that they should not talk about sex in public. Although, looking at the history Indian civilization is the oldest civilization in the world. Indian history depicts the scriptures, paintings and literatures about the sexual practice. Attitude towards sex is also mentioned in the religious texts of Hindus like Vedas, it speaks about the importance of *kama* (sexual pleasure). In today's fast growing words Indian adults are interested in having sexual relations and explore their sexuality. But, people who do have sex before marriage are looked down. The attitude towards homosexuality is not good. People think it's an influence from western culture.

APA defines sexual attitude as the values and beliefs about sexuality. Manifested in a person's individual sexual behavior, these attitudes are based on family and cultural views about sexuality, on sex education (both formal and informal), and on prior sexual experiences. Social psychologists use the term attitude to refer to people's evaluation of almost any aspect of the world. (Nyla and Robert(2005).

A person exhibit the sexual attitude on the basis of the cultural they are born and the experience they had related to the sex. McKinney and Sprecher (1991) referred to sexuality as sexual behavior, arousal, and responses, as well as to sexual attitudes, desires, and communications. Abraham's scale measures an individual's attitude towards five aspects separately, namely premarital sex, monogamy, pornography, lesbianism and homosexuality. Each of these are considered as individual scales.

Premarital sex- **sexual** relations before marriage. Most cultures and religious people usually disapprove the context of sex before marriage. In Indian culture sex after marriage and only with the husband is respected.

Monogamy – It defines as a dynamic and committed relationship with one person for long time. Monogamy is the study of thoughts, behavior and feelings of people who practices monogamous relationship. In history powerful people i.e., the ruler class had the right of polygamy but commoners used to practice monogamy.

Pornography – Is any sexual content consumed visual, written or otherwise. (Chettiar, 2016) research the attitude of male watching porn towards the females it was found that those who held detrimental attitude towards porn also held favorable attitudes towards women.

Lesbianism – Sexual desires and sexual behavior of a female towards the same gender. Homosexuality was accepted in Indian history with Hindu literature Kamasutra accepting the concept of same sex but after the influence of different culture on Indian population consider it as wrong and immoral act.

Homosexuality – It refers to the attraction of people among the same gender. Homosexuality was considered illegal in many countries while India abolished the section 377 in 2018 which punishes the people of same sex indulging in any sexual activity. Indian society still have ambivalent response at the acceptance of homosexuality.

### **1.2 Spiritual intelligence**

For years, finding the meaning of life, achieving the highest self was the goal of the mankind. These questions attracted them towards spiritual intelligence. Trat (2001) reported that spiritual wellbeing has been purposed to provide a significant inner strength to people, especially in times of uncertainty and chaos in life. Spiritual intelligence has been equated with being open, compassionate, more unflapped and buoyant. “Spiritual intelligence is the expression of innate spiritual qualities through your thoughts, actions and attitude”, says Brahma Kumari Shivani in Times of India interview. Indian culture values the importance of God, creature, spirit, good qualities and it’s impact in our life.

Spiritual intelligence is a higher dimension of intelligence that activates the qualities and capabilities of the authentic self (or the soul), in the form of wisdom, compassion, integrity, joy, love, creativity, and peace. Spiritual intelligence results in a sense of deeper meaning and purpose, combined with improvements in a wide range of important life skills and work skills (Zohar, D., Marshall, I. (2001). *SQ: Connecting With Our Spiritual Intelligence*).

Often people confuse spiritual intelligence with religiosity, Spiritual Intelligence means to understand once self/spirit and achieving spiritual attributes like peace, love, bliss and applying that intelligence in our day to day activities through behaviour, thoughts etc. Spiritual intelligence is different from religiosity as religiosity is the set of beliefs, practices mentioned in one’s religion and performed by a person in order to be religious. A person could be spiritually intelligent but not religious and vice versa.

Vaughan (2002) stated that the spiritual intelligence is the consequence of the highest level of individual growth in the fields of cognition, meaning attainment, transcendental and moral communication. Zhohar and Marshal (2000) believe that spiritual intelligence facilitates association between cause and emotion, as well as, body and mind and builds a supportive force for growth and rising. It provides an active, unity, and meaningful center for soul to help people think profoundly about essential subjects and try to solve their daily problems.

Zohar and Marshall (2000) made the statement, “We can use SQ to become more spiritually intelligent about religion. SQ takes us to the heart of things, to the unity behind difference, to the potential beyond any actual expression. SQ can put us in touch with the meaning and essential spirit behind all great religions. A person high in SQ might practice any religion, but without narrowness, exclusiveness, bigotry or prejudice. Equally a person high in SQ could have very spiritual qualities without being religious at all”

### **1.3 Emotional maturity**

In today’s scenario most of the people are facing problem in their life due to lack of management of their emotions. In psychology, emotional maturity is the regulation of one’s emotion to help oneself in performing day to day activities in better way and living a stress free life. D Charles G. Moris defines emotion as a complex affective experience that involves diffuse physiological changes and can be expressed overtly in characteristic behaviour pattern. Maturity in psychology is defined as the maximum functioning that could be attained by a person according to it’s age.

Hence, Emotional maturity is a high and appropriate level of emotional control and expression. According to Walter D. Smitson (1974), Emotional Maturity is a process in which the personality is continuously striving for greater sense of emotional health, both intra physically and intra and intra personally. According to Cole (1954), the most outstanding mark of emotional maturity is the ability to bear tension and it will enable a person to tolerate the frustration they undergo.

L.S. Hollingworth (1928) mentions some characteristics of emotionally mature person in the following points –

1. He is capable of responding in gradation or degree of emotional responses. He does not respond in all or none fashion, but keeps within bounds. If his hat blow off, he does not below up.
2. He is also able to delay his responses as controlled with the impulsiveness of young child.

3. Handling of self-pity, instead of showing unrestrained self-pity, he tries to feel for him.

Singh and Bhargava(1990), Emotional maturity is not only the effective determinant of personality pattern but it also helps to control the growth of adolescent's development. A person who is able to keep his emotions under control, who is able to broke delay and to suffer without self-pity, might still be emotionally stunned and childish.

Singh and Bhargava, Emotional Maturity scale measures:

Emotional Stability – A person having predictable mood in different situations rather than having mood swings. A person who has consistency in the expression of emotions and able to balance the problems of life is said to be emotionally stable person.

Emotional Progression – It is the act of learning to use the emotions in accurate way that bring that bring the feeling of righteousness and satisfaction in one's decision.

Social Adjustment – It is the ability to adapt to the environment a person lives and meet the societal norms and meeting one's on expectation to became a responsible citizen of the society.

Personal Integration - Personality Integration is the process of firmly unifying the diverse elements of an individual's motives and dynamic tendencies, resulting in harmonious coaction and deescalation of the inner conflict (English and English, 1958) in the undaunted expression of behaviour.

Independence – The ability to handle one's life situation without the need or dependent on others. Able to take one's own decisions and handle life problems or difficult situations by their own cognitive abilities.

According to Menninger (1999), "Emotional maturity can be defined as a process in which the personality always determined for better sense of emotional well-being". Emotionally mature person lives a better and peaceful life with good intra and interpersonal relations and able to adapt in the environment efficiently. Adolescence in today's world are facing lot of stress due to academic pressure or becoming successful or relationship issues. Emotional maturity helps to manage these pressures by managing our own emotions.

## **II. Review of Literature**

Prabhakar and Rangiah(2014), studied the relationship between Sexual attitudes, spiritual attitudes and personality among medical and non-medical students. The result shows a significant relationship between sexual attitude, spiritual attitude and personality dimension. Personality dimensions contribute negatively with sexual attitude and positively with spirituality. Neurotic personality contributed positively with sexuality and negatively with spirituality. Medical students had high score on spirituality and allow score on sexuality and vice versa for non-medical students.

Similar study done by Friyani et al. (2019), studied relationship between risky sexual practise and spiritual intelligence among junior high school adolescents. The study was conducted on 302 adolescents selected through Stratified random Sampling. The result indicated a negative correlation between spiritual intelligence and risky sexual behaviour.

Iravani, (2012), acknowledged his analysis of " A study on relationship between Emotional Maturity and marital satisfaction." This study conducted on 150 people found out that there was a significant relation among all 5 dimensions of emotional maturity. There was negative correlation between marital satisfaction and emotional maturity components expect social maladjustment.

Singh and Yadav(2021), studied the difference in spiritual intelligence among undergraduate students of general and professional course, and to compare spiritual intelligence among male and female students. The result of the study shows no significant difference in the spiritual intelligence among students of general and professional course and, male and female students.

Djohan et al. (2021), conducted the cross sectional research with the aim to determine the relationship of sexual attitude and sexual knowledge towards sexual behaviour of students in west Jakarta. The research shows 79.2 % of respondents with low sexual knowledge, 45.6% having negative sexual attitude and 48.2% having risky sexual behavior. Mostly females were indulging in risky sexual behaviour and males were having low sexual knowledge.

Patel et al.(2020), conducted a research on the topic " A study of Sexual Attitude it's bearing to Sexual knowledge and strength of Religious Faith among college going youth in Ahmedabad city". The aim of the study is to find out the strength of religious faith and sexual knowledge among the 299 college going students. The result of the study shows that there is a significant association found between students having greater sexual knowledge and a stronger religious faith.

Sharma and Srivastava(2020), conducted research with the aim to compare the emotional intelligence, spiritual intelligence and values of modern and indigenious secondary school students. The result of the study suggested significant difference between emotional intelligence of modern and indigenious school students. Emotional intelligence of indigenious school students were high and the spiritual intelligence of modern school students were low and there were significant difference between values of modern and indigenious school students.

Upadhyae et al. (2020), Research topic was “ A study on emotional maturity in an adolescent group studying in a higher secondary school in western India”. The aim of the study is to assess the emotional maturity level of adolescents and the significant difference in the emotional maturity level of boys and girls. The result shows no significant difference in the emotional maturity level of boys and girls. Among 173 participants 70.5% students have Average emotional maturity and 21.3% had above average emotional maturity and 5.2% had below average emotional maturity level.

Yolanda et al. (2022), conducted research on students of SMA Nigeria “X” Lhoksewnawe. The aim of the research is to find the relationship between Religiosity and emotional maturity with free sex behaviour for students of Nigeria council. The result shows negative correlation between religiosity and free sex behaviour and emotional maturity and free sex behaviour.

Dev et al. (2018), did correlational quantitative research on university students at Malaysia. The aim of the study is to find the relationship between Emotional Intelligence, Spiritual Intelligence and self-efficacy on health behaviour. The result found out that there is positive correlation between spiritual intelligence and emotional intelligence. Spiritual intelligence has positive correlation with self-efficacy. There was positive correlation between Emotional Intelligence and spiritual intelligence on health behaviour.

Asci et al. (2018), conducted a descriptive study on university students of Turkey. The aim of the study was to examine the variation in sexual attitudes of university students depend on the demographical characteristics (age, gender, marital status, family type, smoking and alcohol use). There was no change in sexual attitude was noticed on the basis of marital status. Students belonging to broken family had higher participation in birth control compare to students with nuclear and extended family. Students below the age group of 21 were less permissive compared to students above the age group of 21. Thus, there was significant relationship between sexual attitude and socio-demographical characteristics of university students.

Luquiset et al. (2011), conducted research on college students. The aim of the study is to find the religiosity, spirituality and sexual attitude and sexual behaviour among college students. The result shows 78% males and 68% females had engaged in sexual intercourse. 53% male and 54% females reported they used condom while having first intercourse. Females reported slightly more positive attitude towards birth control. Women also reported high level of religiosity then men.

Sahebalzaamaniet et al. (2013), studied the relationship between Spiritual Intelligence with psychological well-being and purpose in life. The result found out that there is significant relationship between spiritual intelligence with psychological well-being and purpose in life. High level of spiritual relationship improves psychological well-being and having a purpose in life. Sathpathy and Samanta (2020), studied the various dimensions associated with spiritual intelligence and human behaviour. The information was gathered from the secondary data collected from various research papers. Pant and Srivastava (2019) studied the impact of Spiritual Intelligence, gender and educational background on mental health among college students. The result of the study showed that there is positive correlation among all of them. Some researchers found females to be more spiritual than male (Pant and Srivastava 2019), (Khan and Singh 2013). Smart (2014) concluded Spiritual intelligence has influence on students achievements. Thus, it can be concluded that Spiritual intelligence has a role in healthy behaviour and it has effect on holistic development of an individuals.

### **Objective**

1. To study the relation between Sexual Attitude and Spiritual Intelligence.
2. To study the relation between Spiritual Intelligence and Emotional Maturity.
3. To study the relation between Sexual Attitude and Emotional Maturity.

### **Hypothesis**

1. There will be a significant correlation between Sexual Attitude and Spiritual Intelligence.
2. There will be a significant correlation between spiritual intelligence and Emotional Maturity.
3. There will be a significant correlation between Emotional maturity and Sexual attitude.

## **III. METHODOLOGY**

This study is a quantitative correlational research. The aim is to find out the significant correlation between Sexual attitude and Emotional maturity, Sexual attitude and Spiritual Intelligence, Spiritual Intelligence and Emotional Maturity.

### **Variables**

This research include the variable Sexual Attitude, Spiritual Intelligence, Emotional Maturity, Adolescence .

### **Sample**

The participants for the study were randomly selected in the age group of 21-25. A total of 35 participants including Under Graduate, Post graduate students and employed people were randomly selected.

**Tools**

**1. Sexual Attitude scale**

The scale was developed by Amit Abraham (1997). This instrument is a 70 item scale designed to measure five dimensions of sexuality. 14 statements on premarital sex, 14 statements on Polygamy, 16 statements on Pornography, 14 statements on Lesbianism and 12 statements on Homosexuality. The subscales are designed on a five point scale. Chronbach alphas reliability of test –retest ranging from .82 to .69 and spilt half reliability ranging from .93 to .83. Validity was found to be fairly high as t-value greater than 1.75.

**1.1 Premarital Sex:** All items of the Premarital Sex Dimension are positively worded, statements are assigned a weight of 4, 3, 2, 1, and 0 for strongly agree, agree, undecided, disagree and strongly disagree respectively.

**1.2 Polygamy:** The 14 statements of polygamy are favorable and unfavorable type. Unfavorable statements are No. 3, 5, 6, 8, 11, 12, and 14. The scoring of unfavorable items are 0,1,2,3,4.

**1.3 Pornography:**The 16 statements of pornography are favorable and unfavorable type. Unfavorable statements are numbered 1, 4, 5, 7, 10, 12,13 and 16.

**1.4 Lesbianism:** The 14 statements of lesbianism are favorable and unfavorable type. Unfavorable statements are No. 1, 4, 6, 7, 10, 12, and 13.

**1.5 Homosexuality:** the 12 statements of are favorable and unfavorable type. Unfavorable statements are No. 3, 5, 6, 8, 9, and 10.

	Strongly Agree	Agree	Undecided	Disagree	Strongly Disagree
Favorable	4	3	2	1	0
Unfavorable	0	1	2	3	4

**2. Emotional maturity scale**

The scale was developed by Dr. Yashvirsingh and Mahesh Bharagava. It is a self- reporting five point scale. The instrument contains 48 questions from 5 dimensions of Emotional maturity.

They prepared a list of Five broad Factors of emotional maturity which is given below :

**2.1 Emotional Stability** – Emotional Stability refers to the characteristics of a person that does not allow him to- react excessively or given to swings in' mood or marked changes in any emotive situation. The emotionally stable person is able to do what is required of him in any given situation.

**2.2 Emotional Progression** – When a person is able to express the emotions in a proper way. It refers to a feeling of adequate advancement and growing vitality of emotions in relation to the environment.

**2.3 Social adjustment** – Social Adjustment refers to a process of interaction between the needs of a person and demands of the social environment in any given situation, so that they can maintain and adapt a desired relationship with environment.

**2.4 Personality integration** – Personality Integration is the process of firmly unifying the diverse elements of an individual's motives and dynamic tendencies, resulting in harmonious coaction and de-escalation of the inner conflict.

**2.5 Independence** – Independence is the capacity of a person's attitudinal tendency to be self-reliant or of resistance to control by other's where he can take his decision by his own judgement.

10 statements on emotional stability, 10 questions on emotional progression, 10 questions from social adjustments, 10 questions from Personality integration, 8 questions from Independence. The greater the total score on the scale represents high emotional immaturity. The validity of the scale is .64 and reliability is .75. Items of the scale are in question form demanding information for each in either of the five options mentioned below :

Very Much	Much	Undecided	Probably	Never
5	4	3	2	1

**3 Spiritual Intelligence Scale**

The scale was developed by K.S. Mishra. Related to the meaning of spiritual intelligence and based on personal experience the author constructed a 42 statement which denotes the reasoning of Spiritual matters. Split half reliability coefficients for the Spiritual Intelligence Scale are.864 for the UGPG sample (N=180) and .852 for the 9-11 sample (N=160). The values of cronbach alpha are .890 and .874 respectively. A five point Likert scale was used for collecting the response. The five responses are:

Strongly Agree	Agree	Undecided	Disagree	Strongly Disagree
5	4	3	2	1

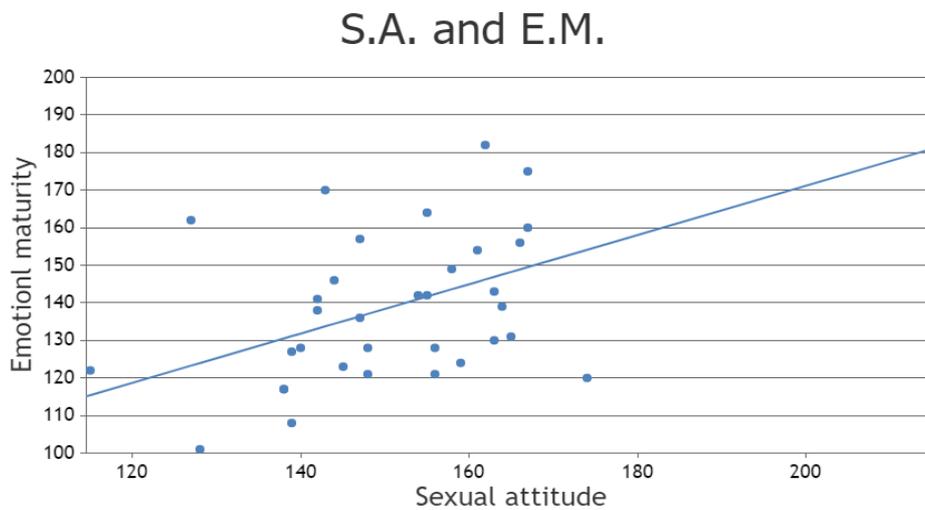
**PROCEDURE**

Before the administration of the test, the purpose of research was discussed with the sample population. Then the test was administered. After the administration of the test to the selected samples the scoring was done strictly in accordance with the directions in the test manual. The collected data was statistically analyzed through mean, and correlation of the three scales. The detailed interpretation is given below.

**Results and Interpretation –**

The sample size of 35 people from under graduation, post-graduation and employed background were taken for the survey. The participants were from age group of 21-25. The aim of the study is to find out the Sexual attitude, Spiritual intelligence and Emotional maturity level of the sample. The mean of all the three scales of all the participants is given in the table below-

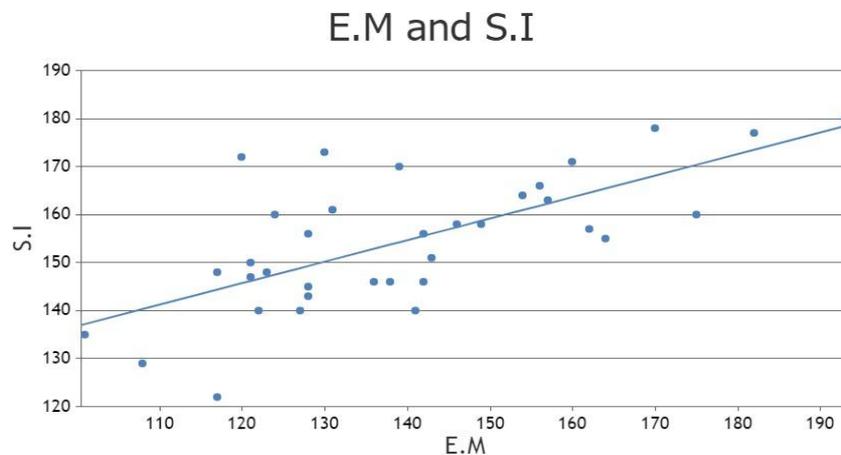
Mean of Sexual Attitude	Mean of Spiritual intelligence	Mean of Emotional Maturity
152.28	139.85	154.6



**Figure 1.1 Correlation between the Sexual attitude and Emotional maturity of young adults**

The study find out the correlation between sexual attitude and emotional maturity that is 0.5248. The graphical representation of this correlation is given in above table.

All the participants in the study were either in the range of Emotionally immature or Extremely Emotionally immature. Sexual attitude is the evaluation of a person views on sex or sex related activities. The participants show unfavorable attitude towards pre-marital sex, unfavorable attitude towards polygamy, favorable attitude towards pornography, favorable attitude towards lesbianism and homosexuality. Overall, the sexual attitude of the participants was low.



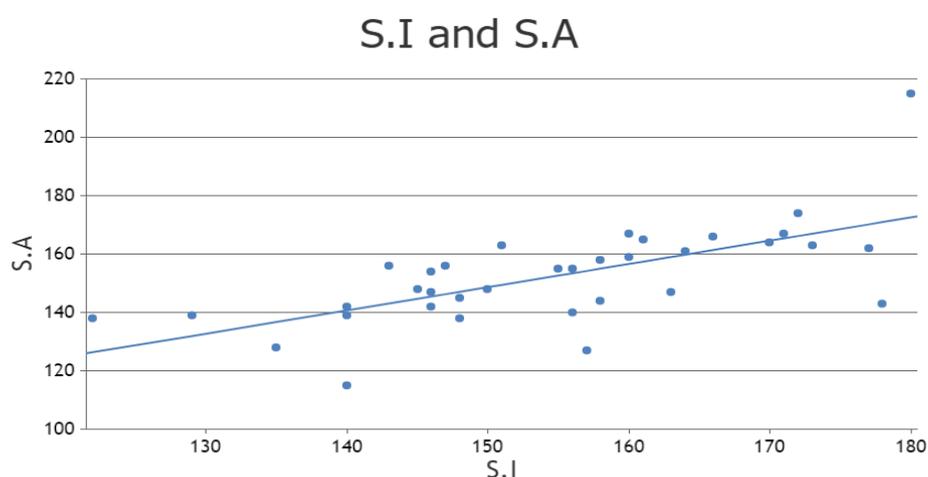
**Figure 1.2 Correlation between Emotional Maturity (E.M) and Spiritual Intelligence(S.I) of young adults.**

The correlation ( $r$ ) between the spiritual intelligence and emotional maturity is 0.68. It shows that they both are highly correlated.

In current scenario the world around adolescents are changing a lot and they are faced with different kind of stress in their daily life. Emotional maturity and spiritual intelligence helps in the overall development of an individual. The Emotional maturity of the participants were low, the raw score was either around 107 or above it which interpret that they are emotionally immature.

The spiritual intelligence of the participants are:

45.7%	Average Spiritual Intelligence
37.14%	Below Average Spiritual Intelligence
11.4%	Above Average Spiritual Intelligence
5.7%	Extremely low Spiritual Intelligence
2.8%	Low Spiritual Intelligence



**Figure 1.3 Correlation between Sexual Attitude (S.A) and Spiritual Intelligence (S.I)**

The study shows that participants had low sexual Attitude and most of them had average and below average Spiritual Intelligence. The correlation between Spiritual Intelligence and Sexual Attitude is  $r = 0.65$ . The decrease in sexual attitude may lead to decrease in spiritual intelligence.

#### **IV. DISCUSSION AND CONCLUSION**

India is the country of diverse cultures. The Indus valley civilization is the earliest known culture found in the Indian subcontinent. Indian land faced the immigration of many foreigners and thus got influenced by their culture as well. Many religions still survive in India with Hindu being the majority. Hindu religion accepted the importance of sexual pleasure and people at early Vedic period had positive attitude towards sex. Literature like Kamasutra, talks about the love making and the art of living life and the famous erotic sculptures made at the walls of Khajuraho temple.

Nowadays in the modern culture, sex is a taboo in India. Polygamy and pre-marital sex is looked down and controlling ones desire till marriage is respected. In the fast growing world, India is highly influenced by the concept of western culture. The attitude of Indian adolescents is changing towards sex. In this study, we saw that adults of the age group of 21-25 have low sexual attitude. They have favorable attitude toward homosexuality, lesbianism and pornography. The concept of homosexuality was considered illegal in India till 2018 when the bench of 5 judges abolished the Section 377.

LGBTQAI+ community protested a lot on the removal of section 377 which consider same sex physical intimacy as a punishable crime. The protest raised awareness among people especially the younger generation who started accepting the LGBTQ+ community and even fight for their rights. This may cause people to understand the concept of LGBTQ+ and their problems, struggles and situations. The easy access to internet and legalization of watching porn in India cause significant negative impact on the minds of young adults like porn addiction, increase in aggression and distorted views about sexuality. Research shows favorable response which shows adolescents are indulge in watching and enjoying the pornography.

Pre-marital sex is still considered taboo in many parts of India. Especially women are considers to be “pure” before marriage. Many Indian marriages broke up if women are found to be non-virgin. The Indian culture has the concept and values of not indulging in any form of sexual behavior before marriages. The

awareness towards sex through the raising of sex education and changing views of adults on sex cause them to have favorable attitude towards it. The Indian supreme court also considers the concept of pre-marital sex as legal.

Polygamy is having more than one sexual partner, participants had unfavorable attitude towards polygamy. Since ancient times polygamy was only practiced by aristocrats and commoners were indulge in monogamy. Indian culture refuse to accept the concept of polygamy and having one sexual partner for the whole life is consider correct and respectful by the society. Hence, the respondents in the study also had unfavorable attitude towards polygamy. Increase in Sex education will make people aware about sex.

In the world where everyone is striving hard to be successful people face lot of emotional turbulence. Emotionally mature is the person who is striving to achieve greater control of the emotion, is able to express and regulate the emotions and manage their emotions according to the situation and demand of the environment. Emotional maturity defines the part of the personality and helps in the growth and development of an individual.

Low score in Emotional Maturity defines that a person is not able to manage their emotions and regulate them properly. It also cause them problem in building and maintaining a healthy relationship with others. Emotionally immature people usually face anxiety, act impulsively and not able to control their emotions in adverse situations. They are incapable of making authentic decisions. An emotionally immature person should try:

- Mindfulness is the act of focusing on one thing at a time and not entertaining the rushing thoughts of mind. One should give full attention at the present moment.
- Meditation helps to increase the calmness and release of the hormone Serotonin, that helps in mood regulation.
- Journaling helps in becoming aware of our own emotions and thought patterns.
- Setting healthy boundaries helps in accepting the things that we want and need instead of getting carried away by our emotions.
- Therapy is a great way to come across our emotions, accepting them and work on them.

People are affected by their environment and the family background. We should focus on it as it helps us in becoming self-aware and provide us insight about our behavior. Becoming emotionally mature is a process that anyone could access with regular practice and determination.

Spiritual intelligence is the ability to feel and become aware of one's own soul and it's attributes like compassion, truth, bliss, values. A person with high spiritual intelligence is able to solve one's life problem in better way as they have attained the higher spiritual self and have values like forgiveness, hope, maintaining peace, humility etc. Spiritual intelligence in the participants were average and below average which must had helped them to tackle the life problems and staying firm on the values.

Adolescence is the critical age group in the life of an individual. People go through many transition of life, Education, Work, Job, Relations etc. Spiritual intelligence helps in achieving our high self and developing positive qualities in life that will indeed be beneficial for the development of the people. Spiritual intelligence helps us in guiding our path and achieving it with determination. People can increase their spiritual intelligence by following spiritual entities that are influencing people and meditation as both will help in achieving insight and becoming self-aware, reflecting on how we behave with others and observing it, etc.

Study showed moderate positive correlation between Sexual attitude (S.A) and emotional maturity (E.M). Sexual attitude is the way we perceive things related to sex and our values and beliefs related to it. Sexual attitude is depending on the environment we live, family background, peer group, social media, teachers, education etc. Emotional maturity in adolescence is significant for being assertive, handling competition stress, able to express the emotions, developing empathy and in social adjustment. High correlation between S.A and E.M. defines that if emotional maturity of a person increases it will lead to greater awareness about one's sexual attitude and preferences in life towards sex.

High positive correlation between Emotional Maturity and Spiritual Intelligence provides us the information that an increase in emotional maturity will lead to increase in spiritual intelligence. Spiritual intelligence helps in finding out the values and purpose of life in relation to the knowledge gained about soul of self. It helps us in developing compassion, higher and deeper meaning, values, understanding others and self. Emotional maturity helps in taking responsibility of our actions, developing empathy and expressing it, able to handle situations without showing unhealthy negative emotions. Thus, spiritual intelligence and emotional maturity are related to one another for the holistic development of an individual.

There is high positive correlation between Spiritual intelligence and Sexual attitude, it tells us that a person having increased awareness about self and the values of life, found deeper meaning in life, able to understand others, recognize one's own needs are better able to find their own sexual needs and values, beliefs related to sex. It is essential to understand our own beliefs and following it. This is done by people who have high spiritual intelligence as it can lead to increase awareness about sexual beliefs and hence forming a healthy sexual attitude. Spiritual intelligence helps them to avoid risky sexual practices.

## REFERENCES

- [1]. Abdullahi, S. H., & Hussein, A. (2015). Educational challenges in post-transitional Somali. Mogadishu: Heritage Institute for Policy Studies. Abraham, A., (1997). Sexual attitude scale, National Psychological Corporation, Agra, India
- [2]. Asci, O., Gokdemir, F., Kanbay. Y. (2018). "Examination of Sexual attitudes of students in a University in Turkey" Published in International Journal of Health Science and Research. 6(6). 245-253
- [3]. Cole (1944) Degrees of Emotional Maturity. <http://www.ukessays.com/essays/psychology/degreesofemotional-maturity-psychology-essay.php> Retrieved on 21 March 2015.
- [4]. Djohan, P. B., Hasan, S., and Tjhay, F., (2021). "Relationship among sexual knowledge, Sexual attitudes and sexuabehaviour of junior High school students, West Jakarta". Article in Journal kedokteranBrawijaya, 31(3), 193 – 198 10.21776/ub.jkb.2021.031.03.12
- [5]. Dev, R. D. O., Kamalden, T.F.T., Abdullah, M.C, Geok, SK., Ayub, A. F. M., Ismali, I.A.,(2018). "Emotional Intelligence, Spiritual Intelligence, Self Efficacy and Health Behaviour: Implications for Quality Health". Published in International journal of Academic research in business and social sciences, 8(7), 794-809, <https://dx.doi.org/10.6007/15ARBSS/v8-i7/4420>
- [6]. English, H.B. and English, A.G. (1958). A Comprehensive Dictionary of Psychological and Psychoanalytical Terms. New York : David McKay Co., INC.
- [7]. Fitriyani, P., Setiwan, A., Simak, V.F.(2019). "The Relationships between Risky Sexual Practises and Spiritual Intelligence of Adolescents in Indonesia" Article in Comprehensive child and Adolescent nursing, 10.1080/24694193.2019.1578298
- [8]. Gupta, M. G.(2012). "Spiritual intelligence and emotional intelligence in relation to self efficacy and self-regulation among college students"
- [9]. Hussain, A., Iahan, M., Nishant, A., Siddiqui, R. N., and Abram, M.,(2011). Spirituality Attitude scale, Prasad Psycho Corporation, New Delhi
- [10]. Iranani, M. R., and Mosani, S. E., (2012). "An investigation of the Role of Religious beliefs and Spiritual Intelligence in marital Satisfaction" Article in Managemnt Science letters, 2(2012), 927-932, 0.5267/j.msl.2011.10.012
- [11]. Kandre, D., patel, A., and SHarma, P.,(20200). "A study of Sexual Attitudes, it's bearing to sexual knowledge and strength of Religious Faith among college going youth in Ahmedabad city" Article in International journal of Contemporary Medical research,7(5) <http://dx.doi.org/10.21276/ijcmr.2020.7.5.17>
- [12]. Khan, I., and Singh, N.(2013). "A study on gender difference on gratitude, spirituality and forgiveness among school teachers". International Journal of Applied Sciences and Engineering, 1(1), 9-14.
- [13]. Luquis, R. R., Brelsford, G.M., Guyler, L.R., (2011). "Religiosity, Spirituality, Sexual Attitudes and exualbehaviours among college students". Article in Journal of Religion and Health. 51(3), 601-613. 10.1007/sio943-011-9527-z
- [14]. McKinney, K., & Sprecher, S. (1989). Human Sexuality: The Societal and Interpersonal Context. Norwood, NJ: Albex Publishing Co.
- [15]. Nyla R. Branscombe and Robert A. Baron(2016). Social Psychology, 13<sup>th</sup> Edition, Pearson, pp 140, ISBN-13: 978-0-205-20558-5
- [16]. Pant, N., and Srivastava, S. K.,(2019). "The impact of spiritual intelligence, gender and Educational background on mental health among college students" Journal of religion and health, 58(1), 87-108
- [17]. Prabhakar, T., and Rangaiah, B.,(2014), "The spiritual relationship between sexual attitudes, spiritual attitudes and personality among Medical and Non-Medical students". Ph.D. thesis submitted to Pondicherry University
- [18]. Rani, L., and Kumari, V.,(2019). "Emotional Maturity and Family environment" in International journal of creative research thoughts, 7(4), 784-789
- [19]. Sahelbalzaonani, M., Frarahani, H., Abasi, R., Taleba, M.,(2013). "The relationship between Spiritual intelligence with Psyhologicalwell being and purpose in life of nurses" Article from Iranian Journal of nursuing and midurfery research 18(1), 38-41.
- [20]. Satpathy, T.K., and Samanta, S., (2020). "Influence of spiritual intelligence on human Psychology". In WutanhuatanJisuanJishu, XVI(X), 666-679
- [21]. Sharma, A., and Srivastava, S., (20200). "A comparative study : Emotional intelligence, Spiritual Intelligence and Value of Students in Modern and Indegenious secondary schools" Thesis submitted to Dayalbagh Educational Institute
- [22]. Singh, A., and Yadav. S., (2021). "A comparative study of Spiritual intelligence among students of General and Professional courses". Article in International Journal of Multidisciplinary Educational Research,10(7,6) 17-21, <http://ijmer.in.doi./2021/10.07./19>

- [23]. Singh Y. and Bhargava, M. (1990). Manual for Emotional Maturity Scale (EMS). National Psychological Corporation, Agra, India.
- [24]. Smartt, M. (2014). "The relationship of spiritual intelligence to achievement of secondary students".
- [25]. Smitson, W.S. (1974). The meaning of emotional maturity. MH, Winter 58, 9-11
- [26]. Trat, C.T. (2001), Personal communications with Len Tischler
- [27]. <https://timesofindia.indiatimes.com/what-is-spiritual-intelligence/articleshow/5343214.cms>
- [28]. Upadhya, H. M., Chaudhary, J., Kapadia, J., Patel, J., Pandya, C., Singh, S.U., (2020). "A Study on emotional maturity in an adolescent griup studying in a higher secondary school in western India" published in International journal of Indian Psychology, 8(4), 72-77. 10.25215/0804.011
- [29]. (Vaughan, F. (2002). Journal of Humanistic Psychology. Vol. 42 (2), 16-33.)
- [30]. Yolanda, C. L., Parinduri, M.A., and Nuraini, (2022). "Relationship between Religiosity and Emotional maturity with free sex behaviour for students of SMA Negeria council of Lhokseumame". Journal published in Budapest International Research and Critics Institute, 5(3), 20600-20613. <https://doi.org/10.33258/iri.v5i3.6079>
- [31]. Zohar and Marshall. (2000). SQ: Spiritual intelligence: The ultimate intelligence. London: Bloomsbury.

Ms Prabhleen Kaur, et. al. "A Study on Sexual Attitude, Spiritual Intelligence and Emotional Maturity of Young Adults." *IOSR Journal of Humanities and Social Science (IOSR-JHSS)*, 27(11), 2022, pp. 17-26.