

The Impact of Spiritual Well Being on Self Concept Clarity and Emotional Intelligence Among Adults

Sharanya Sajwan^{1,*}, Smriti R. Sethi²

Abstract

Spiritual well-being (SWB) plays a vital role in shaping psychological resilience, emotional regulation, and self-awareness. This study examines the impact of spiritual well-being (SWB) on self-concept clarity (SCC) and emotional intelligence (EI) in adults aged 20-40, while also exploring age and gender differences. SWB, defined as a sense of purpose, inner harmony, and connectedness, influences psychological resilience and emotional regulation. Using the Spiritual Well-Being Scale (SWBS), Self-Concept Clarity Scale (SCCS), and Emotional Intelligence Scale (EIS), correlation and regression analyses reveal significant positive associations. SWB predicts SCC ($B = 0.199$, $p = 0.003$, $R^2 = 0.141$) and EI ($B = 0.208$, $p = 0.038$, $R^2 = 0.072$), with a stronger effect on SCC, suggesting that individuals with higher SWB have a clearer sense of self and better emotional regulation. Age-related differences indicate that older adults (31-40) report higher SWB and SCC than younger adults (20-30), supporting the notion that spirituality becomes a stronger psychological resource over time. However, gender differences in the relationship between SWB, SCC, and EI are not statistically significant, suggesting that the influence of spirituality operates similarly across genders. These findings emphasize the interconnected nature of spirituality, identity clarity, and emotional regulation, underscoring SWB as a foundational factor in psychological resilience. Enhancing SWB can lead to greater self-understanding, emotional balance, and overall mental well-being. Future should explore causal mechanisms, cultural variations, and longitudinal effects to further understand how SWB influences identity development and EI over time. This research has practical implications for mental health interventions, suggesting that incorporating spiritual practices could strengthen self-identity and emotional stability. Mental health professionals, educators, and wellness programs may benefit from integrating spiritual techniques to foster resilience, emotional regulation, and a sense of purpose, ultimately supporting a more balanced and fulfilling life across adulthood.

Keywords: Spiritual well-being, self-concept clarity, emotional intelligence, psychological resilience, emotional regulation, spirituality, mental health, age differences, mindfulness, meditation, self-awareness, emotional stability

INTRODUCTION

Spiritual well being

Spiritual well-being is essential for psychological and emotional health, providing a sense of purpose that fosters resilience and motivation. This aligns with Viktor Frankl's Logotherapy, which highlights the role of meaning in well-being. Inner peace, achieved through practices like meditation and prayer, promotes emotional balance and stress management. Connectedness—with oneself, others, nature, or a higher power—reduces loneliness and enhances emotional well-being. Ethics and values guide moral decision-making, boosting self-esteem and integrity. Transcendence, through faith,

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creativity, or service, helps individuals find deeper meaning and cope with existential concerns. By embracing these elements, individuals can lead a more fulfilling and balanced life.

Self-Concept Clarity

Self-concept clarity (SCC) refers to how clearly, consistently, and stably individuals understand their identity, values, and personality. High SCC is linked to self-esteem, psychological well-being, and confident decision-making, while low SCC leads to confusion, anxiety, and emotional instability. Key features of SCC include self-perception consistency, temporal stability, and low self-contradiction, ensuring a stable sense of self across situations. Those with high SCC trust their beliefs and decisions, fostering resilience and confidence. In contrast, low SCC individuals often struggle with identity conflicts and self-doubt. A strong SCC foundation enhances personal stability and overall well-being.

Emotional intelligence

Emotional Intelligence (EI) refers to the capacity to identify, comprehend, regulate, and impact emotions in oneself and others. Popularized by Daniel Goleman, EI comprises five core elements: self-awareness which enhances decision-making and personal growth; self-regulation, which helps control impulses and manage stress; motivation, driving perseverance and goal achievement; empathy, fostering meaningful relationships and conflict resolution; and social skills, enabling effective communication and leadership. Together, these elements shape emotional balance, interpersonal success, and overall well-being in both personal and professional life.

The Impact of Spiritual Well-Being on Self-Concept Clarity and Emotional Intelligence

Spiritual well-being fosters self-connection, inner peace, and personal growth, playing a crucial role in shaping self-concept clarity (SCC) and emotional intelligence (EI). It strengthens SCC through self-reflection, mindfulness, and authentic living, providing a stable sense of identity and reducing self-doubt. Additionally, spiritual well-being enhances EI by increasing self-awareness, emotional regulation, and empathy, while promoting stress management through gratitude and acceptance. The link between SCC, EI, and spirituality is profound—self-understanding supports emotional control, while emotional regulation reinforces self-identity. Ultimately, spiritual well-being nurtures resilience, self-acceptance, and deeper interpersonal connections.

Rationale

Spiritual well-being enhances self-concept clarity (SCC) and emotional intelligence (EI) by fostering self-connection and emotional balance. SCC involves a stable, well-defined self-identity, strengthened by spiritual practices like meditation and mindfulness, which encourage self-reflection, purpose, and authenticity. Spiritual well-being also reduces self-doubt and internal confusion, promoting self-acceptance and inner peace. Similarly, it enhances EI by increasing self-awareness, emotional regulation, empathy, and resilience. Spirituality fosters introspection, stress management, and compassion, improving emotional stability and social connections. The link between SCC, EI, and spirituality is profound, as a strong self-identity supports emotional intelligence, while emotional regulation reinforces self-concept.

REVIEW OF LITERATURE

Hayman et al. (2007) [3] investigated the relationships between spirituality, body image, self-esteem, and stress in a sample of 204 college freshmen who identified as highly spiritual. The study found a positive correlation between spirituality and self-esteem, while self-esteem was negatively associated with stress. Spirituality functioned as a protective factor in this relationship. Regarding gender differences, no significant variations in spirituality were observed between men and women. However, among men, higher spirituality was linked to lower body surveillance—an aspect of body image—whereas this association was not found in women. Despite this, women reported greater body image dissatisfaction compared to men.

Cherian, Kumari, and Sinha (2021) [2] investigated academic resilience in undergraduates, focusing on its relationship with self-concept, spirituality, and emotional maturity. The study involved 300

students (150 males, 150 females) and utilized standardized measures, including the Academic Resilience Scale and the Self-Concept Rating Scale. Regression analysis revealed significant positive associations among these variables, with emotional maturity emerging as the strongest predictor of academic resilience, exerting a greater influence than self-concept and spirituality. These findings highlight the critical role of emotional maturity in helping students overcome academic challenges and succeed despite obstacles.

Singh and Imran (2024) [6] examined how spirituality influences self-esteem and life satisfaction in young adults (18–25) through a survey-based study. Using standardized measures and statistical analyses, they found a strong positive correlation, with spirituality significantly predicting both self-esteem and life satisfaction. The study suggests spirituality as a protective factor for psychological well-being and advocates its integration into mental health interventions.

Błażek (2012) [1] explored the connection between self-concept clarity, religiosity, and overall well-being, focusing on how religiosity mediates the relationship between self-concept clarity, life purpose, and self-esteem. The study found that self-concept clarity serves as a strong predictor of both an individual's sense of meaning and self-worth. Additionally, having an intrinsic religious orientation was linked to a heightened sense of life purpose, whereas a quest religious orientation correlated with greater self-esteem. Further analysis demonstrated that the combination of self-concept clarity and intrinsic religious orientation strengthened an individual's sense of purpose, reinforcing the mediating role of religiosity in this association. Likewise, the interplay between self-concept clarity and quest religious orientation was found to influence self-esteem, highlighting the impact of religiosity in shaping the connection between self-concept clarity and psychological well-being.

Tischler, Biberman, and McKeage (2002) [8] explored the link between self-concept clarity, religiosity, and well-being, emphasizing how religiosity influences life purpose and self-esteem. They found that individuals with clear self-concept experience greater meaning and self-worth. Intrinsic religiosity strengthened life purpose, while quest religiosity was linked to higher self-esteem. Their analysis highlighted religion's mediating role in shaping identity and psychological well-being.

Hosseini and Anari (2011) [4] examined the relationship between spiritual and emotional intelligence in enhancing life quality. Using a correlational study with 424 students from Isfahan University, they found a strong link between the two, with each reinforcing the other. Spiritual intelligence fostered positive traits, while emotional intelligence aided social connections and personal growth, highlighting their combined role in well-being.

Paek (2006) [5] examined the relationship between religiosity and emotional intelligence (EI), an area that has not been widely explored. This study assessed the connection between religiosity—measured through religious orientation and behavior—and perceived EI using self-report assessments from 148 adult Christians who regularly attended church. The results indicated a positive correlation between intrinsic religious orientation and perceived EI, particularly in emotional understanding and both emotional and cognitive empathy. Among behavioral measures of religiosity, only emotional understanding was associated with behavioral indices. Additionally, individuals with different levels of religious commitment, as reflected in church involvement and ministry service, exhibited significant variations in perceived EI. While both attitudinal and behavioral aspects of religiosity predicted perceived EI, attitudinal religiosity had a stronger predictive influence. The study also addresses the implications of these findings and acknowledges its limitations.

Skrzypińska (2024) [7] conducted extensive research on the impact of emotional and spiritual intelligence on well-being and mental health. This comparative study examined emerging adults in higher education in Israel and India, exploring the relationships between emotional intelligence, spiritual intelligence, King DB (2009) [9] anxiety, depression, and life satisfaction. The results from Israel

showed a positive correlation between emotional intelligence and life satisfaction, while in India, only spiritual intelligence was linked to life satisfaction. Additionally, in both countries, female participants scored higher across all measured variables than male participants. The study offers preliminary insights into these findings and their implications [10].

METHODOLOGY

Aim: To study the impact of spiritual well-being on self-concept clarity and emotional intelligence.

Objectives

1. To examine the age differences in the impact of spiritual well-being on self-concept clarity and emotional intelligence in adults.
2. To study the relationship between spiritual well-being and self-concept clarity in adults.
3. To study the relationship between spiritual well-being and emotional intelligence.
4. To study Spiritual well-being as a prediction of self-concept clarity in adults.
5. To study Spiritual well-being as a prediction of emotional intelligence in adults.

Hypothesis

H1: There will be no significant age differences in the impact of spiritual well-being on self-concept clarity and emotional intelligence in adults.

H2: There will be no significant relationship between spiritual well-being and self-concept clarity in adults.

H3: There will be no significant relationship between spiritual well-being and emotional intelligence.

H4: Spiritual well-being does not significantly predict self-concept clarity.

H5: Spiritual well-being does not significantly predict emotional intelligence in adults.

Sample

The sample for this study will consist of two age groups of adulthood 20-30 & 31-40, representing the adulthood stage of life. Both male and female subjects will be included in equal proportions to allow for a comprehensive analysis. Total sample of 120 participants were selected.

Inclusion Criteria

Participants for this study will include adults aged 20 to 40 years, divided into two groups of 20-30 & 31-40 as this is the time period of transitioning from young adulthood to middle adulthood, hence have different perspectives on spirituality. The study will include adults from a variety of different settings, such as colleges, office workers, to ensure diverse representation. Both male and female subjects will be included to allow for an exploration of gender and age differences in spiritual well-being and its impact on self-concept clarity and emotional intelligence.

Exclusion Criteria

The study excludes participants outside the 20–40 age range to focus on young and middle-aged adults. Adolescents (under 20) are excluded as their self-concept clarity is still developing, and EI is shaped more by external factors. Older adults (above 40) are excluded due to greater self-concept stability and life experiences that may introduce confounding variables. Those with cognitive or psychological impairments are excluded to ensure reliable responses. Additionally, individuals without spiritual practices are excluded, as the study examines spiritual well-being. This targeted approach ensures a clearer analysis of its impact on SCC and EI.

Variables

1. *Independent Variable (IV):*

- Spiritual Well-Being
2. *Dependent Variables (DV):*
- Self-Concept Clarity (SCC):
 - Emotional Intelligence (EI):

Tools

The SWBS assesses spiritual well-being through Religious Well-Being (RWB), reflecting one’s relationship with a higher power, and Existential Well-Being (EWB), related to life meaning and purpose. It is widely used in psychological and health research. The SCCS measures self-concept clarity—how defined, consistent, and stable one’s self-concept is—linking higher scores to greater self-esteem and psychological stability. The EIS evaluates emotional intelligence, including self-awareness, self-regulation, motivation, empathy, and social skills, which are crucial for emotional and interpersonal competence.

Procedure

Ethics approval was obtained, and informed consent was secured before data collection. Data were gathered through an online survey (Google Forms) shared via social media, email, and other platforms. Participants completed a demographic questionnaire followed by three standardized measures: Spiritual well being scale (SWBS), self concept clarity scale (SCCS) and emotional intelligence scale(EIS) assessing attention, memory, and executive functioning. Statistical analyses examined correlations, mediating effects, and group differences to explore whether Spiritual well being impacts self concept clarity and emotional intelligence among adults

RESULTS

“Spiritual Well-Being” (SWB) is significantly higher in the older group. The t-value (-3.36) and p-value (0.001) confirm the difference. Older adults report higher SWB, possibly due to life experiences, maturity, and deeper spiritual perspectives.

“Self-Concept Clarity” (SCC) is significantly higher in the older group (31-40) compared to the younger group (21- 30). The t-value (-6.95) and p-value (0.000) indicate a significant difference. This suggests SCC increases with age, meaning older adults have a clearer and more stable self-concept. “Emotional Intelligence” (EQ) is significantly higher in the younger group. The positive t-value (6.78) and p-value (0.000) indicate a significant difference.

Younger adults (21-30) have higher EQ compared to the older group, suggesting better emotional regulation and adaptability (Table T-test).

Table T-test

In all Tables 1, 2 and 3, SWB shows a significant positive correlation with SCC (.586 in the first table and .376 in the second table, both at $p < .01$).

Table 1. Correlation analysis

Variable	Age- group	Mean	Sd	T-value	Sig
Spiritual- well being	21-30	80.27	15.067	-3.36	.701
	31-40	89.37	14.084		
Self-concept clarity	21-30	35.40	7.975	-6.95	.071
	31-40	47.45	9.887		
Emotional intelligence	21-30	118.53	11.673	6.78	.448
	31-40	95.85	10.727		

Table 2. Age group of 20-30, $p < .01$ (**) indicates a highly significant correlation

Variables	SWB1	SCC1	EQ1
SWB1	1	.376**	.268*
SCC1	.376**	1	.283*
EQ1	.268*	.238*	1

$P < .05$ (*) indicates a significant correlation

Table 3. Age group 31-40, $p < .01$ (**) indicates a highly significant correlation

Variables	SWB2	SCC2	EQ2
SWB2	1	.586**	.493**
SCC2	.586**	1	.471**
EQ2	.493**	.471**	1

$P < .05$ (*) indicates a significant correlation

This suggests that individuals with higher spiritual well-being tend to have a clearer self-concept.

SWB also has a significant positive correlation with EI (.493 in the first table and .268 in the second table, both at $p < .01$ or $p < .05$).

This implies that greater spiritual well-being is associated with higher emotional intelligence, meaning individuals who experience a sense of purpose and inner harmony may be better at regulating emotions.

REGRESSION ANALYSIS

Regression Analysis (Tables 4–11)

The regression results as shown in Tables 4–11 varying predictive strengths of emotional intelligence (EQ) and self-concept clarity (SCC) across two age groups. For the 20–30 age group, SCC1 (In Table 4, $R = .376$, $R^2 = .141$) and EQ1 (In Table 6, $R = .268$, $R^2 = .072$) indicate weaker predictive power. In contrast, the 31–40 age group shows stronger relationships for SCC2 (In Table 5, $R = .586$, $R^2 = .343$) and EQ2 (In Table 7, $R = .493$, $R^2 = .243$).

Table 4. SCC1 (Age group 20-30) as “dependent variable”

model	R	R ²	Adjusted R ²	Std. error
1	.376	.141	.126	7.455

Table 5. SCC2 (Age group 31-40) as “dependent variable”

model	R	R ²	Adjusted R ²	Std. error
1	.586	.343	.332	8.083

Table 6. EQ1 (Age group 20-30) as “dependent variable”

model	R	R ²	Adjusted R ²	Std. error
1	.268	.072	.056	11.342

Table 7. EQ2 (Age group 31-40) as “dependent variable”

model	R	R ²	Adjusted R ²	Std. error
1	.493	.243	.230	9.411

Table 8. EQ2 (Age group 31-40) as “dependent variable”

model	R	R ²	Adjusted R ²	Std. error
1	0.376	0.141	0.126	7.455

Table 9. Predicting scc1.

model	R	R ²	Adjusted R ²	Std. error
1	0.586	0.343	0.332	8.083

Table 10. Predicting scc2.

model	R	R ²	Adjusted R ²	Std. error
1	0.268	0.072	0.056	11.342

Table 11. Predicting EQ2

model	R	R ²	Adjusted R ²	Std. error
1	0.493	0.243	0.230	9.411

Repeated regression models shown in Tables 8–11 confirm these results, suggesting that individuals aged 31–40 demonstrate higher emotional stability and self-concept clarity, leading to stronger predictive relationships between EQ and SCC.

DISCUSSION

The aim of this study is to assess the impact of “spiritual well-being” on “self-concept clarity” and “emotional intelligence” in adults.

The study explored age-related differences in self-concept clarity (SCC), spiritual well-being (SWB), and emotional intelligence (EI) while also examining the relationships between these psychological constructs. Findings from an independent samples t-test revealed that adults aged 31–40 exhibited significantly higher levels of SCC and SWB compared to their younger counterparts aged 20–30. In contrast, younger adults demonstrated greater EI, suggesting that different age groups may develop these psychological attributes at varying rates.

Further analyses showed a significant positive correlation between SWB and SCC in both age groups, with a stronger relationship observed in the older group. This suggests that spiritual well-being plays a crucial role in shaping one's self-concept clarity, with its influence becoming more pronounced with age. Similarly, a positive relationship was found between SWB and EI across both age groups, with regression analyses indicating that SWB accounted for a greater proportion of variance in EI among older adults. This pattern suggests that as individuals age, their spiritual well-being may have an increasingly significant impact on their emotional intelligence.

Regression analyses further confirmed that SWB was a key predictor of both SCC and EI, with stronger effects in the 31–40 age group. Specifically, SWB explained a larger percentage of variance in SCC and EI among older adults, reinforcing the idea that spiritual well-being becomes more integral to psychological development over time. These findings suggest that fostering spiritual well-being could contribute to greater self-concept clarity and emotional intelligence, particularly in adulthood. Given these results, the null hypotheses for all tested hypotheses were rejected, emphasizing the critical role of spiritual well-being in psychological development across different stages of adulthood.

CONCLUSION

The presented study is entitled “The impact of spiritual well-being on self-concept clarity and emotional intelligence among adults”. The study included three psychological tests, namely spiritual well-being scale, self-concept clarity scale, and emotional intelligence scale. The sample included 120 participants (60 young adults and 60 older adults).

Findings were as follow

The findings from the study indicate that spiritual well-being has a significant impact on both self-concept clarity and emotional intelligence in adults, with notable differences across age groups. Overall,

the results suggest that spiritual well-being is a key factor in shaping self-awareness and emotional functioning in adults, and its influence tends to be more pronounced as individuals grow older.

Suggestions

1. Practice Mindfulness & Meditation – Activities like mindfulness, prayer, or meditation enhance inner peace, self-awareness, and spiritual well-being.
2. Reflect Through Journaling – Writing about experiences and values clarifies identity, goals, and beliefs, improving self-concept clarity.
3. Incorporate Values-Based Education – Teaching spiritual and ethical principles in schools and workplaces fosters holistic growth and purpose alignment.
4. Enhance Emotional Literacy – Training in emotional awareness, empathy, and regulation strengthens emotional intelligence and interpersonal skills.

Limitations

1. The research is only based on the young adult population.
2. The data collected by conducting interview could have led to more appropriate findings and would have led to more appropriate conclusions.
3. The cultural differences and background of the participants during the study were left ignored. It might have revealed some other findings and conclusions.
4. The sample size was small i.e., 120 which can be the plausible explanation for not a huge significant difference.

Recommendations for the Future Research Work

- *Sample Size & Diversity*: Include participants from varied cultural, regional, and socio-economic backgrounds for broader generalizability.
- *Expand Age Groups*: Studying older age ranges (41–50, 51+) can reveal how spiritual well-being, self-concept clarity, and emotional intelligence evolve over time.
- *Examine Gender Differences*: Investigate whether gender moderates the relationship between spiritual well-being and psychological variables.
- *Adopt Longitudinal Studies*: Tracking changes over time can provide stronger causal insights into spiritual well-being's impact on self-concept clarity and emotional intelligence.

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