



**UNIVERSITI PUTRA MALAYSIA**

**EFFECTS OF SPIRITUAL INTELLIGENCE-GRATITUDE TRAINING  
ON SPIRITUAL QUOTIENT OF IRANIAN ADOLESCENTS**

**MARYAM HOSSEINI**

**FPP 2011 2**

**EFFECTS OF SPIRITUAL INTELLIGENCE-GRATITUDE TRAINING ON  
SPIRITUAL QUOTIENT OF IRANIAN ADOLESCENTS**

**By**

**MARYAM HOSSEINI**

**Thesis Submitted to the School of Graduate Studies, Universiti Putra  
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Philosophy**

**March 2011**

## DEDICATION

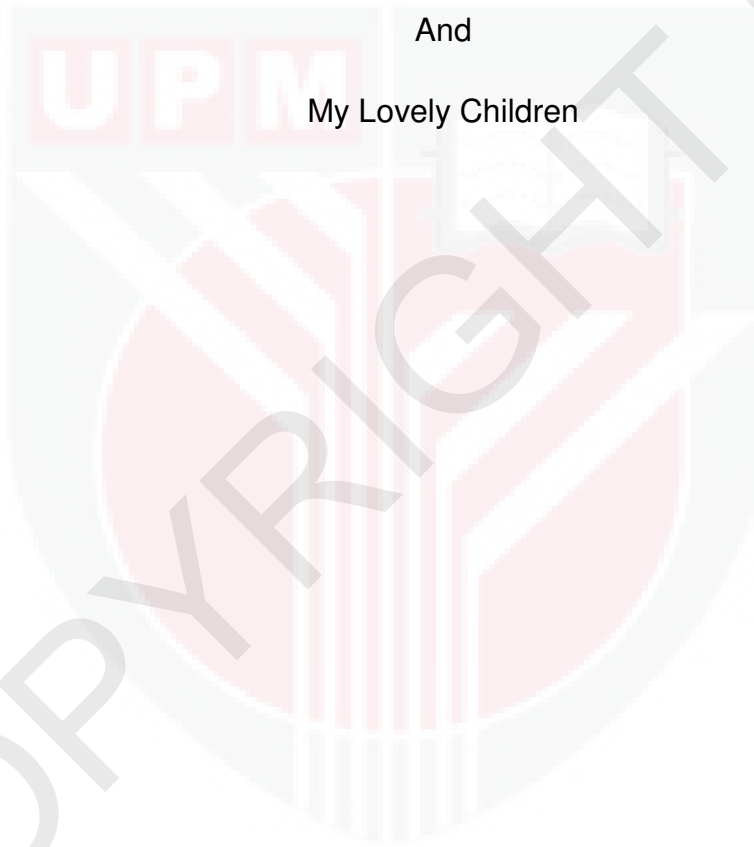
This work is dedicated to

My Dear Parents

My Lovely husband

And

My Lovely Children



Abstract of thesis presented to the Senate of Universiti Putra Malaysia in fulfillment of the requirement for the degree of Doctor of Philosophy

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**Chairman: Professor Habibah Elias. PhD**

**Faculty: Educational Studies**

Adolescents are in desperate need of the skills, knowledge, and competencies to moderate the worldliness of the 21<sup>st</sup> century. The understanding that emanates from wisdom when applied to spirituality is spiritual intelligence. Hence, the main goal of the current study was to determine whether SI-G (Spiritual Intelligence – Gratitude) training results in measurable increases in SQ (spiritual intelligence). The present quasi-experimental study examined the effect of SI-G training on spiritual intelligence among Iranian students (n = 34) from one private, Iranian school in Kuala Lumpur. We evaluated the effects of the SI-G training program on overall SQ and 22 subscales. Spiritual intelligence was measured using an adapted version of the Integrated Spiritual Intelligence Scale (ISIS) (Amram and Dryer, 2007) to assess students' spiritual intelligence before the training, at the conclusion of the training and three weeks following the training.

Results of the pre-test showed that most of the students scored low on the overall SQ ( $M=3.96$ ) while the subscale Gratitude showed the lowest score ( $M=2.75$ ) among the 22 subscales. At the conclusion of the training, t-tests indicated significant improvements in SQ and some subscales of the ISIS, like: Gratitude, Joy, Acceptance, Mindfulness, Optimism, Self acceptance, sacredness and Egolessness. Three weeks after the training, a follow-up test was conducted revealing a drop in scores on some of the subscales. After comparing the results with the pre-test, however, the training program showed significant, positive increases in SQ. The results lend initial support to the assertion that with SI-G training, spiritual intelligence and its subscales can be enhanced, although three weeks may not be sufficient to make the changes sustainable.

Abstrak tesis yang dikemukakan kepada Senat Universiti Putra Malaysia  
sebagai keperluan untuk ijazah Doktor Falsafah

**KESAN LATIHAN Spiritual PERISIKAN-berterima kasih di QUOTIENT  
Spiritual PARA REMAJA Iran**

Oleh

**MARYAM HOSSEINI**

**March 2011**

**Pelgerusi: Professor Habibah Elias, PhD**

**Fakulti: Pergajian Pendidikan**

Remaja sangat memerlukan kemahiran, pengetahuan, dan kompetensi untuk menyesuaikan diri dengan keadaan dunia dalam abad ke-21. Pemahaman yang berasal dari kebijaksanaan yang di aplikasi dalam hidup adalah kecerdasan spiritual. Oleh kerana itu, tujuan utama kajian ini adalah untuk menentukan sama ada latihan SI-G (Kecerdasan spiritual kesyukuran) dapat meningkatkan SQ (kecerdasan spiritual). Kajian quasi-eksperimental ini meneliti kesan daripada latihan SI-G keatas kecerdasan spiritual di kalangan pelajar Iran ( $n = 34$ ) dari salah sebuah sekolah swasta, Iran di Kuala Lumpur. penyelidik menilai kesan dari program latihan SI-G pada SQ secara keseluruhan dan 22 sub-skala. Kecerdasan spiritual diukur dengan menggunakan versi yang diadaptasi dari Skala Kecerdasan Spiritual Bersepadu (ISIS) (Amram dan Dryer, 2007) untuk mengukur kecerdasan

spiritual pelajar sebelum latihan, pada akhir latihan dan tiga minggu selepas latihan. Keputusan ujian pra-menunjukkan bahawa sebahagian besar pelajar mendapat skor yang rendah pada keseluruhan SQ ( $M = 3.96$ ) sedangkan subskala kesyukuran menunjukkan nilai terendah ( $M = 2.75$ ) antara 22 sub-skala. Di akhir latihan, ujian-t menunjukkan peningkatan yang signifikan pada semua 22 sub-skala dalam ISIS. Tiga minggu selepas latihan, ujian susulan dilakukan menunjukkan penurunan nilai dalam beberapa sub-skala. Setelah membandingkan keputusan dengan ujian pra, program latihan menunjukkan peningkatan yang positif dalam SQ. Keputusan awal menyokong kenyataan bahawa dengan latihan SI-G, kecerdasan spiritual dan sub-skala dapat ditingkatkan secara signifikan, walaupun tiga minggu mungkin tidak mencukupi untuk membuat perubahan yang berterusan.

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Last but not the least, my special thanks to my lovely children, Maral and Mobin for the time we should have spent together. Thank you and I love you.



I certify that an Examination Committee has met on date of viva voce to conduct the final examination of MARYAM HOSSEINI on her degree thesis entitled "the effect of spiritual intelligence- gratitude(SI-G) training on Spiritual intelligence among adolescents" in accordance with Universiti Putra Malaysia (Higher Degree) Act 1980 and Universiti Pertanian Malaysia (Higher Degree) Regulations 1981. The Committee recommends that the student be awarded the relevant degree.

Members of the Examination Committee were as follows:

**Name of Chairperson, PhD**

Name of Faculty

Universiti Putra Malaysia

(Chairman)

**Name of Examiner 1, PhD**

Name of Faculty

Universiti Putra Malaysia

(Internal Examiner)

**Name of Examiner 2, PhD**

Name of Faculty

Universiti Putra Malaysia

(Internal Examiner)

**Name of External Examiner, PhD**

Professor

Name of Faculty

Universiti Putra Malaysia

(External Examiner)

---

**BUJANG BIN KIM HUAT, PhD**

Professor and Deputy Dean

School of Graduate Studies

University Putra Malaysia

Date:

This thesis was submitted to the Senate of Universiti Putra Malaysia and has been accepted as fulfilment of the requirement for the degree of Doctor of Philosophy. The members of the Supervisory Committee were as follows:

**Habibah Elias, PhD**

Professor

Faculty of Educational Studies

Universiti Putra Malaysia

(Chairman)

**Siti Aishah Hassan, PhD**

Senior Lecturer

Faculty of Educational Studies

Universiti Putra Malaysia

(Member)

**Steven Eric Krauss, PhD**

Fellow Researcher

Institute for Social Science Studies

Universiti Putra Malaysia

(Member)

---

**HASANAH MOHD GHAZALI ,PhD**

Professor and Dean

School of Graduate Studies

Universiti Putra Malaysia

Date:

## DECLARATION

I declare that the thesis is my original work with excerpts for quotations and citations having been duly acknowledged. I also declare that it has not been previously, and is not concurrently, submitted for any other degree at Universiti Putra Malaysia or at any other institution.

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**MARYAM HOSSEINI**

Date:25 March 2011

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