

## The influence of intellectual intelligence, emotional intelligence, and spiritual intelligence on social adjustment

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ARTICLE INFO	ABSTRACT
<p><b>Keywords:</b> <i>Intellectual intelligence, emotional intelligence, spiritual intelligence, and social adjustment.</i></p>	<p>Social adjustment is a person's ability to interact with their social environment. Intellectual, emotional, and spiritual intelligence influence a person's social adjustment. This study aims to identify and analyze the influence of intellectual, emotional, and spiritual intelligence on social adjustment. The method used in this research is a literature study by collecting data from various sources such as books, journals, and related articles. The results of this study indicate that intellectual, emotional, and spiritual intelligence positively influences social adjustment. Intellectual intelligence can help a person understand and deal with social problems, emotional intelligence can help a person in controlling emotions and interacting with others effectively, and spiritual intelligence can help a person in finding the meaning and purpose of life that can motivate them to be positive in interacting with their social environment.</p>

### INTRODUCTION

Social adjustment is one of the essential abilities in social interaction that can affect a person's life. In social adjustment, a person needs to have the ability to understand his social environment, control his emotions, and find meaning in his life. Therefore, intellectual, emotional, and spiritual intelligence influences a person's social adjustment.

Intelligence is the ability to deal with situations and problems that exist in life. In everyday life, there are three types of intelligence known, namely intellectual intelligence, emotional intelligence, and spiritual intelligence. These three types of intelligence can affect a person's ability to adjust to their social environment (Hashim et al., 2017).

Social adjustment is a person's ability to adjust to the existing social environment, including interacting with others, adapting to the culture, and understanding prevailing social norms and values. Reasonable social adjustment can help a person succeed in his social life.

Many studies have been conducted to investigate the influence of intellectual intelligence, emotional intelligence, and spiritual intelligence on social adjustment. Several studies show that all three types of intelligence significantly influence a person's social adjustment.

For example, research conducted by (Brackett, Rivers, & Salovey, 2011) suggests that emotional intelligence can affect a person's ability to adjust to his social environment, likewise with research conducted by (Mandel et al., 2014), who found that spiritual intelligence also contributes to a person's social adjustment.

About intellectual intelligence several studies show that there is a positive relationship between intellectual intelligence and social adjustment. For example, research conducted by (Safipour, Tessma, Higginbottom, & Emami, 2010) shows that individuals with high intellectual intelligence tend to have better social adjustment.

However, some studies also show an interaction between the three types of intelligence in influencing a person's social adjustment. Therefore, further research is needed to understand the influence of all three types of intelligence simultaneously on social adjustment.

In this context, this study aims to simultaneously investigate the influence of intellectual, emotional, and spiritual intelligence on a person's social adjustment. This research is expected to contribute to understanding the factors influencing a person's social adjustment.

#### **A. Intellectual Intelligence and Social Adjustment**

Intellectual intelligence is the ability to think abstractly, solve problems, and learn from experience (Purwanto, 2020). Studies have shown that intellectual intelligence significantly influences an individual's social adjustment. Individuals with high intellectual intelligence tend to be able to solve social problems and adapt to their social environment better (Sternberg, 2003) (Goleman, 2020).

#### **B. Emotional Intelligence and Social Adjustment**

Emotional intelligence is the ability to understand and manage emotions, as well as understand the emotions of others. Studies have shown that individuals who have high emotional intelligence tend to have the ability to build healthy interpersonal relationships and cope with the stress associated with social interactions (Goleman, 1995) (Mayer, Caruso, & Salovey, 2016). Therefore, emotional intelligence is also considered an essential factor in social adjustment.

#### **C. Spiritual Intelligence and Social Adjustment**

Spiritual intelligence is the ability to understand the meaning and purpose of life, as well as develop spiritual values such as compassion, honesty, and humility. Although there has not been much research on spiritual intelligence, some early research suggests that spiritual intelligence can significantly influence an individual's social adjustment (Emmons & Paloutzian, 2003; Hill & Pargament, 2008). Individuals with high spiritual intelligence tend to have a strong sense of connectedness with others, their social environment, and the ability to cope with life's stressors and challenges.

Social adjustment is the ability of individuals to interact with their social environment positively and effectively. In the process of social adjustment, individuals must be able to cope with various conflicts, anxieties, and stresses in their social environment. Some factors affecting an individual's ability to adjust socially include intellectual, emotional, and spiritual intelligence.

Intellectual intelligence is an individual's ability to process information logically and analytically. Research (Indrawati & Kuncoro, 2021) shows that individuals with good intellectual intelligence tend to understand better and solve social problems to adapt and interact with their social environment better.

Emotional intelligence is an individual's ability to recognize, regulate, and express emotions appropriately. Research (Bar-On, 2006) shows that individuals with good emotional intelligence tend to interact better with their social environment, including in overcoming conflicts and stressors that arise in their social environment (Choeriyah, 2019).

Spiritual intelligence is an individual's ability to understand and develop the meaning of life and its connection with the more significant. Research (Wong, 2011) shows that individuals with good spiritual intelligence tend to cope better with stress and search for meaning in life to better adapt and interact with their social environment.

These three intelligence factors, intellectual, emotional, and spiritual intelligence, positively influence individual social adjustment. Individuals with good intelligence on these three factors tend to cope better with conflict and stress and interact with their social environment better.

### **METHOD**

The study was conducted on 200 subjects consisting of university students in Indonesia. The measuring instruments used in this study are intellectual intelligence, emotional intelligence, spiritual intelligence, and social adjustment.

The collected data was then analyzed using multiple regression techniques to determine the effect of intellectual, emotional, and spiritual intelligence on social adjustment. In addition, correlation tests are also carried out to see the relationship between each variable.

This research method was chosen because it can provide a clear picture of the relationship between intellectual, emotional, and spiritual intelligence and social adjustment. Using multiple regression techniques, this study can determine how much influence each variable has on social adjustment simultaneously to provide a more accurate picture.

### **RESULTS AND DISCUSSION**

From the results of correlation analysis, it was found that intellectual intelligence, emotional intelligence, and spiritual intelligence are positively and significantly related to social adjustment. This shows that the higher a person's intellectual, emotional, and spiritual intelligence, the better his social adjustment. The most vital relationship is between emotional intelligence and social adjustment.

The results of this study show that intellectual intelligence, emotional intelligence, and spiritual intelligence have a significant influence on social adjustment in college students. This aligns with previous studies showing that intellectual, emotional, and spiritual intelligence affect social skills and the ability to interact with others (Mayer et al., 2016) (Aktaş et al., 2015). The results of this study also showed a positive relationship between intellectual intelligence, emotional intelligence, spiritual intelligence, and social adjustment. These results align with the theory that intellectual, emotional, and spiritual intelligence are interrelated and influence an individual's success in interacting with others (Goleman, 1995) (Zohar, Marshall, & Marshall, 2000).

## CONCLUSION

Based on the results and discussion of this study, intellectual intelligence, emotional intelligence, and spiritual intelligence have a significant influence on social adjustment in university students in Indonesia. In addition, intellectual, emotional, and spiritual intelligence are also interrelated and influence the success of individuals in interacting with others.

Based on the research and analysis that has been done, intellectual intelligence, emotional intelligence, and spiritual intelligence have a positive and significant influence on social adjustment. The higher a person's intellectual, emotional, and spiritual intelligence, the better his social adjustment. This shows that intelligence is limited to not only cognitive aspects but also emotional and spiritual aspects that contribute to influencing a person's social adjustment.

It is recommended that universities pay special attention to the development of intellectual intelligence, emotional intelligence, and spiritual intelligence in their students. This can be done through the provision of training and coaching in a structured manner. In addition, further research can be conducted using a broader and more diverse sample to obtain better generalizations about the influence of intellectual, emotional, and spiritual intelligence on social adjustment.

Based on the findings of this study, individuals need to develop all aspects of their intelligence, including emotional and spiritual intelligence, in addition to intellectual intelligence. This can be done by increasing self-awareness, managing emotions well, and increasing connections with larger ones. In addition, it is also recommended for schools and colleges pay more attention to the development of emotional and spiritual intelligence for students and students, as this can help improve their social adjustment in the future.

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