



The Significance of Light Triad in Terms of Spiritual Intelligence

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Abstract: The aim of the study is to determine the relationship between spiritual intelligence and light triad and the predictive power of spiritual intelligence and light triad and to reveal the importance of the light triad in terms of spiritual intelligence. Correlational method was used in the study. Participants were formed a convenient sampling method. The sample of the study consisted of 293 students (85% female, 15% male) studying at Sakarya University. Data were collected with the Spiritual Intelligence Characteristics' Scale and the Light Triad Scale. As a result of the Pearson Correlation Analysis, a positive significant relationship was found between spiritual intelligence and the light triad, except for the relationship between the ability to understand the spiritual/non-material aspect of life and faith in humanity, personal meaning production and humanism, and faith in humanity. Multiple regression analysis found that humanism significantly predicted both spiritual/spiritual understanding of life and awareness dimensions of spiritual intelligence, and Kantianism and faith in humanity sub-dimensions significantly predicted metaphysical awareness, and Kantianism significantly predicted entering high states of consciousness and awareness. The t-test result found that the dimensions of spiritual intelligence did not differ significantly according to gender. In generally, the relationship between spiritual intelligence and light triad was examined and light triad was found to predict spiritual intelligence. It was found that spiritual intelligence did not differ significantly according to gender. As a result, it can be said that intelligence and personality are related.

Keywords: Intelligence, Spiritual Intelligence, Personality, Light Triad

1. Introduction

Intelligence can be defined as the ability to use one's inherent talent. One of the types of intelligence that helps people to inquire about themselves existentially, to find meaning in their personal lives more easily, and to find solutions to their problems has been defined as spiritual intelligence (1,2). Although other types of intelligence include IQ, which emphasises cognitive abilities, or EQ, which emphasises emotions, people obtain meaning and awareness in their lives through spiritual intelligence (3). For this reason, it can be said that people need spiritual intelligence as well as intelligence for a more peaceful life.

Personality can be defined as a set of structures that distinguish it from others. The light triad includes the light side of humanity (4). The light triad consists of three sub-dimensions: Kantianism, humanism and faith in humanity. Kantianism is defined as seeing behavior as valuable for the behavior itself, not for a goal. Humanism emphasizes the uniqueness of human beings. Faith in humanity defines the belief that human beings are intrinsically good (4,5). As a result, it can be said that human beings are made up of many structures.

It can be said that personality is as complex as intelligence. Personality is associated with spiritual intelligence (6,7). Different personality structures in human beings appear in different ways in the field of spiritual intelligence (8). When the literature is examined, there has been related research on the relationship between spiritual intelligence and personality (9-14) and there are few studies on personality predicting spiritual intelligence (9-11,13) however, there is no study in the literature in

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which spiritual intelligence and the Light triad are examined together. Therefore, it was important to examine the relationship between the light triad and spiritual intelligence.

It can be said that the study on whether spiritual intelligence differs according to gender is important due to the existence of gains such as gaining meta-cognitive and cognitive awareness, providing meaning in life. In the literature, there have been several gender-related and non-gender-related studies on spiritual intelligence (1,7,13,15-33). This situation has caused confusion in the literature. For this reason, it is studied whether spiritual intelligence differs in terms of gender or not.

2. Method

In this study, correlational research method was used to be examined the relationship between spiritual intelligence and light triad. Correlational research method is a research method used to determine the statistical relationships between at least two variables. Convenient sampling method was used in the study. This is a sampling method that the researcher can easily reach from his/her environment (34).

Ethical approval was first obtained and then informed consent was obtained from the participants. Data were then collected face-to-face. Data were collected from 300 people studying at Sakarya University in the 2023-2024 academic year, but 7 extreme data were not included in the analysis. 293 data were analyzed. The ages of the participants ranged between 18-30 years ($\bar{x} = 20.47$), 85% were female and 15% were male.

Karadeniz and Aydın have developed Spiritual Intelligence Characteristics' Scale (2). It has 26 items and a 5-factor structure. There are factors of the ability to understand the spiritual/non-material aspect of life (8 items), the metaphysical awareness (6 items), entering into heightened states of consciousness and awareness (5 items), the awareness (4 items), and the personal meaning production (3 items). Items 24, 25 and 26 are negative items. The scale is using a 5-point Likert type (1= Strongly disagree, 5= Strongly agree). Cronbach Alpha reliability coefficient was .91.

The Light Triad Scale was developed by Kaufman et al. (4). The scale, originally in English, was adapted into Turkish by Tekeş and Bıçaksız (5). There are sub-dimensions of humanism (items 1-4), faith in humanity (items 5-8), and Kantianism (items 9- 12). The scale items are 5-point Likert type (1=strongly disagree, 5=strongly agree). In the three-factor structure (model) adapted to Turkish, the chi- square test $r (\chi^2(51) = 120.85, p < .001)$ and RMSEA value were found as .06 (90% CI [.05, .07]) as a result of confirmatory factor analysis.

3. Results

Pearson Product Moment Correlation Analysis was conducted to determine the relationship between factors of spiritual intelligence and humanism, faith in humanity and Kantianism. The findings are shown in Table 1.

Table 1. Findings on the Relationship Between Spiritual Intelligence and the Light Triad

	1	2	3	4	5	6	7	8
1: Ability to understand the spiritual/non-material aspect of life	1							
2: Metaphysical awareness	.326**	1						
3: Entering into heightened states of consciousness and awareness	.390**	.608**	1					
4: Awareness	.348**	.709**	.609**	1				
5: Personal meaning production	.150*	.247**	.195**	.333**	1			
6: Humanism	.214**	.214**	.136*	.271**	.097	1		
7: Faith in humanity	.084	.285**	.141*	.185**	-.018	.375**	1	
8: Kantianism	.190**	.236**	.195**	.170**	.122*	.223**	.239**	1

**. $p < .01$ *. $p < .05$

According to Pearson's r (35) when Table 1 is examined, a low correlation was found in general, but a moderate positive significant relationship was found between the ability to understand the spiritual/non-material aspect of life and humanism ($r = .326, p < .01$), and a low-level positive significant relationship was found between Kantianism ($r = .190, p < .01$). There was no relationship between the ability to understand the spiritual dimension of life and faith in humanity ($r = .084, p < .05$). A low-level positive significant relationship was found between metaphysical awareness and Kantianism ($r = .236, p < .01$), humanism ($r = .214, p < .01$) and faith in humanity ($r = .285, p < .01$). A low-level positive significant relationship was found between entering high states of consciousness and awareness and Kantianism ($r = .195, p < .01$), humanism ($r = .136, p < .05$) and faith in humanity ($r = .141, p < .05$). A low-level positive significant relationship was found between awareness and Kantianism ($r = .170, p < .01$), humanism ($r = .271, p < .01$) and faith in humanity ($r = .185, p < .01$). A low-level positive significant relationship was found between personal meaning production and Kantianism ($r = .122, p < .05$). There was no relationship between personal meaning production and humanism ($r = .097, p < .05$) and faith in humanity ($r = -.018, p < .05$). The hypothesized results of the regression analysis are shown in Table 2.

Table 2. Findings Related to Descriptive Statistics and Regression Analysis Hypotheses

Variables	N	Lowest	Highest	$\bar{x}$	ss	Skewness	Kurtosis
Ability to understand the spiritual/non-material aspect of life	293	8.00	40.00	31.18	5.71	-.601	.805
Metaphysical awareness	293	6.00	30.00	22.42	4.77	-.519	.444
Entering into heightened states of consciousness and awareness	293	5.00	25.00	18.80	3.61	-.771	1.778
Awareness	293	4.00	20.00	15.61	2.99	-.784	1.341
Personal meaning production	293	5.00	20.00	13.71	2.93	-.111	-.089
Humanism	293	5.00	20.00	15.13	2.34	-.748	1.661
Faith in humanity	293	4.00	20.00	13.02	3.33	.032	-.307
Kantianism	293	6.00	20.00	14.06	2.79	-.356	.234

Within the regression assumptions, it was examined whether there was a multicollinearity problem among the variables. As seen in Table 1, there is no multicollinearity problem among the independent variables. According to Mayers (35), skewness and kurtosis coefficients (± 3.29) and normality test criteria ($p > 0.05$ (sig.)) were analyzed. As a result of the examination of Table 2, it is seen that the regression assumptions are met. Accordingly, Multiple Regression Analysis was conducted for the predictive power of the humanism, faith in humanity, Kantianism and factors of spiritual intelligence. The findings obtained are shown in Table 3.

Table 3. Regression Analysis Results

Dependent Variable	Independent Variable	B	SH	B	t	p	VIF	Adjusted R ²
Model 1								
Ability to understand the spiritual/non-material aspect of life	Constant	20.329	2.458		8.270	.000		
	Kantianism	.315	.121	.154	2.600	.148	1.084	
	Humanism	.460	.151	.188	3.041	.003	1.199	.058
	Faith in humanity	-.041	.107	-.024	-.384	.702	1.084	
Model 2								
Metaphysical awareness	Constant	11.549	1.994		5.791	.000		
	Kantianism	.281	.098	.164	2.860	.005	1.084	
	Humanism	.201	.123	.099	1.641	.102	1.190	.110
	Faith in humanity	.298	.086	.208	3.446	.001	1.199	
Model 3								
Entering into heightened states of consciousness and awareness	Constant	13.147	1.565		8.402	.000		
	Kantianism	.208	.077	.161	2.701	.007	1.084	
	Humanism	.110	.096	.071	1.139	.256	1.190	.042
	Faith in humanity	.082	.068	.076	1.211	.227	1.199	
Model 4								
Awareness	Constant	8.932	1.269		7.039	.000		
	Kantianism	.110	.062	.103	1.756	.080	1.084	
	Humanism	.279	.078	.219	3.577	.000	1.190	.082
	Faith in humanity	.070	.055	.078	1.271	.205	1.199	
Model 5								
Personal meaning production	Constant	10.979	1.290		8.510	.000		
	Kantianism	.126	.064	.120	1.979	.049	1.084	
	Humanism	.129	.079	.103	1.621	.106	1.190	.016
	Faith in humanity	-.075	.056	-.085	-1.344	.180	1.199	

When Table 3 is examined, it is seen that the humanism ($\beta = .188, t = 3.041, p < .05$) significantly predicted the ability to understand the spiritual dimension of life. Kantianism ($\beta = .164, t = 2.860, p < .05$) and faith in humanity ($\beta = .208, t = 3.446, p < .05$) significantly predicted metaphysical awareness. Kantianism ($\beta = .161, t = 2.701, p < .05$) significantly predicts entering high states of consciousness and awareness. Humanism ($\beta = .219, t = 3.577, p < .05$) significantly predicted awareness. Kantianism ($\beta = .120, t = 1.979, p < .05$) significantly predicted personal meaning production. Whether spiritual intelligence differs according to gender is shown in Table 4.

Table 4. Findings Regarding Whether Spiritual Intelligence Factors Differ According to Gender

	Levene's Test		t-test			Group statistics			
	F	P	t	Df	p	Gender	N	$\bar{x}$	Ss
Ability to understand the spiritual/non-material aspect of life	.109	.742	.944	291	.346	Female	249	31.04	5.74
						Male	44	31.93	5.59
Metaphysical awareness	2.017	.157	-.779	291	.436	Female	249	31.04	5.74
						Male	44	31.93	5.59
Entering into heightened states of consciousness and awareness	.881	.349	.077	291	.938	Female	249	31.04	5.74
						Male	44	31.93	5.59
Awareness	.436	.510	-.813	291	.417	Female	249	31.04	5.74
						Male	44	31.93	5.59
Personal meaning production	4.030	.046	-.133	291	.895	Female	249	31.04	5.74
						Male	44	31.93	5.59

Levene's test was performed for the factors of spiritual intelligence; the ability to understand the spiritual/non-material aspect of life ($F = .109$, $p = .742$), metaphysical awareness ($F = 2.017$, $p = .157$), entering into heightened states of consciousness and awareness ($F = .881$, $p = .349$), awareness ($F = .436$, $p = .510$), personal meaning production ($F = 4.030$, $p = .046$) factors and Levene's test for gender and it was concluded that the data were homogeneously distributed. Then, independent samples t-test was used to examine whether factors of spiritual intelligence differed according to gender. The ability to understand the spiritual/non-material aspect of life ($t = .944$, $p > .05$), metaphysical awareness ($t = -.779$, $p > .05$), entering into heightened states of consciousness and awareness ($t = .077$, $p > .05$), awareness ($t = -.813$, $p > .05$) and personal meaning production ($t = -.133$, $p > .05$) did not differ significantly according to gender.

4. Discussion

A medium level significant relationship was found between the ability to understand the spiritual/non-material aspect of life and humanism, a low-level significant relationship was found between Kantianism, and no significant relationship was found between faith in humanity. A low-level positive significant relationship was found between the metaphysical awareness, entering into heightened states of consciousness and awareness, and awareness factors of spiritual intelligence and the Kantianism, humanism and faith in humanity. A low-level significant relationship was found between personal meaning production and Kantianism. No significant relationship was found between personal meaning production and humanism and faith in humanity. The light triad is based on Kantianism, which states that behavior itself is valuable, humanism, which states that human beings are unique, and faith in humanity, which states that human beings are basically good (4,5). The ability to make spiritual sense of life of life included the "spiritual meaning dimension"; therefore, there could not be a significant relationship between faith in humanity. Since the person has discovered that he/she and others are lovable and reflects this in his/her behavior, there could be a relationship between the ability to understand the spiritual/non-material aspect of life and Kantianism and humanism. It can be said that awareness of the universe and existence is metaphysically formed by "awareness". In addition, by being

conscious and aware, human beings could discovered the sub-dimensions of the triad of light. Therefore, it can be claimed that there is a relationship between high consciousness, entering states of awareness and awareness and the light triad. Personal meaning production (3) is characterized by the ability to make purpose and meaning in everyday life. Since meaning could be attributed to behaviors through personal meaning making, Kantianism could be related. In addition, religiosity and spirituality were found to be associated with the light triad (4). In the literature, there are studies examining the relationship between spiritual intelligence and personality (9-14). Therefore, it can be stated that the results are related to the literature.

It was found that the humanism significantly predicted the ability to understand the spiritual/non-material aspect of life, and the Kantianism and faith in humanity significantly predicted metaphysical awareness. The Kantianism significantly predicted entering high states of consciousness and awareness, and the humanism significantly predicted awareness. In addition, the Kantianism significantly predicted personal meaning production. It can be said that life can be perceived and made sense of more easily through the spiritual dimension. The humanism gives importance to the individual (4,5). Humanism may have been found to predict the ability to understand the spiritual/non-material aspect of life, as the individual may be more at peace with himself/herself as a result of providing spiritual meaning, and may also love himself/herself and others more easily. The discovery of the transcendent dimension is through metaphysical awareness (3). It can be said that the value of the essence of human beings and the importance of behaviors is discovered through the transcendental dimension; therefore, Kantianism and faith in humanity may have been found to significantly predict metaphysical awareness. It can be said that a high level of awareness is needed to comprehend the importance given to behavior, but awareness may be sufficient to discover that human beings are unique. Therefore, Kantianism may have been found to significantly predict entering high states of consciousness and awareness, and humanism may have been found to significantly predict awareness.

It was found that spiritual intelligence did not show a significant difference according to gender. There are studies showing similar findings in the literature (1,7,16,17,20,21,26,28,33). Due to the small number of samples, it can be said that men and women think similarly about dimensions of spiritual intelligence. In the literature, there are studies (15,19,23,25) in which mean scores were found to be higher in men. There are also findings showing that the mean scores are higher in women (13,18,22,24,27,29-32).

5. Conclusion and Suggestions

In this study, it was found that a positive significant relationship between spiritual intelligence and light triad (except for the relationship between the ability to understand the spiritual dimension of life and faith in humanity, personal meaning production and humanism, and faith in humanity). In other words, it can be stated that spiritual intelligence and personality are related as in the literature. Also, the Light triad was found to predict spiritual intelligence. In addition, it was found that spiritual intelligence did not differ significantly according to gender.

It has been noticed that there are few studies on spiritual intelligence in the literature. There is a need for more studies in the field of spiritual intelligence. As a result, depending on the effectiveness of intelligence and personality, various psycho-educational programs can be created.

Limitation

The limitations of the study include the limited number of university students and the lack of a balanced distribution in terms of gender.

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