

**Spiritual Intelligence of mothers as a Predictor of Self-Efficacy and Self-  
Compassion in Adolescents**

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## Research Completion Certificate

It is certified that the research work contained in this thesis entitled “**Spiritual Intelligence of mothers as a Predictor of Self-Efficacy and Self-Compassion in Adolescents**” has been carried out and completed by **Ms. Wajeaha Nadeem**, Student ID: **FA19-BPY-038**: Student of BS Psychology, session 2019– 2023. This study is an independent research work and carried out under given instructions and consideration.

Dated: \_\_\_\_\_

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## Declaration

I, Ms. Wajeeha Nadeem, Student ID: FA19-BPY-038, student of BS in Psychology, session 2019-2023, hereby declare that the material printed in this thesis titled **“Spiritual Intelligence of mothers as a Predictor of Self-Efficacy and Self-Compassion in Adolescents”** is original work and has not been printed, published, or submitted as research work, thesis, or publication in any form in any university or research institution in Pakistan or abroad.

Dated: \_\_\_\_\_

Signature: \_\_\_\_\_

## **Dedication**

With the name of Allah, the Most Gracious and the Most Merciful. My sincere gratefulness goes to my beloved parents, my dearest siblings, my respected supervisor and my closest friends for their endless support and encouragement.

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## **Abstract**

This study aims to investigate the relationship between the spiritual intelligence of mothers and its impact on the self-efficacy and self-compassion levels of their adolescent children. The study employed a correlational research design, utilizing self-report questionnaires to collect data from a sample of adolescents aged 13 to 19 (M Age=15.88, S.D=2.10) years and their mothers. The Spiritual Intelligence Self-Report Inventory (SISRI-24) was used to assess the spiritual intelligence of mothers, while the General Self- Efficacy Scale (GSE) and Self-Compassion Scale (SCS) were employed to measure the self-efficacy and self-compassion levels of adolescents through convenient and snowball sampling. The results indicated a significant positive correlation between the spiritual intelligence of mothers and the self-efficacy and self-compassion levels of their adolescent children. Adolescents whose mothers exhibited higher levels of spiritual intelligence tended to report greater self-efficacy beliefs and higher levels of self-compassion. Furthermore, stepwise regression analysis revealed that the spiritual intelligence of mothers significantly predicted both self-efficacy and self-compassion in adolescents, even after controlling for potential confounding variables. The presence of spiritual intelligence in mothers may contribute to the development of a secure and nurturing environment, promoting adolescents' belief in their own capabilities and their ability to treat themselves with kindness and understanding.

*Keywords:* spiritual intelligence, self-efficacy, self-compassion, adolescents, mothers, parenting, psychological well-being.