

# How To Expand Your S.I.Q. (social Intelligence Quotient)

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## Intelligent Quotient, Emotional Intelligence and Spiritual Intelligence as Correlates of Prison Adjustment among Inmates in Nigeria Prisons

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**ABSTRACT** The study investigated the extent to which intelligent quotient, emotional intelligence and spiritual intelligence would jointly and relatively predict prison-adjustment among Nigerian prisoners. The participants were five hundred prisoners randomly selected from five prisons in Nigeria. They are made up of four hundred and fifty eight males and forty-two females. The study utilized ex post facto correlational research design. Multiple regression analysis and Pearson product moment correlation were used to analyse data collected to test the three research questions raised in the study. The results showed significant positive correlations between the independent variables and prison adjustment with emotional intelligence taking the lead ( $r = 0.95$ ), followed by spiritual intelligence ( $r = 0.83$ ) and lastly, intelligent quotient ( $r = 0.79$ ). Also, the three independent variables contributed a total of 93.2% to the criterion (Prison Adjustment), while relative contributions as revealed by the Beta results showed Emotional Intelligence ( $B = 0.736$ ), Spiritual Intelligence ( $B = 0.443$ ) and Intelligent Quotients ( $B = 0.173$ ). On the basis of the findings, it was recommended that prisoners should be exposed to emotional intelligence training as well as regular, functional religious programmes to enhance their effective adjustment. It was therefore concluded that emotional intelligence and spiritual intelligence skills are far more important than intelligent quotient. Therefore instead of placing more emphasis on being brilliant, let students and people who demonstrate high level of emotional intelligence and spiritual intelligence be properly encouraged.

### INTRODUCTION

The word intelligence is as old as human existence and symbiotically associated with thinking skills that distinguish an individual from another and most importantly a predictor of life adjustment in the society. Anyone who scores low on the scale of cognitive intelligence otherwise known as intelligent quotient is taken to be a low achiever, dull, indolent stupid and grossly maladjusted. However, psychologists have identified many more areas of intelligence apart from the original one (cognitive intelligence), which include: fluid intelligence, crystallized intelligence, social intelligence, emotional intelligence, spiritual intelligence, financial intelligence etc. which are all indices of adjustment (Salovey and Mayer 1990; Coleman 1996; Zohar and Marshall 2000; Animasahun 2003; Jimoh 2007).

Adjustment refers to utilization of skills and experiences that facilitate personal integration into the society to which one belongs. Adjustment is what everybody needs to cope on with life. There is no perfect individual, but adjustment

makes the difference for excellence among individuals. Only an adjusted person can be happy, hopeful and be productive in whatever environment he finds himself (Animasahun 2003). Prisoners are the incarcerated individuals, awaiting trial or convicted for one crime or the other and confined in prison for a term as a punitive measure and for the purpose of remediation, reformation and rehabilitation. They are part of the larger society, and whenever they are released, they come back to the society. If they are not well adjusted and demonstrate skills for productivity while in custody, many of them may remain unadjusted, more complicated, dangerous and turn out to be hardened criminals on release (Animasahun 2002).

Parts of government efforts in the spirit of prison reforms include listening to religious messages and interacting with various religious organizations; exposure to various psychological and sociological training, the establishment of schools and vocational training department in prisons where inmates are trained in tailoring, fashion designing, kerosene stove making, drums

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