Best Predictors of Altruism: An Exploratory Analysis

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Abstract: The main objective of the study is to understand and explore the relationship between Altruism and Emotional, Social and Spiritual Intelligence amongst youth and also to identify the best predictor variables of Altruism (criterion variable) among sample population. Altruism is a motivational behavior that is aimed at benefitting another person and can be motivated by personal egotism, or it can be promoted by "pure" emphasis on desire to benefit another person, irrespective of personal gain. For this purpose a sample of 377 youths was chosen from the reputed colleges of Jaipur city, on the basis of purposive sampling method. For the collection of raw data psychological standardized tests were used viz. The Pro-social Personality Battery, Wong and law Emotional Intelligence Scale (WLEIS), The Tromso Social intelligence Test and The Spiritual Intelligence Self Report Inventory (SISRI-24). The correlational analysis revealed significantly positive correlation between Altruism and Emotional, Social and Spiritual intelligence amongst youth. The Regression analysis unveiled that Others' Emotion Appraisal, Regulation of Emotions, and Social Awareness. Personal Meaning Production and Transcendental Awareness exert a positive impact and are the best predictors of Altruism.
Keywords: Altruism, Emotional Intelligence, Social Intelligence, Spiritual Intelligence, Regulation of emotions, Social awareness, Personal Meaning Production.

INTRODUCTION

Altruism is defined as any form of voluntary act intended to favor another without expectations of rewards [4]. In other words Altruism refers to selfless help, which is based on pure desire to help other [1]. The word "altruism" was coined by French philosopher and Sociologist. Auguste Comte; the French founder of positivism. The Original French term "altruisme" was suggested by the French legal phrase 'le bien d' altrui' (the good of others), and was formed from the Italian equivalent, 'altrui', itself a derivative of the Latin 'alter' or 'other'. Altruism can be enhanced by some engaging in certain actions such as Egotism based approaches to enhancing Altruistic Actions Empathy based approaches to enhancing Altruistic actions Altruism is also defined as a selfless act that benefits the recipient. However, the science behind good deeds suggests that altruism isn't entirely selfless. In fact, some research suggests that helpers may gain more from their altruistic acts than recipients. Here are a few of the ways that altruism can improve our attitude and make us healthier, happier, and less stressed: It Releases endorphins, Creates a Feeling of satisfaction, Helps us feel more grateful for what you have , Distracts us from our own problems and Improves physical health

Objectives

- To understand and explore the relationship between Altruism and Emotional, Social and Spiritual Intelligence amongst youth.
- To identify the best predictor variable Altruism (criterion variable) among sample population

Hypothesis

Based on the review of literature and past studies, the following hypothesis has been formulated for the verification of this study through empirical investigation.

- There will be significantly positive relationship between Altruism and Emotional, Social and Spiritual Intelligence

Sample

A sample of 377 youths for the present study was chosen from the reputed colleges of Jaipur city, on the basis of purposive sampling method. Subjects who fulfilled the following criterion were included:

- Whose age range was between 18 to 24 years
- Who were pursuing graduation in the reputed colleges of Jaipur city.
- Who were well versed in English?
- Who were not under treatment for any chronic/acute physical or mental illness

Characteristics of samples (N=377)

Gender Profile

Gender	No.	Percent
Female	175	45.4
Male	202	53.6
Total	377	100.0

Education Profile

Educational Qualification	No.	Percent
Science	133	35.3
Arts	132	35.0
Commerce	112	29.7
Total	377	100

Variables

For the present study, the variables selected are as follows:

- Altruism: (Social Responsibility, Empathic Concern, Perspective taking, Personal Distress, Mutual Moral Reasoning. Other Oriented Reasoning and Self Reported Altruism)
- Emotional Intelligence :(Self Emotion Appraisal Other Emotion Appraisal Use of Emotions, Regulation of Emotion)
- Social Intelligence: (Social Information Processing ,Social Skills, Social Awareness)
- Spiritual Intelligence : (Critical Existential thinking, Personal meaning Production, Transcendental Awareness, Conscious state Expansion)

Tools used

- The Prosocial Personality Battery developed by Penner, Fritzsche, craiger, & Freifeld, [3] was used to measure Prosocial Personality. This battery includes seven sub-scales, they are as follows: Social Responsibility, Empathic Concern. Perspective Taking, Personal Distress, Mutual Moral Reasoning Other Oriented Reasoning and Self Reported altruism. Respondents rate the degree to which they agree or disagree with the 30 – items of the battery, on a 5-point Likert scale ranging from strongly disagree to strongly agree. The scale has good internal consistency, good Convergent and discriminant validity. The alpha Consistency/Coefficient for the sub scale; Social Responsibility, Empathic Concern, Perspective Taking, Personal Distress, Mutual Moral Reasoning, Other Oriented Reasoning and self – reported altruism are 0.65, 0.67, 0.66, 0.77, 0.64, 0.77 and 0.73 respectively. Higher scores on Prosocial Personality Battery indicate a high degree of prosocial tendencies on seven sub – scales used in the battery.
- Wong and law Emotional Intelligence Scales (WLEIS) constructed by Wong and Law [5] was used to measure Emotional Intelligence. It is a 16 – item self report measure of Emotional Intelligence.

It consists of four sub – scales; Self Emotion Appraisal, Others Emotion Appraisal, Use of Emotion and Regulation of Emotion. A total score of the four subs – scales for Total Emotional Intelligence can be obtained. Item are rated on a 5 – point scale (1 = strongly disagree, 2 = disagree, 3 = uncertain, 4 = agree, 5 = strongly agree). Items are summed for each subscale and total scale, with higher scores indicating a higher level of Emotional Intelligence. This scale is reliable and valid. The internal consistency for four sub – scales of this scale are 0.81 (SEA), 0.83 (OEA), 0.72 (ROE) and 0.87 (UOE). The overall reliability is 0.86. It also shows a satisfactory concurrent validity with significant correlation. Confirmatory factor analysis also confirmed that the WLEIS is a valid and reliable measure of Emotional Intelligence. For each sub- scale a high score indicates a high degree of Emotional Intelligence.

- The Tromso social Intelligence scale constructed by Silvera et al. [2] was used to measure social Intelligence. It consists of three sub – scales; Social Information Processing, Social skills and Social Awareness. It consists of 21 items. The scale uses four point scales for response giving. Some items are worded positively and some are worded negatively. The scale consists of Three subscales with Cronbach's alphas of 0.79 (Social information processing), 0.85 (Social Skills) and 0.72 (Social awareness) respectively. The test –retest reliability is 0.90. This scale also show a robust factor structure and good evidence of construct validity, this suggest it a psychometrically sound measure of social Intelligence. For each category a high score indicates a higher level of social Intelligence.
- The spiritual Intelligence self Report Inventory (SISRI-24) is developed by king and Decicco [5] was used to measure Spiritual Intelligence. This inventory has four subs–scales: Critical Existential Thinking, Personal Meaning Production, Transcendental Awareness, Conscious state Expansion. This self – report inventory consists of 24 items.The test – retest reliability calculated by a period of four months was found to be satisfactory.

The test – retest reliability coefficient is 0.89 as a whole and the correlations for the sub – scales CET, PMP, TA and CSE were 0.84, 0.69, 0.84 and 0.78 respectively. Correlations with established psychometric scales have supported convergent, divergent and criterion – related validity. A total spiritual Intelligence is calculated by summing all sub – scales score. A high score indicates a higher level of spiritual Intelligence among the respondents.

Procedure

The sample of 377 youths (175 females and 202 males) for the present study was chosen purposively from the reputed colleges of Jaipur city. Administrative personnel of selected colleges were contacted and convinced about the purpose, significance and privacy of the study. Prior approval of the college authorities was obtained to complete the data collection and arrangements were made in the cooperation with college staff.

Statistical Applied

With the aim to study the relationship between variables, Mean, Standard deviation, Correlation and Step wise Regression analysis was carried out.

RESULTS AND DISCUSSION

Table-1: Correlational Analysis

Sub- factors of EI	Altruism	Sub- factors of SI	Altruism	Sub- factors of Sp. I.	Altruism
SEA	0.358**	SIP	0.192**	CET	0.028
OEA	0.526**	SS	0.041	PMP	0.134**
UOE	0.329**	SA	0.185**	TA	0.141**
ROE	0.366**	SI	0.303**	CSE	-0.016
EI	0.511**			SP. I.	0.077

**- Significant at 0.01 level

The correlational analysis reveals significant positive relationship among the sub factors of Emotional, Social and Spiritual Intelligence.

Regression Model Summary

This section consist the results representing Stepwise Regression Analysis for Altruism as a whole. This also includes the information regarding best predictor Variables of Altruism and the fitness of the model.

Table-2: Regression Model Summary

Model Summary			
R	R Square	Adjusted R Square	Std. Error of the Estimate
0.588	0.346	0.333	13.820

ANOVA					
Model	Sum of Squares	df	Mean Square	F	Sig.
Regression	37225.924	7	5317.989	27.844	0.000
Residual	70475.291	369	190.990		
Total	107701.215	376			

In order to explore the best predictors of Altruism among Emotional, Social and Spiritual Intelligence, a Stepwise Multiple Regression Analysis was also worked out. Table 2 depicts the model summary descriptive of Regression Analysis. The Calculated value of R, R Square, Adjusted R Square and Standard Error of Estimate was found to be 0.588, 0.346, 0.333 and 13.820 respectively. Analysis of Variance (ANOVA) was computed to see the goodness of fit of this Regression Analysis. The Sum of Squares and Mean Square for Regression and Residual model was found to be 37225.924, 5317.989, 70475.291 and 190.990 respectively Furthermore, the F-value was 27.844, which is significant at 0.01 Probability level. This depicts that the regression model is fit in this situation.

Table-3: Coefficients

Coefficients						
Model	Unstandardized Coefficients		Standardized Coefficients	t value	sig.	Impact
	B	Std. Error	Beta			
(Constant)	108.680	6.364		17.079	0.000	
Others Emotion Appraisal	2.186	0.256	0.406	8.538	0.000	Positive Impact
Regulation Of Emotion	0.899	0.239	0.180	3.762	0.000	Positive Impact
Social Awareness	0.690	0.206	0.158	3.349	0.001	Positive Impact
Critical Existential Thinking	0.361	0.195	0.104	1.851	0.065	No Impact
Personal Meaning Production	0.559	0.227	0.132	2.463	0.014	Positive Impact
Transcendental Awareness	0.507	0.207	0.140	2.449	0.015	Positive Impact
Conscious State Expansion	-0.958	0.252	-0.238	-3.800	0.000	Negative Impact

Table 3 exhibits the variables which were retained after the regression model. The variables are Others Emotion Appraisal, Regulation of Emotion, Social Awareness, Critical Existential Thinking, Personal Meaning Production, Transcendental Awareness and Conscious State Expansion.

The calculated t-value for Others Emotion Appraisal, Regulation of Emotion was 8.538 and 3.762, which is significant at 0.01 probability level. These two dimensions are of Emotional Intelligence. They exert a positive impact on Altruism and are the best predictors of Altruism.

The t-value for social Awareness was 3.349, which is significant at 0.01 probability level and a dimension of social Intelligence. Social Awareness exerts a positive impact and is also the best predictor of Altruism.

Furthermore, the calculated t-value for Personal Meaning Production and Transcendental Awareness was found to be 2.463 and 2.449 respectively. These two variables are the dimensions of Spiritual Intelligence. These t-values found to be significant at 0.01 probability level and have a positive influence or impact on Altruism.

The t-value for conscious state Expansion was -3.800, which is significant at 0.01 level and exert a negative impact on Altruism. A dimension of Spiritual Intelligence, Critical Existential Thinking has no impact on Altruism.

The result revealed the ability to know, understand, comprehend others feeling, emotions and impulses; the ability to regulate, monitor, process others feelings and emotions ;the ability to know and understand the social situations ;the ability to detect and understand hidden meanings in verbal expression of other people; the ability to derive personal meaning and purpose from all physical and mental experiences; the capacity to identify ones relationship to one's self and to the physical possess a positive impact or influence upon the altruistic tendencies.

Thus, from above results it is clearly seen that Others Emotion Appraisal, Regulation of Emotion, Social Awareness, Personal Meaning Production, and Transcendental Awareness are the best predictors of Altruism.

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