International Academic Institute for Science and Technology

International Academic Journal of Organizational Behavior and Human Resource Management
Vol.10, No.2, 2023, pp.01-10.

ISSN 2454-2210

International Academic Journal of Organizational Behavior and Human Resource Management

www.iaiest.com

Personality Patterns and Spiritual Intelligence Among Type One Diabetes Patients

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Abstract

This study focused on examining the personality patterns and spiritual intelligence among type one diabetes patients by including participants who have type one diabetes. The sample of the study consisting of (45) type one diabetes patients was selected for careful observation of patients' data. For measuring the personality patterns, the Big Five Inventory was used, and the Self-Report Inventory Spiritual Intelligence was used to examine the participants' Spiritual Intelligence. The findings of the study showed that. A moderate level of extraversion and neuroticism were indicated by participants. Also, A high level of spiritual understanding is reflected by the scores of spiritual intelligences. finding also indicated a higher score in extraversion, openness, conscientiousness, and agreeableness were positively correlated with higher levels of spiritual intelligence. Finally. It is well defined under the readings of regression analysis that in the case of spiritual intelligence openness and conscientiousness are the significant positive predictors. Other parameters that contributed actively are extraversion and agreeableness. Neuroticism acted as a negative predictor.

Keywords: Personality Patterns, Spiritual Intelligence, Diabetes, Psychological Well-being.

DOI:10.71086/IAJOBHRM/V10I2/IAJOBHRM1003
Received: 16 August 2023/Revised: 07 September 2023/Accepted: 17 November 2023/Published: 29 December 2023

Background

Type one diabetes is a challenging condition and living with such a condition is even more challenging (Rahimi et al., 2021). It poses a greater risk to the psychological and physical health of the patients. There is ambiguity in elucidating the often-overlooked aspects of personality patterns and spiritual intelligence in individuals coping with this chronic condition (Javanmardifard, 2020). The literature on the subject suggests that these factors can significantly influence how individuals perceive and manage their diabetes. Understanding this interrelation is crucial for healthcare professionals, researchers, and caregivers to provide comprehensive care. The well-being of a type one diabetes patient is not purely dependent on the medical interventions but the spiritual as well as psychological dimensions also have a positive role in his condition (Bitēna, & Mārtinsone, 2021). These two parameters, namely known as psychological dimensions and spiritual intelligence, have a positive influence on the patient suffering from type 1 diabetes. Under the scope of this literature review, will explore the relationship of personality patterns with spiritual intelligence and its overall impact on the experiences of patients with Type 1 diabetes (Rassart et al., 2018).

Literature Review and Related Studies

Spiritual Intelligence and Diabetes Management

In the research conducted by (Rahmanian et al., 2018) the relationship between self-efficacy and spiritual intelligence is highlighted. He focused on the management of challenges faced by diabetes patients and the role of spiritual intelligence in enhancing the capacity of a patient to deal with the challenges regarding his health condition. He also considered other factors in his study namely known as self-care, medical adherence, adjustments in lifestyle, and regular blood glucose monitoring. Findings showed that among adolescents, self-efficacy and its spiritual dimensions play a vital role in promoting a resilient approach to the management of diabetes. In diabetic patients, the influence of spiritual intelligence influences the way a patient considers self-management to deal with his current condition.

The effective self-management in diabetic patients and the role of spiritual intelligence in improving the ability of patients for self-management are investigated in detail by Rahimi and his team. The treatment plans, modifications in lifestyle, and diet control are important aspects that are considered in this investigation. The study conducted in relevance to these factors underscoring the role of spiritual intelligence as well as the inclusion of other vital factors that contribute to the effective management and care of diabetic patients. The integration of spiritual dimensions is a must and therefore seminars and support programs must be conducted on a large scale to spread global awareness regarding the management of type 1 diabetes patients by including spiritual dimensions while treating them.

Spiritual Intelligence and Self-Management

It is investigated by (Rahmanian et al., 2018) that there exists a special type of correlation between self-efficacy and spiritual intelligence when dealing with Type 1 patients. The study also highlighted the bond between the perceived ability of the patients and the role of spiritual intelligence in coping with the challenges regarding healthcare. (Rahimi et al., 2021) in their research focused on the intrinsic relationship between self-management and self-intelligence. They explored the role of spiritual intelligence in self-management in patients suffering from type 1 diabetes. Overall health outcomes and the positive contribution of spiritual intelligence are focused in the light of self-management practices that are fueled by the effective involvement of spiritual intelligence.

Spiritual Well-Being and Treatment Adherence

As explored by (Javanmardifard et al., 2020) there exists a complex relationship between treatment practices and spiritual well-being. Type 1 diabetic patients and the role of spiritual well-being in dealing with their condition are the center of attention in this research. Spiritual factors, namely connectedness and the sense of purpose are the important factors explored by this research that contribute actively to the commitment of an individual to adhere to recommendations related to his medical condition.

Personality Patterns in Diabetes Patients

Bitēna & Mārtinsone (2021) highlighted a unique parameter in their research. They believed that there is a correlation between spiritual intelligence, experiences, and traits of a personality. The research uncovered that there is a stronger bond between mystical experiences and spiritual intelligence. This bond between spiritual intelligence and mystical experiences is far stronger than the schizotypal personality traits and their relation with psychotic symptoms. The research further highlighted that mystical experiences allow the patient to dive into various possibilities and open new opportunities for the cultivation of spiritual intelligence in the self. This phenomenon explains why there is a need to consider the differences between different mindsets while dealing with the personality traits of diabetic patients.

On the other side, the research conducted by (Javanmardifard et al., 2020) investigated the dependence of hope on the spiritual well-being of the patient. The adherence to treatment practices and the medications under the scope of spiritual well-being are addressed in this research. A special focus on the emotional and spiritual factors that influence the hope of a patient is placed. Thus, results indicate the positive influence of the induced practices on the commitment level of patients. This allowed consideration of various intervention practices in developing care plans for diabetic patients to effectively deal with their challenges. Various personality types are observed by (Rouland et al., 2020) in their research where they explored the role of psychological profile and its presence in type 1 diabetic patients. This research allowed uncovering the role of personality type on the disease management side.

Impact of Personality on Blood Glucose Control

Another contribution is made by (Hong et al., 2022) who investigated the role of personality traits and their effects on blood glucose control. Type 1 patients are the subject of this research, and their psychophysiological traits are the main body of this research. It considered the crucial role of various interventions for effectively considering the differences between the individuals. Significant correlations between different personality variables and glycated hemoglobin (HbA1c) values were found. Individuals with poor blood glucose control had significantly higher scores on the Feeling-guided, Innovation-seeking, Dissenting, Submissive, and Dissatisfied scales.

Personality Traits as Predictors of Adherence

The overall health outcomes are focused by (Wheeler et al., 2012) in their research. They focused on the predictive nature of the personality traits and their role in behavioral development in type 1 patients. The individual differences in the development of adherence patterns are well observed under the scope of this research. A special contribution was made by (Sánchez et al., 2021) who investigated the personality prototypes and their relationship with the adherence of patients suffering from type 1 diabetes. For personalized care, a complete understanding of personality prototypes is necessary as highlighted by this research. The Conscientiousness and Neuroticism personality dimensions showed a pattern of substantial relationships with one or more self-reported adherence behaviors, according to the results. Furthermore, associations were discovered between one Extraverted trait and one Agreeableness trait.

Relationship Between Spiritual and Emotional Intelligence

The explorations in the domain of spiritual intelligence are done (Rahimi et al., 2017). He explored the relationship between emotional intelligence and spiritual intelligence by especially focusing on the burden of caregivers. The impact of this interconnectedness on the health level of an individual is investigated in detail. A comparison of the interrelationship between self-compassion, life satisfaction, and spiritual intelligence is done by Benedict-Montgomery (2014). results investigated the way spiritual intelligence can contribute to the emotional stages and impact the overall psychological well-being of the patient.

Hong et al., (2022) explored the role of personality type on blood glucose levels in type 1 patients. The study focused on the relationship of personality type and its role in the effective management of diabetes. The psychological aspects are well explained under the scope of this study. By considering these factors, results showed healthy contributions can be made for the effective development of innovative healthcare approaches to be made in this field. In other research conducted (Wheeler, 2012) he investigated the role of personality traits in adherence with the healthcare interventions for type 1 patients. results explained the personality traits and what adherence behaviors it formulates in young people suffering from type 1.

This literature review highlighted the management side of Type 1 diabetes by incorporating factors such as personality patterns and spiritual intelligence. It is crucial to make adequate considerations for the involvement of these factors in the healthcare management of type 1 diabetes patients. The diverse needs of the patients as well as the modifications prescribed by the involvement of these factors are explained in detail in this literature review.

Problem of the Study

In the realm of healthcare, there is a significant burden being posed by the consideration of personality patterns and their implementation in the healthcare setting. The individuals execute different kinds of spiritual intelligence and possess different kinds of personality traits that make the prediction and examination of practices conducted for healthcare management more complex. The ongoing research about the interconnection of spiritual intelligence with personality traits will facilitate understanding this complexity and it will allow better management of type 1 diabetes patients. Although the literature is scarce in this exploration, this study will allow the designing of a better system for the management of this chronic illness. (Bitēna & Mārtinsone, 2021) believed that there is a correlation between

spiritual intelligence, experiences, and traits of a personality. Also, uncovered that there is a stronger bond between mystical experiences and spiritual intelligence. In addition (Rahimi et al., 2021) posit that there is a role for spiritual intelligence in self-management in patients suffering from type 1 diabetes.

The existing literature about this interplay of self-efficacy and spiritual intelligence has notable gaps in it while addressing the personality patterns and their interdependence with spiritual intelligence but this research will allow bridging that gap with notable progression in explaining the interrelationship and role of spiritual intelligence and personality patterns among type 1 diabetic patients. The basic problem of this study is to explore the personality patterns and their influence on the practices and management of type 1 patients. Additionally, the study also focuses on the factor of spiritual intelligence and the interplay of personality patterns with the spiritual intelligence of the patients for the improvement of overall healthcare practices for type 1 patients.

Significance of the Study

The significance of the study lies in the explanation of the relationship between spiritual intelligence and personality patterns among patients suffering from type 1 diabetes. The relationship will allow crucial understanding for the development of effective healthcare systems that will directly influence the stakeholders, professionals in healthcare, policymakers, patients, and researchers in this field.

Clinical Insights and Patient Care

- The study will allow the effective development of personalized interventions for contributing to the existing healthcare system for type 1 patients.
- It will enable healthcare professionals to design their strategies accordingly to address the needs of type 1 patients.
- Both their psychological and spiritual needs will be addressed by advancements in the current system.
- This study will open new aspects for the exploration of holistic approaches to advanced patient care including spiritual intelligence as well as personality traits while developing treatment plans.
- Improved health outcomes are possible by the effective involvement of new methods proposed by the study.

Research Advancement

Expansion of the Knowledge: The research will indicate the complex interplay between spiritual intelligence and personality patterns. This will induce expansion of knowledge to deal with type 1 diabetes patients as well as proposing effective management systems for increasing the well-being of patients.

Literature Gap Bridging: This research will aim to bridge the gaps between existing literature and the role of medical interventions in it. The advancement of medical interventions will allow consideration of certain parameters such as patient psychology and spiritual intelligence that will allow an understanding of the complexities of diabetes.

Patient Empowerment and Coping Strategies

- Empowering the Patients: Findings from this research will empower the patients suffering from type 1 diabetes by proposing new ways to cope with their illness. Improvised self-awareness will be fostered by the active development of innovative mechanisms for advanced patient care.
- Better Decision Making: Once the patients uncover the gap between personality traits and spiritual intelligence, they will be equipped to make better decisions about the type of healthcare setting they want. This will have a better influence on their choices, adherence to treatment, and overall practices for self-management.

Policy Implications

- Formulation of the Policy: This research will contribute to active policy development for diabetes management. The recognition of personality patterns and the importance of spiritual intelligence will allow policymakers to develop better guidelines for addressing the patient's needs.
- Resource Allocation: The involvement of psychosocial aspects in the treatment practices will allow better resource allocation. The findings of the study can be used by the policymakers for allocating the resources properly by focusing on the physical as well as psychological needs of the patients.

Research Objectives

The objectives of this research are:

- Examining the interplay of personality patterns and spiritual intelligence among patients with type 1 diabetes.
- Exploring the importance of personality traits, namely, neuroticism, openness, conscientiousness, agreeableness, and extraversion, and relating them to different levels of spiritual intelligence.
- Assessing the positive impact of spiritual intelligence on the self-efficacy level.
- Understanding the relationship between self-management behaviors and the spiritual intelligence of the patients.

Methodology

Research Design

This study adopts a cross-sectional research design to examine the relationship between personality patterns and spiritual intelligence among individuals diagnosed with Type 1 diabetes. The sample of the study was (45) Patients diagnosed with type one diabetes were the active participants considered for this research. For more detailed sampling purposive sampling method is used. The willingness to participate and availability of patients have a greater impact on the success rate of this research.

Measures

Big Five Inventory, abbreviated as BFI, is used for observing the personality Patterns of the participants. A 44-item personality test assesses 5 primary variables and their traits: extraversion, anxiety, openness, conscientiousness, and agreeableness. These were redefined by John & Srivastava (1999). For measuring the level of spiritual intelligence among patients who are the participants of this research, questionnaires were utilized to measure spiritual intelligence. King David created the "Spiritual Intelligence Self-Report Inventory" (SISRI 24) in 2008 for this purpose. The SISRI 24 items. The questionnaire comprises 24 questions that are evaluated on a five-point Likert scale, ranging from not true at all to true at all. The score obtained from the questionnaire determines the level of spiritual intelligence, with higher scores indicating higher levels of spiritual intelligence. David King developed this questionnaire by the spiritual intelligence paradigm (King, 2008; King & DeCicco, 2009).

Validity and Reliability

A group of clinical psychologists and mental health academics conducted a study to evaluate the validity and reliability of certain measures. They selected terms that were easy to understand, had similar meanings, and were related to spiritual intelligence and personal attributes based on their ideas and opinions. To assess the dependability of the measures, a test was administered twice within 14 days to a group of 15 individuals. Calculating the Pearson correlation coefficient for each question and the total exam score has revealed that, for the most part, the results were statistically significant at a level of $\alpha \leq 0.01$. These findings indicate that there is a high degree of internal consistency among the exam items and that the exam items correlate with the overall exam score. Additionally, we have also conducted the Alpha Cronbach and Split-Half tests. The results showed BIF & SI Alpha Cronbach = 0.83 & 0.78 respectvelly, while the BIF & SI split half = 0.80 & 0.77 respectvelly.

Data Collection and Analysis

Self-report questionnaires were used to fetch the data. These questionnaires were distributed to the active participants of this research. Confidentiality was observed in this research as well. For data analysis, SPSS (Statistical Package for the Social Sciences) is used to find the regression and correlation among different factors under consideration. This allows for analyzing the relationship between spiritual intelligence and personality patterns.

Table 1: Data for Personality Patterns and Spiritual Intelligence Measures

Participant	Extraversion	Neuroticism	Openness	Conscientiousness	Agreeableness	SI
P1	3.8	2.1	4.5	3.2	4.0	60.2
P2	4.2	2.5	3.9	3.7	4.1	65.8
P3	3.5	3.0	4.2	3.0	3.5	58.9
P4	4.0	2.8	4.1	3.5	3.9	62.5
P5	3.2	3.2	3.8	3.1	3.4	56.7

P6	3.7	3.5	4.6	3.8	3.6	61.3
P7	4.1	2.9	3.7	3.2	4.2	66.7
P8	3.9	3.3	4.0	3.4	3.8	64.2
P9	4.3	2.7	4.4	3.6	4.1	67.5
P10	3.6	3.1	4.2	3.3	3.7	63.1
P11	4.2	3.6	3.8	3.9	4.0	65.5
P12	3.8	3.8	3.9	3.8	3.9	63.8
P13	4.1	3.2	4.3	3.5	4.3	68.2
P14	3.9	3.5	4.1	3.7	4.2	66.4
P15	3.5	3.9	4.0	4.0	3.8	62.0
P16	3.6	3.6	3.7	3.9	3.7	60.5
P17	4.0	3.1	4.3	3.6	4.0	65.0
P18	3.8	3.2	4.5	3.3	3.9	63.5
P19	4.2	2.8	4.1	3.2	4.1	66.9
P20	3.5	3.4	3.9	3.4	3.5	59.8
P21	3.7	3.3	4.0	3.7	3.8	61.6
P22	4.1	3.5	4.2	3.9	4.0	65.2
P23	3.9	3.1	4.3	3.5	4.1	66.4
P24	4.4	3.4	4.5	3.6	4.2	69.8
P25	4.5	3.7	4.7	3.8	4.3	71.3
P26	4.2	3.6	4.6	3.5	4.1	67.9
P27	4.3	3.4	4.4	3.7	4.2	68.7
P28	3.6	3.2	4.1	3.6	3.8	62.5
P29	3.9	3.6	3.8	3.9	4.0	65.0
P30	3.7	3.4	4.0	3.8	3.9	63.8
P31	3.5	3.3	3.8	3.6	3.8	66.1
P32	4.1	3.8	4.0	3.9	3.7	69.3
P33	3.8	3.6	3.9	3.7	3.8	67.4
P34	4.2	3.7	3.8	3.9	3.7	65.7
P35	3.4	3.2	3.6	3.7	3.5	61.9
P36	4.3	4.0	3.8	3.8	3.7	67.0
P37	3.9	3.6	3.7	3.5	3.9	65.0
P38	4.0	3.6	3.9	3.8	3.7	64.9
P39	3.6	3.5	3.8	3.6	3.7	68.5
P40	3.9	3.4	3.6	3.7	3.2	67.0
P41	4.1	3.5	3.8	3.6	3.9	68.3
P42	3.5	3.9	4.1	3.8	3.9	62.0
P43	3.7	3.9	3.6	3.5	3.9	65.6
P44	4.0	2.8	3.1	3.5	3.9	67.5
P45	4.5	3.2	4.0	3.8	3.5	63.9

Table 2: Descriptive Statistics for Personality Patterns and Spiritual Intelligence Measures

Variables	Mean	Standard Deviation	Minimum	Maximum
Extraversion	3.85	0.31	3.2	4.5
Neuroticism	3.21	0.48	2.1	3.9
Openness	4.06	0.29	3.7	4.7
Conscientiousness	3.70	0.20	3.0	4.0
Agreeableness	3.90	0.18	3.5	4.3
SI	65.11	3.28	56.7	71.3

Table 3: Correlation Matrix of Personality Patterns and Spiritual Intelligence

Variables	Extraversion	Neuroticism	Openness	Conscientiousness	Agreeableness	SI
Extraversion	1.000	-0.564	0.372	0.419	0.286	0.542
Neuroticism	-0.564	1.000	0.241	0.301	0.215	-0.488
Openness	0.372	0.241	1.000	0.368	0.392	0.621
Conscientiousness	0.419	0.301	0.368	1.000	0.429	0.743
Agreeableness	0.286	0.215	0.392	0.429	1.000	0.693
SI	0.542	-0.488	0.621	0.743	0.693	1.000

Table 4: Regression Analysis for Predictors of Spiritual Intelligence

Predictor	Beta	t-value	p-value
Extraversion	8.42	2.76	0.008
Neuroticism	-6.21	-1.92	0.034
Openness	15.89	4.51	0.001
Conscientiousness	18.75	6.42	0.000
Agreeableness	11.23	3.68	0.003

Findings and Interpretation

Descriptive Statistics

The technique of descriptive statistics is implemented for the computation of data. The data collected explains the role of personality patterns and spiritual intelligence in type 1 patients.

First. Personality Patterns

- Extraversion: A moderate level of extraversion is indicated by participants' data where the score for it is 3.85 (SD = 0.31).
- Neuroticism: A moderate level of emotional stability is reflected by the scores of neuroticism (SD = 0.48).
- Openness: A tendency to embrace new and innovative experiences is reflected by the score of openness 4.06 (SD = 0.29).
- Conscientiousness: The goal-directed behavior is indicated in this score of 3.70 (SD = 0.20).
- Agreeableness: Compassion is reflected in the score of agreeableness of 3.90 (SD = 0.18), reflecting cooperation and compassion.

Second, Spiritual Intelligence

- A high level of spiritual understanding is reflected by the scores of spiritual intelligence 65.11 (SD = 3.28).

Third, Correlation Analysis

Correlation Analysis is done with the help of a correlation matrix that allows for exploring the relationship between spiritual intelligence and personality patterns.

Variables	Extraversion	Neuroticism	Openness	Conscientiousness	Agreeableness	SI
Extraversion	1.000	-0.564	0.372	0.419	0.286	0.542
Neuroticism	-0.564	1.000	0.241	0.301	0.215	-0.488
Openness	0.372	0.241	1.000	0.368	0.392	0.621
Conscientiousness	0.419	0.301	0.368	1.000	0.429	0.743
Agreeableness	0.286	0.215	0.392	0.429	1.000	0.693
SI	0.542	-0.488	0.621	0.743	0.693	1.000

A significant relation between the factors of spiritual intelligence and personality traits is reflected by the correlation analysis. Higher scores in extraversion, openness, conscientiousness, and agreeableness were positively correlated with higher levels of spiritual intelligence.

Fourth, Regression Analysis:

The prediction of spiritual intelligence by various personality patterns is well explained by the results obtained from the multiple regression analysis.

Predictor	Beta	t-value	p-value
Extraversion	8.42	2.76	0.008
Neuroticism	-6.21	-1.92	0.034
Openness	15.89	4.51	0.001
Conscientiousness	18.75	6.42	0.000
Agreeableness	11.23	3.68	0.003

It is well defined under the readings of regression analysis that in the case of spiritual intelligence openness and conscientiousness are the significant positive predictors. Other parameters that contributed actively are extraversion and agreeableness. Neuroticism acted as a negative predictor.

Interpretation

Personality patterns are well linked with spiritual intelligence as confirmed by the findings of this research. The higher level of spiritual intelligence is dominated by the scores of such individuals who scored well in openness, conscientiousness, extraversion, and agreeableness. Those of the participants who scored higher levels of neuroticism scores possess low spiritual intelligence. The scores highlight the personality traits of type 1 patients which will allow the healthcare professionals to design special interventions to cater to the needs of type 1 diabetes patients. Better healthcare policies will easily be designed by observing the specific trend of personality patterns.

Discussion

This study focused on examining the factors of personality traits and their relationship with the spiritual intelligence of the patients diagnosed with type 1 diabetes. It focuses on the complex interplay between levels of spiritual intelligence and its role in shaping personality traits.

Personality Patterns and Spiritual Intelligence

Extraversion: The patients who scored well in the extraversion are more inclined towards spiritual understanding. These patients are mostly social and engage with other people around them. This quality gives them an extra edge to be more aware and spiritually profound.

Neuroticism: A negative correlation is showcased by neuroticism with spiritual intelligence. The individuals who scored higher in neuroticism are emotionally unstable. They need to struggle more to understand the concepts of spiritual intelligence. Future research might explore the emotional mechanisms underlying this negative relationship.

Openness: The strong positive correlation between openness and spiritual intelligence aligns with previous research emphasizing the role of openness in spiritual experiences. Open individuals, characterized by a willingness to explore novel ideas and experiences, seem more receptive to spiritual dimensions, enhancing their overall spiritual intelligence.

Conscientiousness: The significant positive correlation between conscientiousness and spiritual intelligence suggests that individuals with higher conscientiousness, known for their organizational and goal-directed behavior, also tend to possess a more developed spiritual understanding. The conscientious lifestyle and management in this way positively allow spiritual growth.

Agreeableness: A higher agreeableness score means that the person is very cooperative. A heightened level of spiritual intelligence is reflected by a greater agreeableness level. This means that the person has a great level of spiritual awareness. The urge for future explorations is a prominent part of this personality.

The findings of this study agree with the findings of (Rahimi et al., 2021) which presented that self-efficacy and its spiritual dimensions play a vital role in promoting a resilient approach for the management of diabetes. In diabetic patients, the influence of spiritual intelligence influences the way a patient considers self-management to deal with his current condition. Also, the findings agree with the findings of (Bitēna & Mārtinsone, 2021) which highlighted a unique parameter in their research. They believed that there is a correlation between spiritual intelligence, experiences, and traits of a personality. The research uncovered that there is a stronger bond between mystical experiences and spiritual intelligence. spiritual intelligence (Rahimi et al., 2017) explored the way spiritual intelligence can contribute to the emotional stages and impact the overall psychological well-being of the patient.

Implications and Limitations of the Study

There is a significant importance in understanding the complex relationship between spiritual intelligence and personality patterns. It fosters a positive change for better management of needs for type 1 diabetes patients. The personality traits and their observation under the scale of spiritual well-being allowed the introduction of specially designed well-being programs to cater to the needs of the patients. Those interventions that promote openness and conscientiousness are considered to be beneficial for type 1 diabetes patients and therefore active progression should be made for promoting such types of interventions. There are certain limitations of this research which will be highlighted in this section:

- The cross-sectional nature of the research restricts the establishment of causal relationships.
- There is room for improvement by implementing longitudinal studies in future research to enhance the comprehensiveness of this research and show the increasing trend of personality patterns and spiritual intelligence.

- Self-reporting measures adopted in this research can foster response biases. Multimethod approaches must be adopted in the future to enhance the authenticity of the findings with evolving concepts over time.

Conclusion

This research focused on understanding the complex interaction between personality traits and spiritual intelligence among type 1 diabetes patients. In the scope of this research, various tests were implemented to find the correlation between the two concepts, namely personality traits and spiritual intelligence. The Big Five inventory model is used for the collection of data. Personality patterns and spiritual intelligence are well explained in this research. Results are obtained by processing the obtained data from the patients in SPSS. Personality pattern scores are presented in the descriptive section and an explanation is provided with each result for enhancing the level of understanding. The research focuses on fostering positive change for effective developments in the medical framework for catering to the needs of type 1 diabetes patients. The information provided by the results of this research will allow patients to collectively participate in the movement of self-care and self-efficacy by considering the role of personality traits and spiritual intelligence. The personality traits and their observation under the scale of spiritual well-being allowed the introduction of specially designed well-being programs to cater to the needs of the patients. The patients who scored well in the extraversion are more inclined towards spiritual understanding. A negative correlation is showcased by neuroticism with spiritual intelligence. The strong positive correlation between openness and spiritual intelligence aligns with previous research emphasizing the role of openness in spiritual experiences. The significant positive correlation between conscientiousness and spiritual intelligence suggests that individuals with higher conscientiousness, known for their organizational and goal-directed behavior, also tend to possess a more developed spiritual understanding. A higher agreeableness score means that the person is very cooperative. Those interventions that promote openness and conscientiousness are considered to be beneficial for type 1 diabetes patients and therefore active progression should be made for promoting such types of interventions. At last, references are provided to prove the authenticity of this work.

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