

Abstract

Present study was conducted to explore the relationship between emotional intelligence, spiritual intelligence and psychological adjustment of visually impaired adolescents. Study used the mixed method design which had two phases; Phase-I was designated as quantitative study which was conducted using a survey research design. A survey of all of the Govt. Special Education Institutes for the blind and Public Sector Universities of Lahore was conducted. 164 visually impaired adolescents and 36 young adults (100 males and 100 females) with an age range of 15-25 years ($M=1.29$, $SD=.72$) participated in this phase. For data collection, Trait Emotional Intelligence Questionnaire (TEIQUE), The Spiritual Intelligence Self-report Inventory (SISRI-24), scale of Emotional Intelligence developed by Schutte, Integrated Spiritual Intelligence Scale (ISIS) and an Adjustment Scale were used. In phase-II of the study named as qualitative phase, 4 visually challenged adolescents (2 males and 2 females) with an age range of 14-18 years were interviewed with the help of Interpretative Phenomenological Analysis (IPA). Results of quantitative phase revealed significant positive correlations among emotional intelligence, spiritual intelligence, psychological adjustment and age. Findings also showed that visually impaired males have higher levels of emotional intelligence whereas visually challenged females have higher levels of spiritual intelligence. Males and females did not differ in their level of psychological adjustment. Furthermore, age is a significant predictor of emotional intelligence, spiritual intelligence and psychological adjustment but there are no significant differences among participants in terms of age at onset of visual impairment. Qualitative analysis highlighted the exploration of two main themes labeled as "Consequences of disability" and "Stress control mechanisms" which

highlight the use of various coping strategies and defense mechanisms, Implications of the study are discussed.

Keywords: Visual impairment, Emotional intelligence, Spiritual intelligence, Psychological adjustment, Consequences of disability, Coping mechanisms, Coping strategies.