



## Spiritual Intelligence and Emotional Regulation among Abused Adolescents of Pakistan

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### ABSTRACT

The main goal of this study was to explore the relationship between the variables being studied, the hypothesis suggested that there is likely a relationship between abuse, emotional regulation, and spiritual intelligence. This research employed a correlational research design. A total of 117 participants were included in the study, and they were selected using purposive sampling. Adolescents from the Child Protection and Welfare Bureau and Ilm-o-Hunar Foundation Lahore were chosen for the study. The study utilized the Adolescent version of the Child Abuse Scale-Revised, the Emotional Regulation Questionnaire, and The Spiritual Intelligence Self-Report Inventory for measurements. The findings suggested a positive association between adolescent abuse and spiritual intelligence. Meanwhile, there was a significant negative correlation between abuse and Emotional Regulation-Expressive Suppression. There was no significant correlation found between abuse and Emotional Regulation-Cognitive Suppression. Based on the current study, it can be deduced that abuse is positively related to spiritual intelligence, while emotional regulation expressive suppression is negatively associated with abuse. Individuals who have experienced abuse may perpetuate victimization due to the pain they have endured. This research will contribute to a better understanding of the issue and the development of improved intervention strategies to address victimizing behavior. Furthermore, it will aid in the implementation of therapeutic interventions to help victims lead better lives.

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## 1. Introduction

The present study focused on the effects of abuse on adolescents in Pakistan. The present investigation is expected to explore the association of abuse with spiritual intelligence and emotional regulation. Gender differences were also explored in this study. It also aimed to study the role of Emotional Regulation as a mediator and how it influences other variables. The greater part of people at the adolescent age are involved in various sorts of brutalities, for example, physical maltreatment, sexual mishandling, and psychological mistreatment which can lead them toward devastation, and influence their enthusiastic control, social capability, and so on (Ali, 2005). Defining the Concepts Adolescents mishandle and disregard comprises any demonstrations of commission or exclusion by a parent or other parental figure that outcomes in damage, the potential for mischief, or, on the other hand, the risk of mischief to a person at (12–17 years old) regardless of the possibility that the disruption is inadvertent (Chaube & Nagle, 2023).

It can also affect the mental health of a person. Types of abuse include: physical abuse, sexual mishandling, and emotional abuse. Prove proposes that diverse sorts of maltreatment furthermore, disregard once in a while happen in segregation and youngsters who encounter

repeated abuse frequently encounter numerous types of mishandling (Chaudoir & Quinn, 2010). Physical Abuse involves harming adolescents by methods for hitting, crushing, consuming, harming, tossing, suffocating, or some other such act (Opoku Tontoh, 2024). The term abuse includes a wide range of mistreatments it can include adolescent panning, emotional maltreatment, physical harm, and sexual assault which include incest and mistreatment which is very harmful for children and affects them throughout their lives in many aspects (Bierman, 2000)It is defined as a constrained sexual action from mature individuals to children which includes direct sexual contact or touching or exposure of female or male private parts such as nipples, and genitals (Bierman & Welsh, 2000). According to World Health Organization (2014), "Physical abuse is an act which is unwanted which causes torment on the child, it incorporates denoting a kid by hitting, punching, kicking, shaking, beating etc." The grown-up guardian may perhaps not have aimed to hurt the adolescents and the harm is non-accidental, corporal discipline that is unacceptable to the child's age may however be the aftereffect of over-teach. Emotional abuse is consistent emotional maltreatment toward a kid that causes extreme and steady ominous results on the youngster's mental development as a result children feel valueless, unloved, and unsupported and to make him know he will be esteemed just in the condition if he will obey the rules made by adults or older people (South Gloucestershire Safeguarding Children Board, 2008). According to Campos, Campos, and Barrett (1989). Emotional regulation is control is believed to be a middle segment of openly adept, working. Emotional regulation can be characterized as outward and inner-world characteristic procedures are in charge of observing, assessing, and altering enthusiastic responses, particularly their serious and transient elements to fulfill one's objectives (Thompson & Thompson, 2012). Spiritual intelligence is associated with maltreatment as it is a set of abilities that helps individuals to handle and cope with problems and at the stage of adolescence individuals are suffering from different kinds of problems in their life (Thakadipuram, 2024).

### **1.1. Social and clinical significance**

Maltreatment is one of the most common issues in the world. In Pakistan, it is a prohibited and sensitive issue most individuals who suffer from any kind of maltreatment such as physical, sexual, or psychological don't tell others about their sufferings due to shyness, & environmental constraints. This research identified the relationship between spiritual intelligence and emotional regulation. It also finds out gender differences in all the study variables. It has been observed that victims of abuse start victimizing others as a result of the pain they feel. This study will help to understand and make better intervention plans to stop the victimizing behavior. It will also help in making therapeutic interventions for the victims to make them live a better life. It will help to create awareness among parents in order to make them understand that emotional regulation, loneliness, social competence and spiritual intelligence effect on adolescent's growth and family structure. It will help to create awareness among people that how these kinds of abuses are influencing adolescent's lives. It will help teachers to understand how to motivate and help children who are abused or are being abused & society plays an important role in an individual's life, from this study people can understand what problems adolescents are going through when they are abused and how to help them to come out of that trauma and move on in their life in a positive way.

## **2. Literature Review**

This section involves the currently available literature on Spiritual Intelligence and Emotional regulation among abused adolescents.

Kasler, Walter, and Elias (2024) researched the impact of abuse and neglect on the health and mental health of children and young people. A sectional study design was used for purpose. Both male and female data were included in this research. It was hypothesized that abuse had an impact on the mental of children and young people. Research displayed the previous 30 years' data collected on abuse and its impact on adolescent's health. The diverse types of mishandle and disregard frequently happen together in one family and can influence at least one kids. These incorporate, in the perishing level of recurrence disregard, physical mistreatment and non-inadvertent damage; psychological mistreatment; and sexual mishandle. As of late, tormenting and abusive behavior at home have been incorporated as types of mishandle of adolescents. Above Study found that abuse and neglect had strong on individuals' mental health and it can lead and to long term health and psychological problems. Suggestions for future are that there is a strong need to raise public awareness to prevent children from any kind of abuse.

Perry, Creavey, Arthur, Chance Humer, Lundgren, and Rivera (2020) conducted research on Spiritual Intelligence, Stress and Well-Being of Adolescents. The aim of the study was to find out the relationship between spiritual intelligence, stress and wellbeing of adolescents. Cross Sectional Study Design was used to explore the correlation between all the variables. They studied the impact of emotional intelligence on life skills, self-concept and academic achievements of life skills, self-concept and academic achievement of senior secondary students studying in government. Schools separated in rural and urban areas of the district Jaipur Rajasthan. The random cum cluster sampling technique was used. Data was collected by using spiritual intelligence scale. Stress scale was also used to evaluate the level of stress on adolescent's wellbeing. ANOVA was used to analyze data and obtain results and it showed that they both are negatively correlated but spiritual intelligence and well-being were positively correlated with each other. Arslan (2021), conducted a study on maltreatment in school settings and impact of gender and student's school grades, demographics of teachers on various types of maltreatment. This study was survey-based research in which 5-point rating scale was used which also includes the questions about corporal mishandle, psychological and neglect. Data collection was done with 1,339 students from 4<sup>th</sup> and 6<sup>th</sup> grades of primary schools of Republic of Cyprus. The conclusion of the study showed that 52.9 %students reported that they were neglected, 33.1 % was emotionally abused and 9.6 %were physically maltreated. The result of the study showed significance of gender differences I-e males' students were more maltreated than females, but there were no variation between three grades of classes and instructors gender, and insignificance of differentiation among the two genders, grades and the gender of teacher consider to the occurrences of different types of maltreatments.

O'Sullivan and Lindsay (2023) conducted research on child abuse in private, public and religious schools. The purpose of this study was to investigate the occurrence of child maltreatment in above mentioned schools. This study also explored that which type of abuse is more prevalent and identified gender differences. Between-group research design was used in it along with snowball sampling strategy. Sample of this study was N=105 physically, emotionally and sexually abused students including age range of 11 to 17 years. For the purpose of measurements Child abuse screening tool-institutional version was used. one way ANOVA, Independent Sample T-test and Descriptive Analysis were used in the study. Results showed that there was no significant gender difference. It revealed that overall abuse rate was higher in public schools. In conclusion as far as our society is concerned child maltreatment is a tabooed topic in Pakistan parents and care givers physically and emotionally abuse and neglect their kids as a part of their training. Previous literature shows that child hood maltreatment effects kids throughout their life in many psychological and physical aspects. They feel socially isolated, emotional dysregulation. Their academics are also affected. It has been observed though literature review that most of children who suffers from any kind of abuse belongs to lower socio-economic status.

### **2.1. Aim and Objectives of Study**

1. This study has an objective to see the relationship of all the study variables
2. i-e Abuse, Spiritual Intelligence, Emotional Regulation, Loneliness, and Social Competence.
3. This study aimed to check gender differences in Abuse, spiritual intelligence, emotional regulation, loneliness, and social competence among adolescents in Pakistan.
4. This study also aimed to check the Emotional Regulation effect as a predictor on study variables.

## **3. Method**

### **3.1. Research Design**

The cross-sectional research design was used in the proposed study. Cross-sectional study investigates different variables and groups at a single point in a specific time (Campbell & Campbell, 2007). In present study the target population was abused adolescents and the study aimed to explore the relationship between abuse, spiritual intelligence and emotional regulation.

### **3.2. Sampling Strategies**

The sample size was selected through G-Power analysis by keeping association test previous to piloting the study. The outcome size was kept medium (0.3) and alpha level was 0.05. The sample size was computed to be 117 by the software. The Purposive sampling method was used to select sample. It is non-probability sample in which population is selected on the

basis of their characteristics and objective of study (Saunders, 2012). Adolescents who abused were the selected for the sample. Data was collected from two different places Child Protection and Welfare Bureau and ILM-O-HUNAR foundation sample of 60 participants were collected from each place so total sample size comprised on 117 participants. Permission was taken by the all participants.

### **3.3. Demographic form**

The initial phase of present study was the development of semi structured questionnaire. It was designed by researcher to collect demographic information of participants like name, age, gender etc. The interview was designed keeping in view the previous literature to concern the effects of these variables. The interview was divided into different segments to get the required and essential information. In this stage of study permissions were sought from the developers of tools to use their tools in present study. After taking permissions from developers the next step was to take permission from the translators of the tools.

### **3.4. Child Abuse Scale: Adolescent Form (Saeed, Malik & Shah, 2012)**

Child Abuse Scale Adolescent (CAS-A) was used to measure maltreatment in adolescents. Permission was taken from author to use. This scale measured the childhood maltreatment including physical and emotional abuse, physical and emotional neglect and sexual abuse. It involved 43 items to identify children with abuse or maltreatment. This scale has three subscales physical and emotional abuse which has 22 items, physical and emotional neglect contains 14 items and sexual abuse which base on 7 items. The respondents answer every item on 4-point Likert scale as "Never, Sometimes, Often and Always" with scoring 1,2,3 and 4. Author of the scale stated highly significant alpha reliability values of scale ( $\alpha=.92$ ) and reliability alpha of its subscales ranges from .76 to .90.

### **3.5. The Spiritual Intelligence Self-Report Inventory (King & DeCicco, 2008)**

The spiritual intelligence self-report inventory was used to check spiritual intelligence of adolescents. Permission was taken from author before using it. This scale was translated in Urdu by Kayani & Rukhsana.

It is a 5point Likert scale to measure different practices, points of view, and mental qualities. The five possible responses are: 0 – Not at all true of me | 1 – Not very true of me | 2 – Somewhat true of me | 3 – Very true of me | 4 – Completely true of me.

### **3.6. Emotional Regulation Questionnaire (Gross, 1998)**

Emotional Regulation questionnaire was used to assess emotional regulation in adolescents. Permission was taken from author to use the scale. It is a 10-item scale intended to gauge respondents' inclination to manage their feelings in two ways: (1) Cognitive Reappraisal and (2) Expressive Suppression. Respondents answer everything on a 7-point Likert scale extending from 1 (strongly disagree) to 7 (strongly agree). Later this scale was translated by Khan & Kausar.

### **3.7. Ethical considerations**

1. Permissions were taken from the respected authorities in order to utilize scales and in order to do data collection.
2. Participants were given information sheet to debrief them about research purpose, their role etc. They were told that their participation in research is on voluntary basis and they can leave research at any point where they do not feel comfortable.
3. Informed consent was given to all participants in order to get their consent for research.
4. Participants have been told that all the information obtained from them will be kept confidential and their identity will not be revealed in front of any person.
5. The research topic was very sensitive so researcher took care about participant's emotional distress which was caused during the interview and provided participants free of cost counseling also.

## **4. Results**

### **4.1. Statistical Analysis**

This study was aimed to explore the relationship between Abuse, Spiritual Intelligence, Emotional Regulation, Loneliness and Social Competence. It also identified the difference of three

types of abuse on all study variables. Furthermore it also explored the meditational effect of emotional regulation on social competence, loneliness and spiritual intelligence. The statistical analyses were run on Statistical Package for Social Sciences (SPSS)-20. Calculations were reported in frequencies and percentage of demographic variables, gender, age, family environment, education, physical illness, psychological illness, place, socioeconomic conditions; physical, emotional and sexual abuse information about participants. Pearson Product Correlational Analysis was run to find out the relationship between all the variables. Moreover, Independent Sample T-Test was also carried out to identify gender difference on all the study variables. Linear Regression Analysis was used to see the effect of emotional regulation as a predictor on other variables. The reliability analysis was also carried out for each assessment measure using Cron Bach’s Alpha. The results of this study are reported in two sections, descriptive and inferential statistics. The descriptive statistics includes demographic variables such as, age, gender, place, socioeconomic status, home environment, family information, physical and psychological questions, behavior related and abuse related questions. The inferential statistics comprised results explaining the aims and hypothesis of the study.

#### 4.2. Descriptive Statistics

This section contains the frequencies and percentages of the demographic characteristics. Also frequencies and percentages of information regarding family, behaviors of siblings and parents, socioeconomic status, family environment, information about parents, siblings and abuse related questions that were obtained in the semi structure interview.

**Table 1: Demographic Characteristics of Participants (N = 117)**

Demographic variables	F	%
Gender of the participants		
Male	52	44.4
Female	68	55.6
Age of the Participants		
12-14	38	32.5
14-16	51	43.6
16-18	28	23.9
Education of the Participants		
Uneducated	4	3.4
Primary	11	9.4
Secondary	72	61.5
Higher Secondary	30	25.6
Area		
Urban	55	47.0
Rural	62	53.0
Physical Illness		
Yes	44	37.6
No	73	62.4
Psychological Illness		
Yes	4	3.4
No	113	96.6

Note. F = frequency, % = percentage

Table 1 illustrates that among 117 participants 68(55.6 %) were females and 51(43.6 %) were in age range of 14-16 years. On the other hand, 72(61.5 %) participants reported that they were educated up to secondary level and when asked about their area of belongingness 62(53.0 %) said that they belonged to rural area. Most of them reported that they never suffered from physical and psychological illness respectively 73(62.4 %) and 113(96.6 %) and this might be because they had no awareness about health issues.

**Table 2: Family Status and Environment Conditions of the Participant (N = 117)**

Variable	F	%
Socioeconomic Status		
Lower Class	46	39.3
Upper-lower Class	24	20.5
Middle Class	32	27.4
Upper-middle Class	14	12.0
High Class	1	.9
Family System		

Nuclear	82	70.1
Joint	35	30.0
Family Environment		
Satisfactory	9	7.7
Somewhat Satisfactory	15	12.8
Average	52	44.4
Somewhat Unsatisfactory	23	19.4
Unsatisfactory	18	15.4

Note: F = frequency, % = percentage

The above table shows that most of the participants forty-six (39.3 %) belonged to lower class of socio-economic status and eighty-two (70.1 %) were from nuclear families. Fifty-two (44.4 %) of participants reported that they were having average type of family environment.\

**Table 3: Participant Responses Related to Experiences of Abuse (N = 117)**

Variable	F	%
Strict Behavior		
Always	45	38.5
Often	31	26.5
Sometimes	36	30.8
Never	5	4.3
Physical Hit		
Always	33	28.2
Often	37	31.6
Sometimes	39	33.3
Never	8	6.8
Uncomfortable touch		
Always	36	30.8
Often	14	12.0
Sometimes	15	12.8
Never	52	44.4
Abusive language		
Always	36	30.8
Often	32	27.4
Sometimes	40	34.2
Never	9	7.7
Relationship with that person		
Parents	39	33.3
Siblings	13	11.1
Family relations	38	32.5
Neighbors	13	11.1
Stranger	14	12.0

Note: F = frequency, % = percentage

This section contains the aim and hypothesis of the study results. That is in the following order. Firstly, the reliability of the scales was measured through Cronbach's Alpha reliability. Then Pearson Product Moment Correlation was calculated to see the relationship between abuse, spiritual intelligence and emotional regulation, Furthermore, Independent Sample T-Test was run to check gender difference on all the study variables. Then Regression Analysis was done to measure Emotional Regulation as a Predictor of Spiritual Intelligence. Table (4) shows the reliability of all scales for the sample.

**Table 4: Reliability Analysis of Measures of the study (N=117)**

Measure/Scale	N	M	SD	Range	CronBach's Alpha
			Potential	Actual	
Child Abuse Scale: Adolescent Form	86	189.85	29.0	86-344	.90
Emotional Regulation Questionnaire	10	23.34	5.7	1-70	.71
The Spiritual Intelligence Self-Report Inventory	24	48.17	10.01	0-96	.66

Table 4, shows significantly high reliability on all the scales. The Child Abuse Scale Adolescents Form had .90 reliability on Cronbach's Alpha which is highly reliable. Emotional

Regulation Scale had reliability of .71, Spiritual Intelligence Scale was on .66 and .81 on Cronbach’s Alpha reliability test respectively.

**Table 5: Pearson Product Moment Correlation, Mean and Standard Deviation**

Measures	1	2	3	4	5	6	M	SD
CAS-A Father	-	.36**	.31**	-.03	.29**	.04	97.74	17.74
CAS-A Mother	-	-	.42**	-.01	.27**	.15	92.12	17.21
SI	-	-	-	.15	.30**	.41**	48.17	10.00
ERQ	-	-	-	-	-.07	.18*	40.47	8.22

Note: CAS-A-Child abuse scale-adolescents, SI-spiritual intelligence scale, ERQ-emotional regulation questionnaire.

\*p < 0.05, \*\*p < 0.01.

Table illustrates that there is a positive relationship between CAS-A Father, CAS-A Mother form, spiritual intelligence at p<0.01 i.e.

**Table 6: Descriptive Statistics and Results of Independent Sample T-test for Mean Differences in responses of Female and Male**

Variables	Male		Female		t(115)	95 % CI	
	M	SD	M	SD		LL	UL
Abuse Father	98.81	14.984	96.80	20.031	.57**	-4.686	8.548
Abuse. Mother	97.44	17.687	87.86	15.691	3.10**	3.461	15.701
SI	46.92	9.768	49.17	10.148	-1.21*	-5.925	1.432
ERQ	38.96	4.149	37.86	5.187	1.24	-.652	2.852

Note: CI = confidence interval; LL = lower limit; UL = upper limit: SI=spiritual intelligence; ERQ=emotion regulation.

Results illustrates that socioeconomic status had significant negative correlation with child abuse scale adolescents father form at significance level p <0.01 i.e. it infers that socio economic status was strongly associated with child abuse scale father form and it depicts that most of the individuals who were highly abused they belonged to lower socio-economic status. Whereas socioeconomic status had no significant of relationship with other study variables. On the other hand, gender had significant negative correlation with child abuse scale mother form at p<0.01 it infers that mostly mothers had strict behavior with their children and they use to physically abused them in order to teach them manners and other cultural values. Whereas gender had not correlated with other study variables. Table (7) shows the mean differences of the males and females on scales of Abuse, Spiritual Intelligence and Emotional Regulation.

**Table 7: Linear Regression Analysis (Backward Method) Emotional Regulation and Abuse as Predictors of Social Competence in Abused Adolescents**

Social Competence			
Variable	B	B	95% CI
Constant	12.214		[8.980, 15.44]
Abuse	.006	.140	[-.002, .014]
ERQ	-.049	.189	[.002, .095]
R <sup>2</sup>		.054	
F		3.230***	
ΔR <sup>2</sup>		.054	
ΔF		3.230***	

Note: ERQ-emotional regulation, Abuse-child abuse scale adolescents form \*p<.05, \*\*\*p<.001

**Table 8: Linear Regression Analysis (Backward Method) Emotional Regulation and Abuse as Predictors of Spiritual Intelligence in Abused Adolescents**

Spiritual Intelligence			
Variable	B	B	95% CI
Constant	11.26		[-2.705, 25.23]
Abuse	.089	.433	[.055, .123]
ERQ	.201	.165	[.000, .402]
R <sup>2</sup>		.210	
F		15.125***	
ΔR <sup>2</sup>		.210	
ΔF		15.125	

Note: ERQ-emotional regulation, Abuse-child abuse scale adolescents form \*p<.05, \*\*\*p<.001

Independent sample t-test was done to compare the differences of responses on males and females on the scales of abuse father and mother form, spiritual intelligence and emotional

regulation. The table shows that mean score obtained by females and males on child abuse scale father form are differed significantly. It can be depicted as  $t(115) = .57, p < 0.01$ . Moreover, the table also revealed significant differences on scores of child abuse scale mother form at  $t(115) = 3.10, p < 0.01$ . However no significant gender differences of male and female adolescents were found on spiritual intelligence and emotional regulation scales.

The study aimed to assess association between emotional regulation as a predictor and social competence as outcome variables of sample adolescents ( $N=117$ ). It was hypothesized that emotional regulation is likely to predict spiritual intelligence. Linear regression enter method was used to test this hypothesis and results revealed that regression model is significant at  $F(15.125), p < .00$ . This shows that emotional regulation is a significant predictor of spiritual intelligence and playing a role of predictor.

### **4.3. Summary of Results**

The descriptive statistics of the study displayed that total 117 abused adolescents were contacted. Most of them were girls age range was 13-16 years. Mostly belonged to lower socio-economic status and mostly abusers were parents & family relatives.

The result showed significant positive relationship between Child Abuse Scale mother and father version.

The results also revealed the significant positive relationship between Child Abuse father, mother version and Spiritual.

It also revealed that subscales of spiritual intelligence, SI.PMP-Personal meaning production, SI.TA-Transcendental awareness, SI.CSE-Conscious state expansion had a significant positive relationship with Child Abuse Scale Adolescence form father and mother version.

Results also showed that there is a negative relationship between child abuse scale adolescents form father and mother emotional regulation-expressive suppression sub scale of emotional regulation.

The results indicated that socio economic status was positively correlated with child abuse scale father form whereas gender was positively correlated with child abuse scale mother form.

The results showed that Emotional Regulation is a predictor of Spiritual Intelligence.

## **5. Discussion**

The study currently was carried out Identifying the relationship between abuse, spiritual intelligence and emotional regulation. In adolescents of Pakistan, it also investigated the gender difference on abuse, spiritual intelligence and emotional regulation scales, it also revealed the meditational effect of emotional regulation on Spiritual Intelligence. Moreover Davis et.al., (2012) found out that children or adolescents who are currently going through traumatic experiences or have been gone through any trauma their spiritual intelligence plays an important role in order to deal their traumas or help them to cope with the pains associated with their worse experiences. It's in our cultural, spiritual and moral norms that we always seek help from ALLAH while dealing with sufferings and pain and find peace in prayers and worships as Allah says in Quran "Verily in the remembrance of GOD do hearts find rest" (Quran 13:28). This believe in Allah makes them spiritually strong because they know that ALLAH is always with them and He will surely punish the people who are involved in sins as its in Quran "Your Lord is of unbounded mercy; but His punishment shall not be averted from the guilty folks" (Surah Al,Anam:107). So, it can be inferred that in pain, sufferings, despairs and sadness only God is one we are reaching in darkness and that makes us spiritually high, because they know ALLAH does not burden a soul beyond that it can bear (Surah Bakrah Verse 286).

The results of the study revealed that abuse and emotional regulation expressive suppression had significant negative relationship.so it can be depicted that individuals who face high maltreatment they suffers from emotional deregulations which effects their personalities Lanius, Vermetten, and Pain (2010) found that when a person suffers from trauma two types of



emotional problems they face under modulation of emotion or over modulation of emotion it infers that individuals who suffers from abuse their emotional expressive suppression might be increased or decreased. Results for the present study revealed that there is a negative relationship between child abuse father form and socio-economic status it infers that the lower the socioeconomic status will be the higher chances of being abused are there, as lower socio-economic status increases the risk of maltreatment in child. Sedlak et al. (2010) explored that low socio-economic status which includes poverty; unemployment in that state adults have to do full time odd jobs so they cannot provide proper supervision to their kid which is a contributory factor in maltreatment. Whereas Hanif (2014) also found out that children belonging to lower socio-economic status are at greater risk of childhood abuse rather than other socio-economic status. Poor people send their kids out to work in streets or places and this child labor due to their economic situation but this is not safe for kids and in that they suffer from maltreatments.

The present study was conducted to explore the relationship between abuse, spiritual intelligence, emotional regulation, loneliness and social competence in adolescents. It also finds out that the gender differences and role of emotional regulation as a mediator/predictor in the study variables. From the current study it is concluded that there is a positive relationship between abuse, spiritual intelligence and loneliness, whereas emotional regulation expressive suppression had a negative relationship with abuse. On the other hand, gender differences were also seen in the study variables, moreover emotional regulation was playing a role of mediator between the variables. It was also seen that most of the adolescents suffer from all three kind of abuses. Mostly they are abused by their family relations step-parents. Some of them feel lonely because they think there is no one to talk about they were not aware about psychological problems they reported they do not want to go back to homes. Children who were in lower socio-economic status they were more prone to abuses and some of them were also involved in victimization, they think their problems not as problem. Violence (2015) reported that females were more frequently victimize for physical and sexual abuse, so the abuse results of current study are supported by these findings that females are on higher risks of abuse rather than boys because in step parents' scenario girls are mostly more under influenced than boys as they stay most of the time at home with parents and relatives. Farshad et al. (2020), also suggested that females are abused more than boys because of the stress that their parents are facing due to the poor socio-economic status mostly parents put all the stress on their daughters' which effects their physical and emotional conditions also.

## **6. Conclusion**

This study has identified relationships between abuse, emotional regulation, and spiritual intelligence among adolescents. The positive association between abuse and spiritual intelligence suggests that adversity may drive individuals toward deeper spiritual engagement. Conversely, the negative correlation between abuse and emotional regulation, specifically expressive suppression, highlights the challenges abused adolescents face in managing their emotions. The absence of a significant relationship between abuse and cognitive suppression underscores the need for further research into the nuanced ways abuse impacts emotional processing.

### **6.1. Suggestions of the Study**

It is suggested that those limitations should be seriously attended for future research to get more valid and authentic findings can be generated to reveal the dimensions of this topic. For future researches sample size would be increased in order to increase the validity of the research. Researchers should do researches on recently maltreated children to better understand their problems at the moment when they suffering or suffered from any kind of abuse.

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