

The Influence of Poetry Appreciation on Spiritual Intelligence and Hedonistic Behavior

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Abstract

Hedonistic behavior refers to attitudes that prioritize pleasure, spending time outside the home, playing more, and enjoying the hustle and bustle of the city solely for the sake of pleasure, which result in negative behavior. Therefore, this study aimed to analyze the influence of poetry appreciation on spiritual intelligence and hedonistic behavior. It was a quantitative study which used a correlational design and involved a total of 390 respondents as the study sample. Their data were collected using the instruments of the Attitudes to Beauty Scale (EBS), the Spiritual Intelligence Self-Report Inventory (SISRI-24), and the Female Hedonistic Behavior Questionnaire (FHBO). Following the data collection and analysis, it was found that poetry appreciation significantly influenced spiritual intelligence. Furthermore, poetry appreciation had a significant indirect influence through the mediation of spiritual intelligence on hedonistic behavior. Based on these findings, it is recommended that counselors utilize and encourage students to assess and understand life phenomena expressed in poetry to enhance spiritual intelligence and reduce hedonistic behavior.

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INTRODUCTION

As an element within the education system, guidance and counseling provides an effort that can be undertaken through its services. The services are supposed to be done by a counselor who has possessed professional skills in handling issues related to personal, social, career, and educational matters, as well as understanding the client's psychological processes and behavioral dynamics (Mulawarman, 2017:7).

In this fast-paced era, the influence of technology and social media is profound, and society can no longer detach itself from it, for instance, the millennial generation who needs recognition and self-existence as 24/7 users of mobile devices and social media. This leads to people accessing information rapidly. As a result, adolescents can easily communicate with each other and begin to be influenced by many factors, including exhibiting hedonistic behavior due to the influence of their environment and close acquaintances (Korry & Suartini, 2019).

According to (Pateda, 2019), nowadays, hedonistic behavior has dominated people thoughts and desires to appear impressive in front of their peers. They prioritize fleeting desires, prefer spending time outside to at home, and enjoy hanging out with friends without considering the wasted time. The time that should be allocated for studying is often used for frivolities, listening to music, and unproductive activities.

The study conducted by (Trimartati, 2014) indicates that hedonistic behavior is influenced by internal factors, such as the desire to be seen as more impressive, while external factors include a lack of awareness of the dangers of hedonistic behavior among individuals, making them susceptible to drugs, alcohol, and promiscuity. Every individual inherently has the capability to be his ownself to reduce hedonistic behavior.

The key lies in belief. Individuals who are easy to be influenced by their environment might not be due to their incapability to control themselves, but due to a lack of self-confidence. This can be a barrier to success. A lack of self-belief is often associated with low spiritual intelligence.

Theoretically, spiritual intelligence can influence the hedonistic behavior of students in the way it enlightens their souls. This includes human abilities to comprehend the meaning of life, understand the values of every action taken, and recognize every individual's potential. This makes someone aware of and able to determine the purpose, value, morals, and love towards a higher power and fellow beings, feeling as a part of the whole. Also, it enables individuals to position themselves and live more positively, filled with wisdom, peace, and genuine happiness (Rasyid, 2021).

Findings of (Ramadhan et al., 2021) have confirmed spiritual intelligence has positive and significant influence on hedonistic behavior. This suggests that the higher a student's spiritual intelligence, the lower their hedonistic behavior. This includes finding meaning in life, evaluating all actions undertaken, and forming and maintaining relationships with others in determining life's purpose, thus being able to interpret life at its best. According to Zohar & Marshall (2007), individuals with high spiritual intelligence can interpret life by assigning positive meaning to every event, challenge, or suffering they experience. A positive sense can uplift the spirit and lead to positive actions and behaviors.

Given the background above, this study attempted to decide whether poetry appreciation played a significant role in influencing spiritual intelligence and the hedonistic behavior of students. Therefore, the researchers identified and analyzed the influence of poetry appreciation on students' spiritual intelligence and hedonistic behavior.

METHODS

The population for this study consisted of all students at the Public High Schools in Semarang City. Slovin's formula (5%) was employed to determine the sample size, resulting in 390 respondents selected from 5 Public High Schools in Semarang City using cluster random sampling.

3 scales adapted and developed were used as the data collection instruments. The first instrument was the Attitudes to Beauty Scale (EBS) developed by Diessner, Solom, Frost, and Davidson (2008) with 5 answer options. It has been validated by previous studies (Sabadosh, 2017; Diessner et al., 2012). The instrument contains 19 items and 3 aspects: cognitive with 6 items, emotive with 6 items, and evaluative with 7 items. In terms of the Kaiser Meyer Olkin Measure Of Sampling Adequacy (KMO MSA) value, this instrument gained 0.658 (0.50), while the anti-image correlation value for each indicator was above 0.50, and the rotated component matrix value is > 0.55 . For the reliability, Cronbach's alpha for poetry appreciation was 0.846.

The second instrument was the Spiritual Intelligence Self-Report Inventory (SISRI-24) developed by King (2009) with 5 answer options. It has been validated by previous studies (Vancea, 2014; Nirawati & Sugiasih, 2021). This instrument has 24 items and 4 aspects: critical thinking ability with 6 items, ability to construct meaning with 6 items, transcendental awareness with 6 items, and self-awareness with 6 items. The

Kaiser Meyer Olkin Measure Of Sampling Adequacy (KMO MSA) value of this instrument was 0.658 (0.50), while the anti-image correlation value for each indicator was above 0.50, and the rotated component matrix value was > 0.55 . Regarding Cronbach's alpha for spiritual intelligence, it obtained 0.923.

The third instrument was the Female Hedonistic Behavior Questionnaire (FHBQ) developed by Wells & Tigert (1971) with 5 answer options. It has been validated by previous studies (Delka et al., 2022; Deviana et al., 2020). This instrument has 28 items and 3 aspects: interest with 12 items, activity with 8 items, and opinion with 8 items. All scales were translated back and given appropriate descriptions in Indonesian. The Kaiser Meyer Olkin Measure Of Sampling Adequacy (KMO MSA) value of this scale was 0.658 (0.50), while the anti-image correlation value for each indicator was above 0.50, and the rotated component matrix value was > 0.55 . The Cronbach's alpha for hedonistic behavior was 0.928.

RESULTS AND DISCUSSION

Based on the data of the students, the mean of appreciation for poetry was ($M = 161.25$, $SD = 24.38$), spiritual intelligence was ($M = 110.70$, $SD = 16.48$), and hedonistic behavior was ($M = 131.16$, $SD = 15.85$). since the mean was higher than the standard deviation, the data distributed normally. In details, those are presented in the following table 1.

Table 1. Data Description

Variable	N	M	SD
Poetry appreciation	390	161.25	24.38
Spiritual Intelligence	390	110.70	16.48
Hedonistic behavior	390	131.16	15.85

Table 2. Process Model 4 Path Analysis

Predictor	B	SE	T	P	LLCI	ULCI	R	R ²	F	P
Criterion:										
SI	.662	.007	94.08	<.01	.648	.676	.979	.958	8851.7	<.01
AP										
Criterion:										
PH	-	.091	-11.68	<.01	-.885	-1.242	.826	.682	.414.17	<.01
AP	1.063									
SI	-.814	.135	-6.05	<.01	-1.079	-.550				
AP-SI-PH	-.539	.179			-.874	-.198				
ET	-.525	.019	-26.92	<.01	.486	.563				

Poetry Appreciation (PA); Spiritual Intelligence (SI); Hedonistic Behavior (HB); Total Effect (TE)

Based on Table 2, it was found that poetry appreciation had a positive influence on the enhancement of spiritual intelligence ($\beta=0.662$, $p < 0.01$). Poetry appreciation negatively affected the decrease in hedonistic behavior ($\beta=-1.603$, $p < 0.01$). Spiritual intelligence negatively influenced the reduction of hedonistic behavior ($\beta = -0.814$, $p < 0.01$). Furthermore, there was an indirect negative influence between poetry appreciation mediated by spiritual intelligence on the reduction of hedonistic behavior ($\beta= -.539$; BootLLCI = $-.874$; BootULCI = $-.198$; $p < 0.01$).

Following the above descriptions, a bias-corrected method was applied with $N=5000$. From bootstrapping results, the 95% bootstrap confidence interval for the indirect effect yielded an indirect coefficient of poetry appreciation towards hedonistic behavior of $\beta = -.539$. The confidence interval from the bootstrap result indicated BootLLCI (lower level for CL) = $-.874$ and BootULCI (upper level for CL) = $-.198$. If the range of BootLLCI and BootULCI values does not include zero (0), it can be concluded that the estimate is significant and the mediation effect occurs. From the analysis above, the indirect standardized bootstrap effect value was $-.539$, and the 95% confidence interval ranged from $-.874$ to $-.198$. Since zero was not included in the 95% confidence interval range, it can be concluded that there was a significant indirect effect between poetry appreciation and

hedonistic behavior through spiritual intelligence.

The total effect was obtained from the sum of both direct and indirect influences of poetry appreciation on hedonistic behavior. The full effect coefficient was $\beta -0.525$, significant at $p < 0.01$. This meant poetry appreciation's influence on hedonistic behavior was both directly and indirectly significant.

The analysis results found a significant influence between the variable of appreciation towards spiritual intelligence and hedonistic behavior. It is in line with the previous study conducted by (Menninghaus et al., 2017) that poetry appreciation effectively enhances students' spiritual intelligence. The ability to think better, such as shifting to a new way of viewing problems, can turn unexpected events into advantages, and produce unique creative and innovative solutions that help meet the 21st-century demands for new ideas and approaches (Trilling & Fadel, 2009).

Furthermore, the findings are also supported by Brooks's (2001), namely poetry appreciation extensively develops students' spiritual intelligence; an enlightened soul gives birth to good character and can embody basic principles of attitudes, which include humility, kindness, honesty, tolerance, trust, integrity, loyalty, justice, freedom, equality, and respect.

According to a study done by (Mangetan et al., 2021), in its entirety, poetry appreciation,

also written in the form of drama scripts, can be an alternative issue for healing lousy behavior in the modern era. Hedonistic behavior is a significant issue in human life today. Especially among the youth since many have lost their sanity, leading to detrimental behavior.

Moreover, the findings of a study by (Saini & Sharma, 2021) shows that spiritual intelligence is an individual's ability to behave with wisdom and compassion while maintaining internal and external peace, regardless of the situation. According to the a study by (Vaughan, 2002), spiritual intelligence implies the capacity for a profound understanding of existential questions and insights into various high levels of moral consciousness that can influence human behavior. One of the behaviors consciously carried out by humans is hedonistic behavior, which should be minimized and eliminated with human self-awareness. However, with spiritual intelligence, humans can become more aware of their hedonistic behavior and gradually minimize it.

An individual's spirituality depends on their perspective on the divine side they possess. Spiritual wisdom is more related to soul enlightenment. People with great spiritual intelligence can interpret life by giving positive meaning to every event, problem, and even suffering they experience. By imparting a positive meaning, they can invigorate the soul and undertake positive actions and deeds, influencing good behavior, appreciating others, and interpreting life with good values (Zohar and Marshal, 2000).

Poetry also reflects the reality of human life. It is filled with examples of behavior, attitudes, and thoughts related to goodness, nationalism or national insight, tolerance, empathy, and contemplation when disasters occur in this country. As one form of literary work poetry consists of few words, but can contain many meanings of life. Certain media, such as audio-visual and listening poetry can be utilized for innovative and contextual learning (Yulia Esti, 2016).

Poetry appreciation greatly assists in shaping the character of students. This kind of

appreciation, especially in verses, possesses forms rich in values related to character formation. Since poetry appreciation is oriented towards students' openness in thinking, at the same time it influences their character. This activity can be done by providing them with a book of verses by Tenas Effendy. By giving them this material, students will be equipped with priorities, soul intelligence, peace of mind, drawing closer to God, and beneficial character education values (Sri Rahayu, 2023).

Regarding the above explanation, poetry appreciation can be used by school counselors. Hence, counselors can utilize poetry appreciation in both personal and social fields to enhance spiritual intelligence which later can improve behavior. In this case, literary works can be a reference for the community in studying morals to shape the character of the nation's children. Literary works that contain ethical and moral values refer to human experiences in behavior and how human duties and responsibilities should be (Suraiya, 2020).

Considering the limitations, this study only used one independent variable to predict spiritual intelligence and hedonistic behavior. Therefore, the future studies are expected to add mediator variables as a means of mediation.

CONCLUSION

This study has confirmed the relationship between poetry appreciation on spiritual intelligence and the hedonistic behavior of students. Furthermore, it can serve as a reference for guidance and counseling teachers to develop poetry as a medium in providing services, especially in the personal and social domains, group guidance, group counseling, or classroom services. Counselors may also collaborate with subject teachers, especially language teachers to use this study as a reference. Meanwhile, the future studies are recommended to use the variable of poetry appreciation in an experimental study so that students can comprehend deeper and be more focused on poetry appreciation.

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