Title: "Mental, Emotional, and Spiritual Quotients (MES-Q) Enhancement leads to Improvement in Quality of Life in Adolescents and Adults"

The Null Hypotheses:

If the Mental, Emotional and Spiritual Quotient (MES-Q) of subjects is enhanced by the MES-Q methodology, then their Quality of Life (QOL) will also be enhanced.

In this study, the following hypotheses were tested.

Ø There will be no significant difference between the effectiveness of subjects in handling their lives' challenges if their Mental Quotient is increased.

Ø There will be no significant difference between the effectiveness of subjects in handling their lives' challenges if their Emotional Quotient is increased.

Ø There will be no significant difference between the effectiveness of subjects in handling their life challenges if their Spiritual Quotient is increased.

Ø There will be no significant difference between the effectiveness of subjects handling their Lives' challenges if their Mental, Emotional & Spiritual Quotient is increased simultaneously.

Ø There will be no significant difference in Quality of Life of subjects handling their Lives' challenges if their Mental, Emotional & Spiritual Quotient is increased simultaneously.

Ø There will be no significant difference between the effectiveness of subjects handling their Lives' challenges if they undergo the **XXXX methodology**

MESQ Analysis

MACRO Study

A MACRO study involves the examination of overall, high-level outcomes or constructs that reflect broader psychological or quality-of-life dimensions. In this study, MACRO-level variables include **Mental Quotient (MQ), Emotional Quotient (EQ), Spiritual Quotient (SQ) and Quality of Life (QOL).**

MICRO Study

A **MICRO study** focuses on specific, individual-level traits or sub-components that contribute to larger constructs. In this study, each MACRO-level construct—Mental Quotient (MQ), Emotional Quotient (EQ), Social Quotient (SQ) and Quality of Life (QOL) is composed of multiple MICRO-level dimensions.

In MESQ Analysis **Group A served as the experimental group**, while **Group B functioned as the control Group.**

For all micro-level scales, the pre-test scores are coded with 0 (e.g., SelfAcceptance0), and the post-test scores are coded with '1' (e.g., SelfAcceptance1) for both groups—Group A (Experimental) and Group B (Control).

Following Tests are Used to Acquire the Raw data for MESQ Analysis:

The Positive Mental Health Inventory (Dr. C.D Agashe and Dr. R.D Helode), Emotional Intelligence Scale (Dr. P. Srinivasan and Mr. K. Muruge), Spiritual Quotient (Dr. Gurvinder Ahluwalia, Prof. N.K. Chadha and Dr. Swati Sharmila Vohra), and Quality of Life Scale (Sarika Sharma and Dr. Nakhat Nasreen) were employed to collect raw data corresponding to MQ, EQ, SQ, and QOL, respectively.
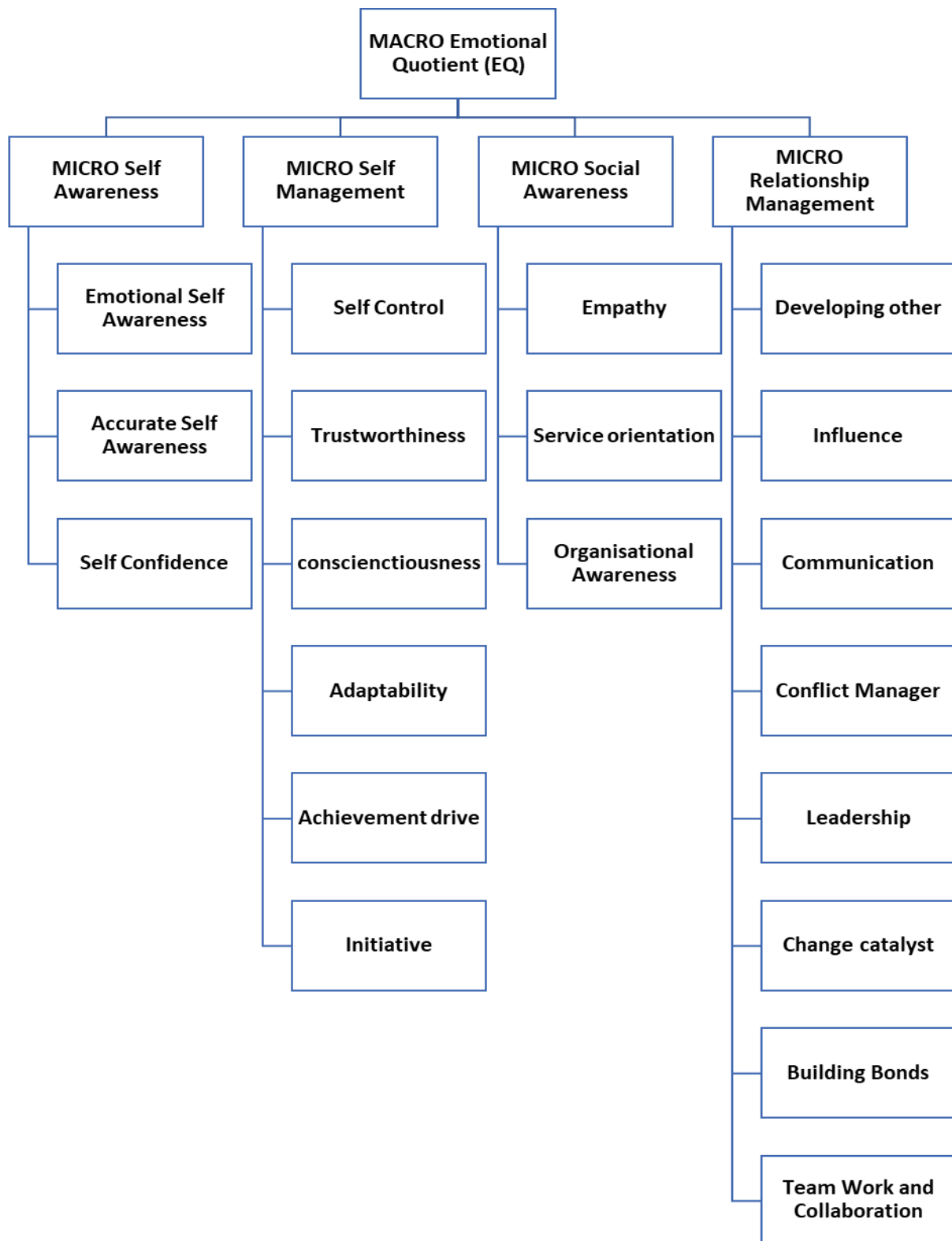
Statistical analysis is carried out using IBM SPSS Statistics software and ANOVA.

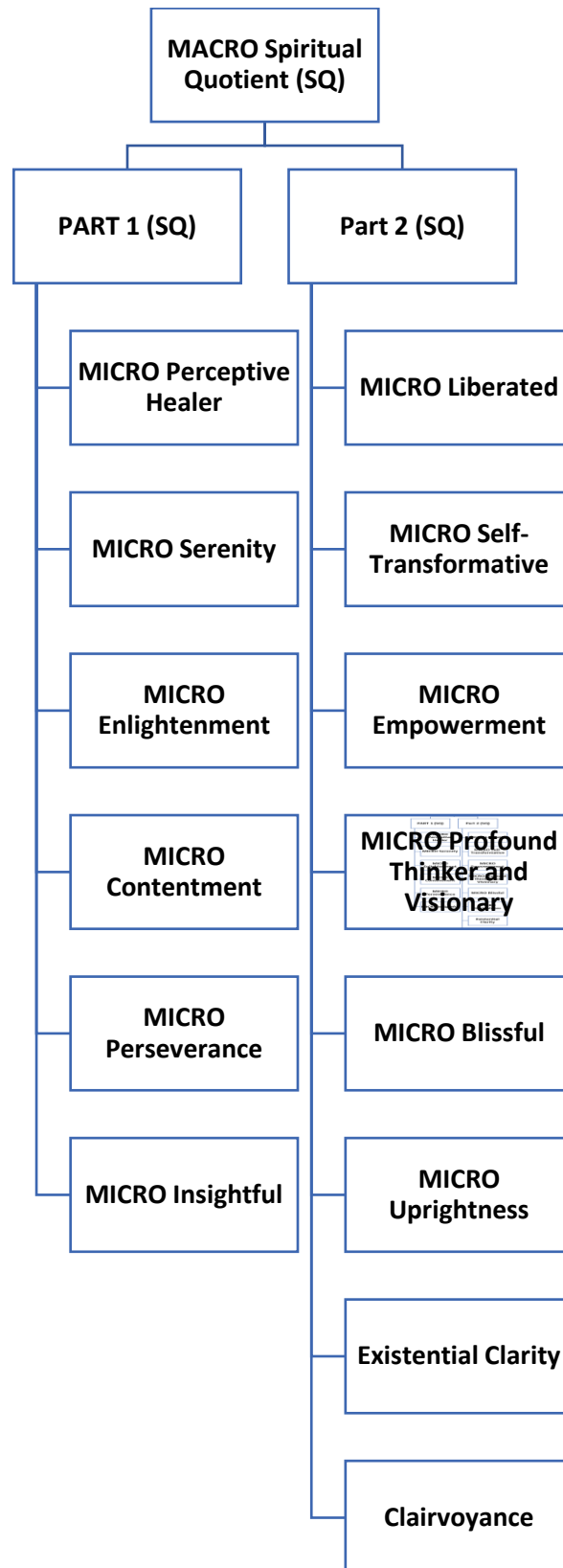**Hierarchical Structure of Macro and Micro Scales Used in the Study:**

1. **Mental Quotient (MQ) Hierarchical Structure:**
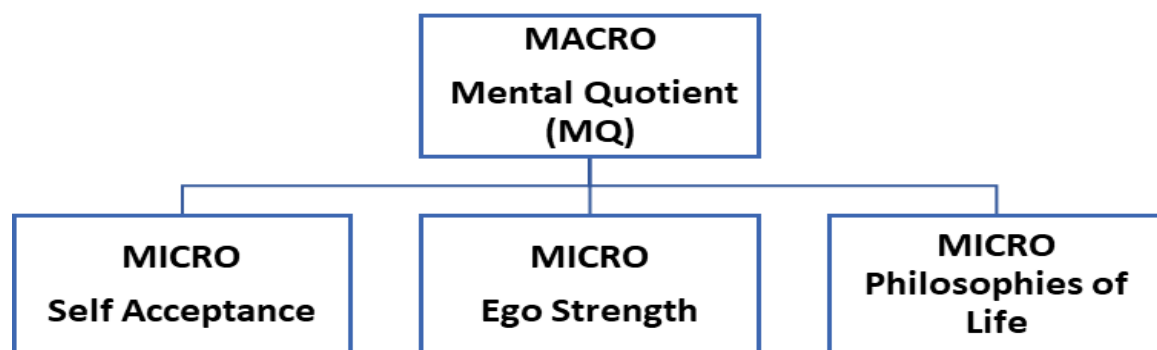
2. Emotional Quotient (EQ) Hierarchical Structure:

```
                        ┌─────────────────────────┐
                        │   MACRO Emotional       │
                        │   Quotient (EQ)         │
                        └─────────────────────────┘
```

MICRO Self Awareness	MICRO Self Management	MICRO Social Awareness	MICRO Relationship Management
Emotional Self Awareness	Self Control	Empathy	Developing other
Accurate Self Awareness	Trustworthiness	Service orientation	Influence
Self Confidence	conscienctiousness	Organisational Awareness	Communication
	Adaptability		Conflict Manager
	Achievement drive		Leadership
	Initiative		Change catalyst
			Building Bonds
			Team Work and Collaboration

3. Spiritual Quotient (SQ) Hierarchical Structure:

```
                    ┌─────────────────────┐
                    │ MACRO Spiritual     │
                    │ Quotient (SQ)       │
                    └──────────┬──────────┘
                  ┌────────────┴────────────┐
        ┌─────────┴─────────┐     ┌─────────┴─────────┐
        │   PART 1 (SQ)     │     │   Part 2 (SQ)     │
        └─────────┬─────────┘     └─────────┬─────────┘
```

PART 1 (SQ)	Part 2 (SQ)
MICRO Perceptive Healer	MICRO Liberated
MICRO Serenity	MICRO Self-Transformative
MICRO Enlightenment	MICRO Empowerment
MICRO Contentment	MICRO Profound Thinker and Visionary
MICRO Perseverance	MICRO Blissful
MICRO Insightful	MICRO Uprightness
	Existential Clarity
	Clairvoyance

4. Quality of Life (QOL) Hierarchical Structure:

```
                    ┌─────────────────────┐
                    │ MACRO Quality of Life│
                    │        (QOL)        │
                    └─────────────────────┘
        ┌──────────┬──────────┼──────────┬──────────┐
  ┌──────────┐┌──────────┐┌──────────┐┌──────────┐┌──────────┐
  │MICRO Life││MICRO Goals││  MICRO   ││  MICRO   ││MICRO Hopes│
  │Satisfaction││and       ││Spirituality││Happiness ││and Wishes │
  │          ││Motivation ││          ││          ││          │
  └──────────┘└──────────┘└──────────┘└──────────┘└──────────┘
```

```
                    ┌─────────────────────┐
                    │ MACRO Quality of    │
                    │    Life (QOL)       │
                    └─────────────────────┘
    ┌──────┬──────┬──────┼──────┬──────┬──────┐
 ┌──────┐┌──────┐┌──────┐┌──────┐┌──────┐┌──────┐
 │MICRO ││MICRO ││MICRO ││MICRO ││MICRO ││MICRO │
 │Stress││Frustation/││Adjustment││Physical││Effectiveness││Personal│
 │reduction││Depression/││      ││Well being││of Myself││Evolution│
 │      ││Anxiety(FDA)││      ││and Self Care││      ││      │
 └──────┘└──────┘└──────┘└──────┘└──────┘└──────┘
```
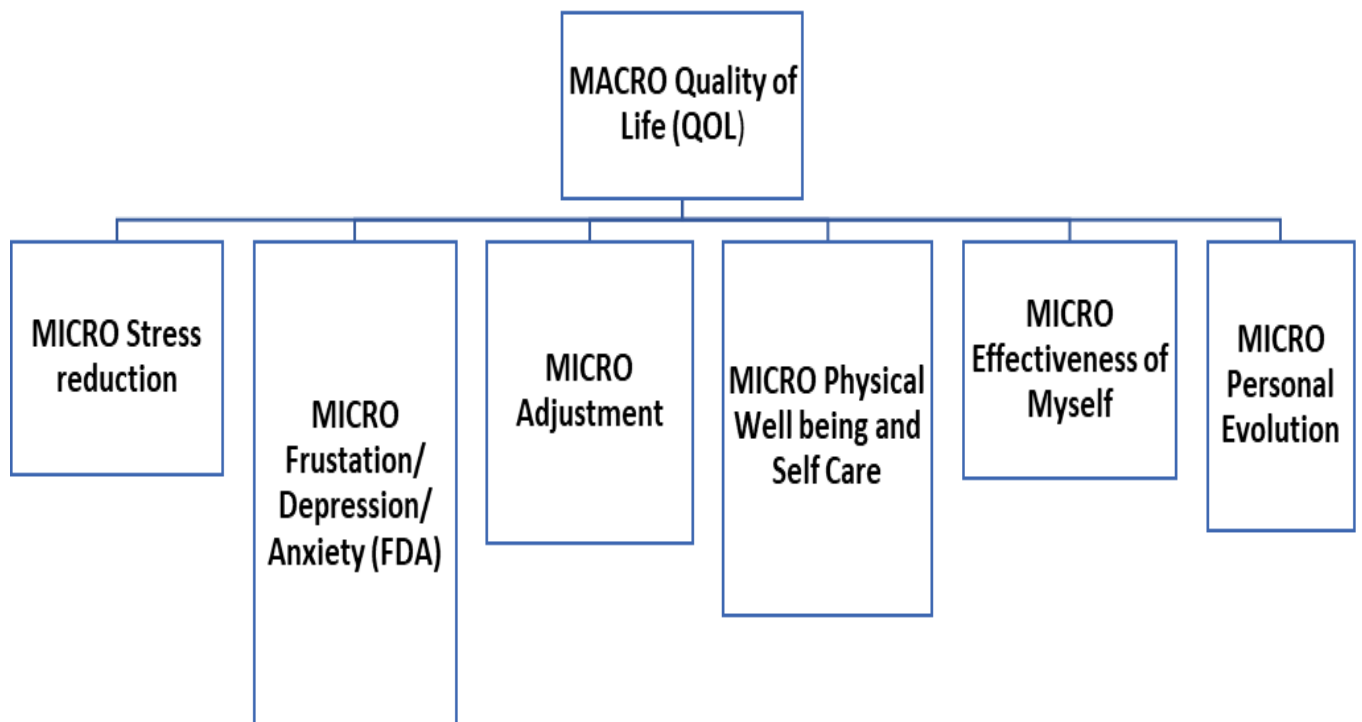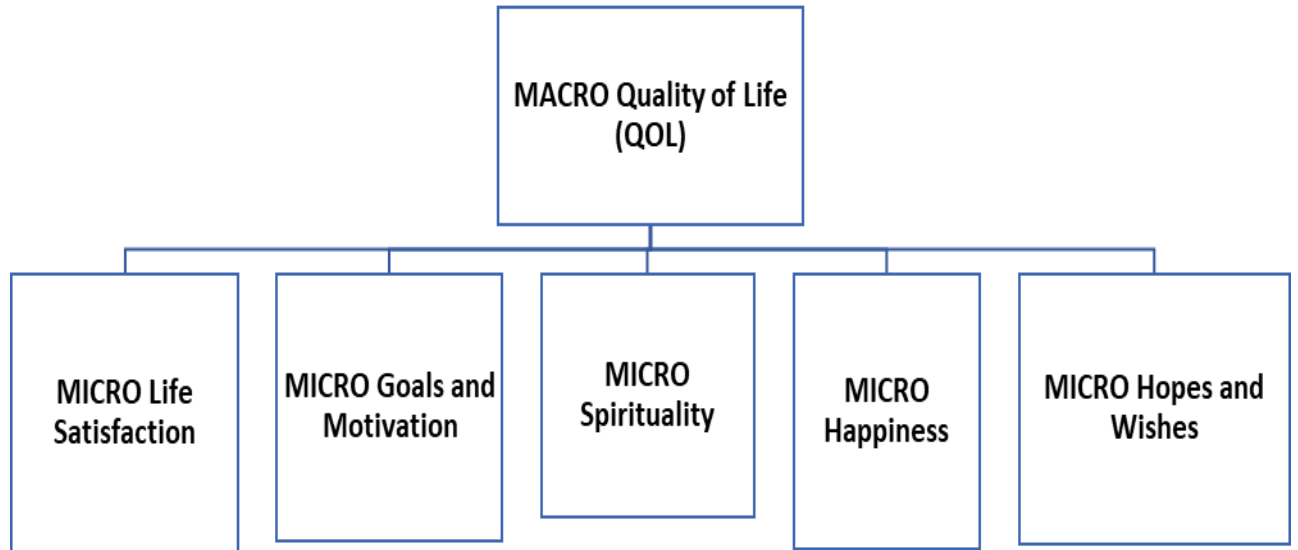
Cluster Bar Chart of Mental Quotient (MQ) – Pre vs Post Scores by Group

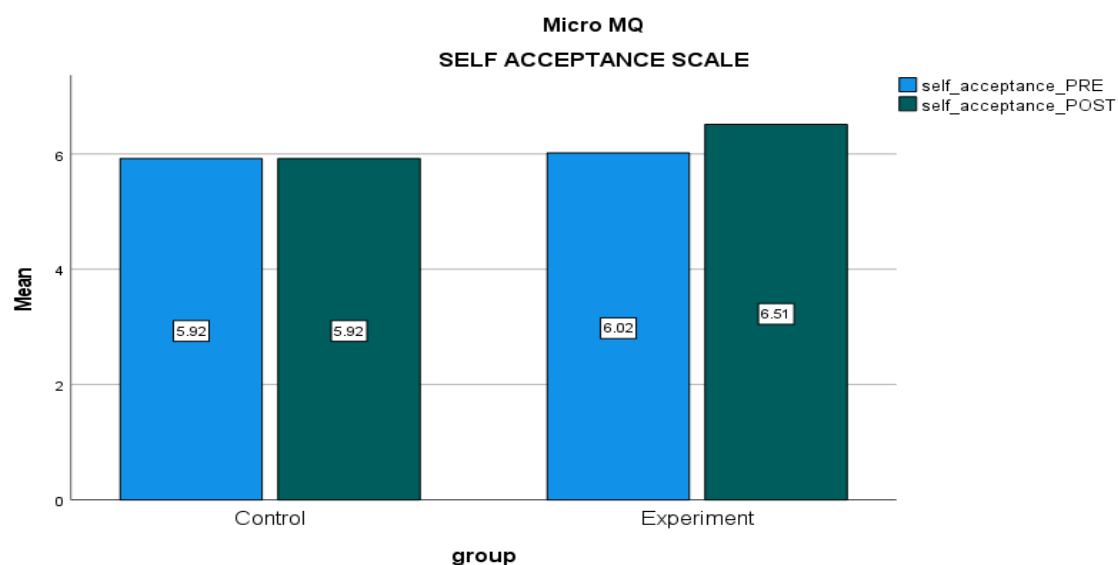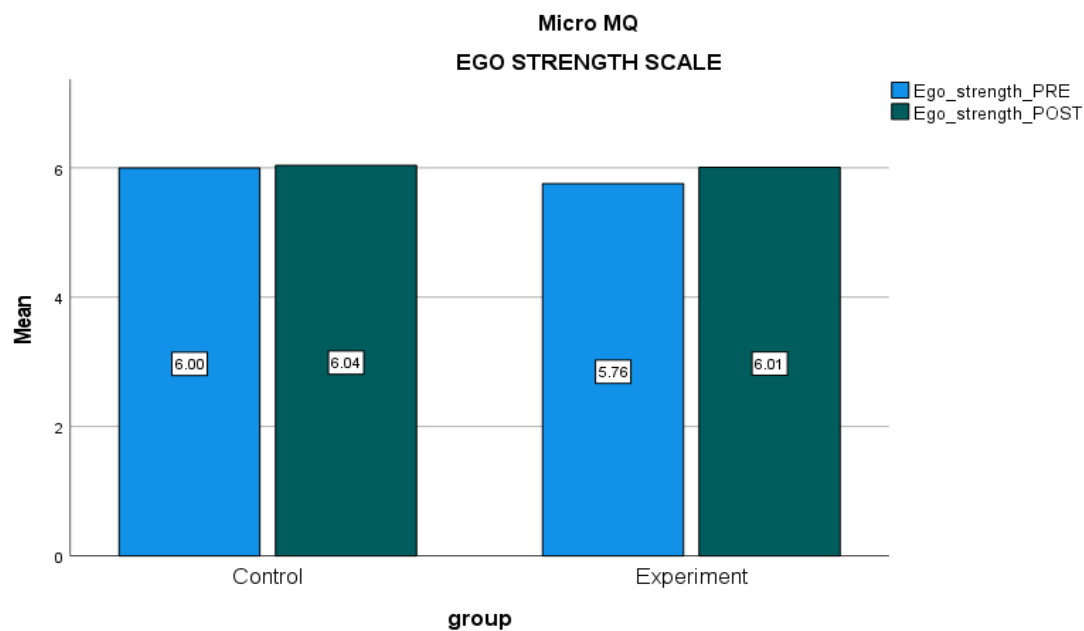**Chart 1.1: Cluster Bar Chart for MACRO MQ:**
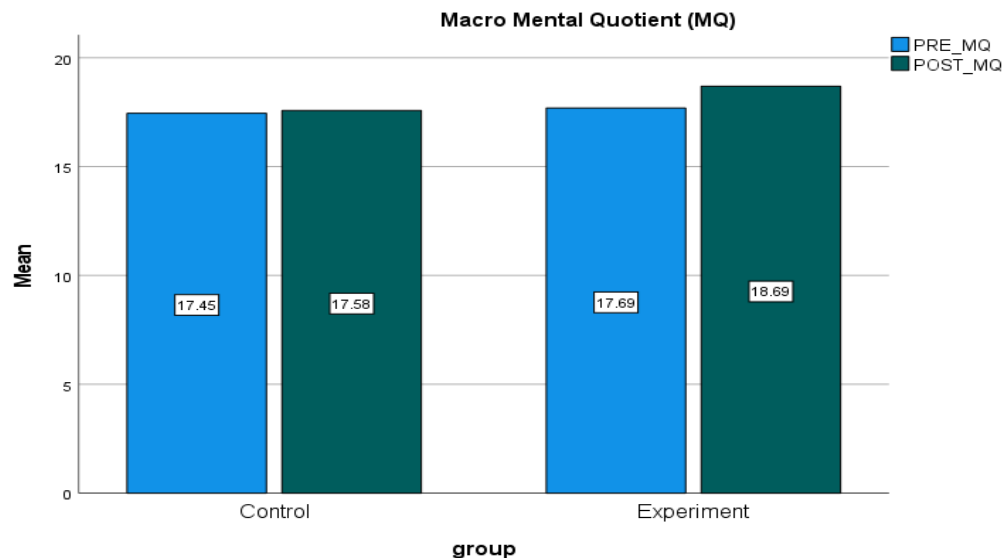
Interpretation:

The above Cluster bar chart shows the **mean scores** for the MACRO MQ **Scale** for two groups **Control** and **Experiment**, measured **PRE** and **POST**.

- In the **Control group**, the **mean score Increases** from **17.45 (PRE)** to **17.58 (POST)**

- In the **Experiment group**, the **mean score Increases from 17.69(PRE) to 18.69(POST) Experiment Group Shows Notable Improvement in Mental Quotient (MQ) score as Compare to Control Group.**

Chart1.2: Cluster Bar Chart for MICRO MQ Self-Acceptance Scale:

Interpretation:

The above Cluster bar chart shows the **mean scores** for the MICRO MQ **Scale** Self-Acceptance for two groups **Control** and **Experiment**, measured **PRE** and **POST**.

- In the **Control group**, the **mean score remains same 5.92 (PRE)** and **5.92(POST)**

- In the **Experiment group**, the **mean score Increases from 6.02(PRE) to 6.51(POST)**

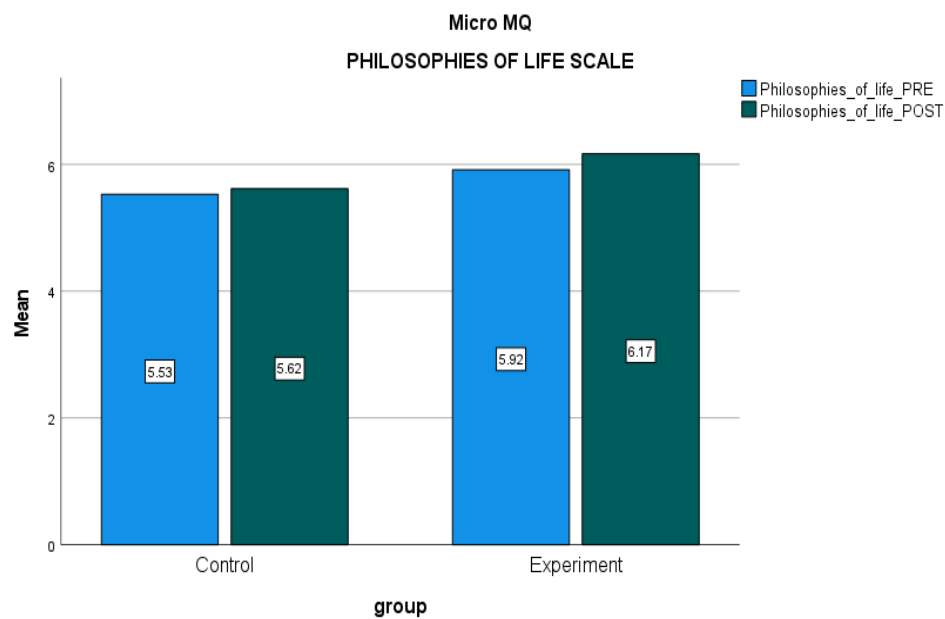**Chart1.3: Cluster Bar Chart for MICRO MQ Ego Strength Scale:**

Interpretation:

The above Cluster bar chart shows the **mean scores** for the MICRO MQ Scale Ego Strength for two groups **Control** and **Experiment**, measured **PRE** and **POST**.

- In the **Control group**, the **mean score Increase from 6 (PRE)** to **6.04 (POST)**

- In the **Experiment group** the **mean score increases from 5.76 (PRE) to 6.01(POST)**

Chart1.4: Cluster bar Chart for MICRO MQ philosophies of Life:

Micro MQ
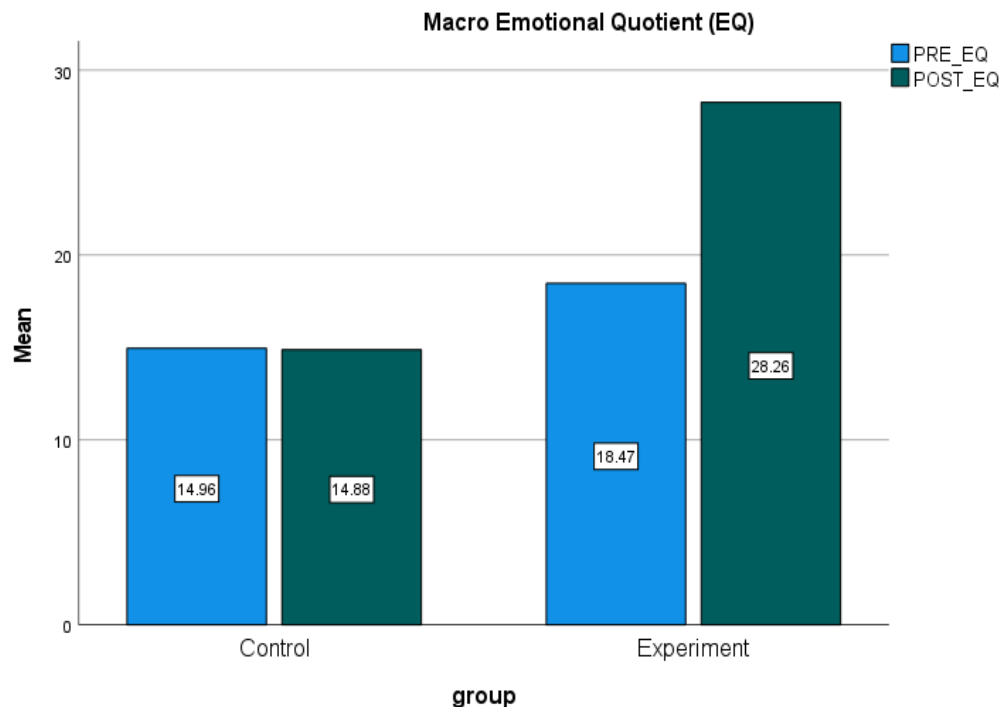**PHILOSOPHIES OF LIFE SCALE**

Interpretation:

The above Cluster bar chart shows the **mean scores** for the MICRO MQ Scale Philosophies of life for two groups **Control** and **Experiment**, measured **PRE** and **POST**.

- In the **Control group**, the **mean score Increases from 5.53 (PRE)** to **5.62 (POST)**

- In the **Experiment group** the **mean score Increases from 5.92(PRE) to 6.17(POST)**

Cluster Bar Chart of Emotional Quotient (EQ) – Pre vs Post Scores by Group

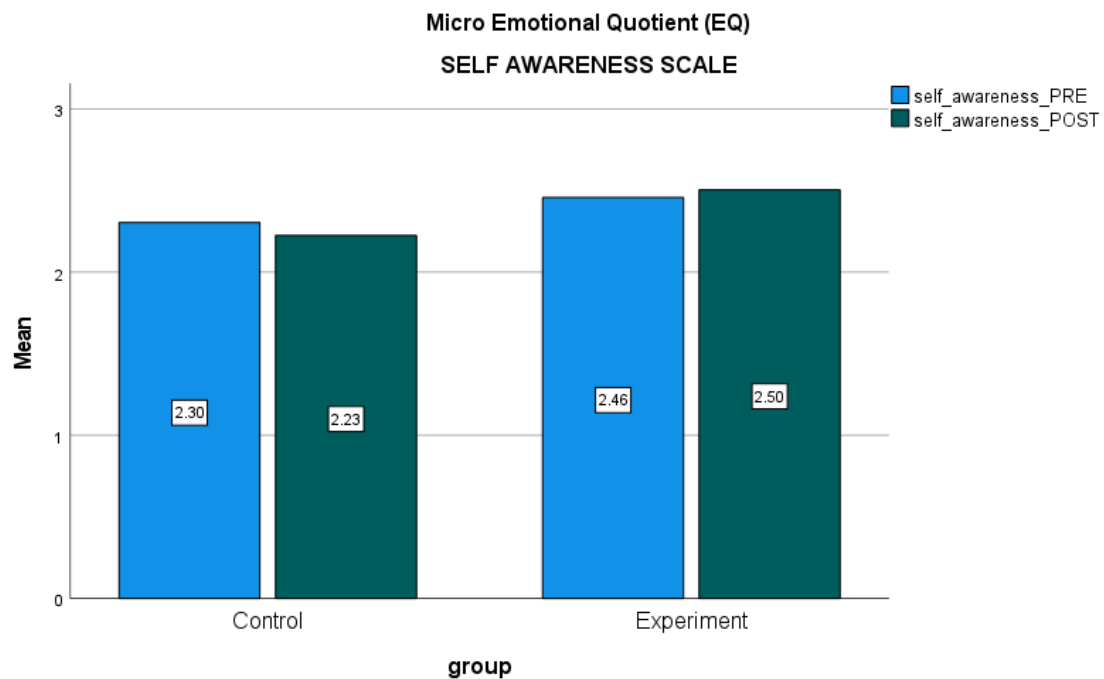**Chart2.1: Cluster bar Chart for MACRO EQ Scale:**

Interpretation:

The above Cluster bar chart shows the **mean scores** for the MACRO EQ Scale for two groups **Control** and **Experiment**, measured **PRE** and **POST**.

- In the **Control group**, the **mean score Decreases from 14.96 (PRE)** to **14.88(POST)**

- In the **Experiment group** the **mean score Increases from 18.47(PRE) to 28.26 (POST) Major Emotional Growth can be seen for Experiment Group.**

Chart 2.2: Cluster bar Chart for MICRO EQ Scale Self Awareness
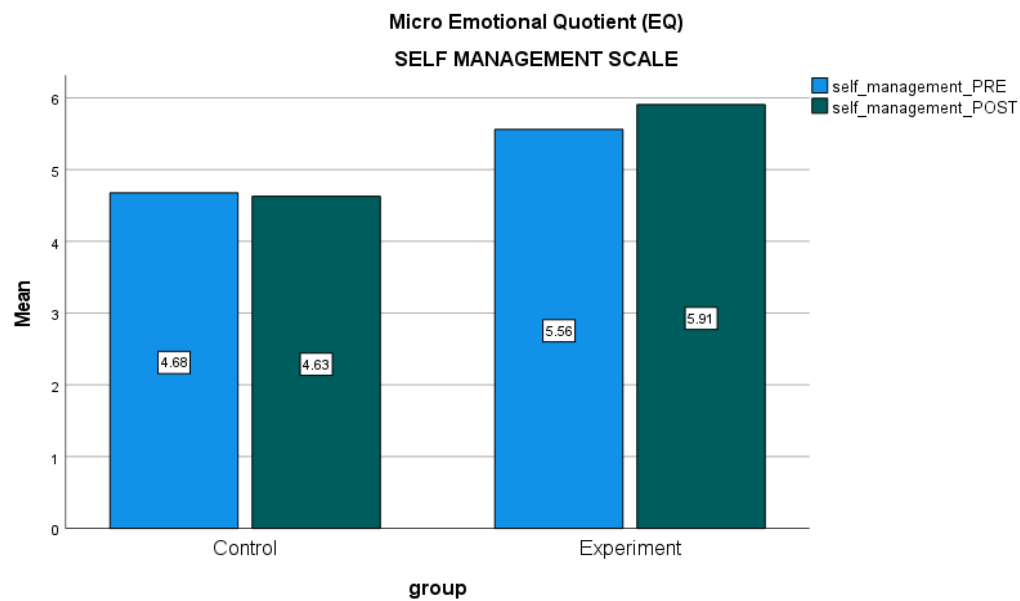

Micro Emotional Quotient (EQ)
SELF AWARENESS SCALE

Interpretation:

The above Cluster bar chart shows the **mean scores** for the MICRO EQ Scale Self Awareness for two groups **Control** and **Experiment**, measured **PRE** and **POST**.

- In the **Control group**, the **mean score Decreases from 2.30 (PRE)** to **2.23(POST)**

- In the **Experiment group** the **mean score Increases from 2.46(PRE) to 2.50 (POST)**

Chart2.3: Cluster bar Chart for MICRO EQ Scale Self-Management

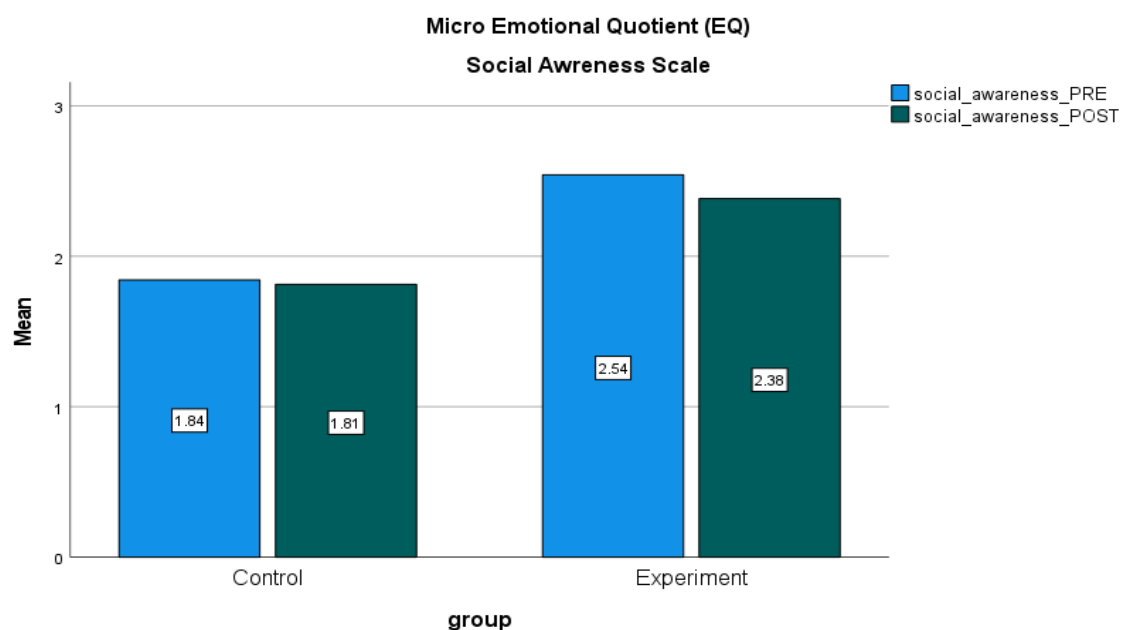Micro Emotional Quotient (EQ)
SELF MANAGEMENT SCALE

Interpretation:

The above Cluster bar chart shows the **mean scores** for the MICRO EQ Scale Self-Management for two groups **Control** and **Experiment**, measured **PRE** and **POST**.

- In the **Control group**, the **mean score Decreases from 4.68 (PRE)** to **4.63(POST)**

- In the **Experiment group** the **mean score Increases from 5.56 (PRE) to 5.91(POST)**

Chart2.4: Cluster bar Chart for MICRO EQ Scale Social Awareness

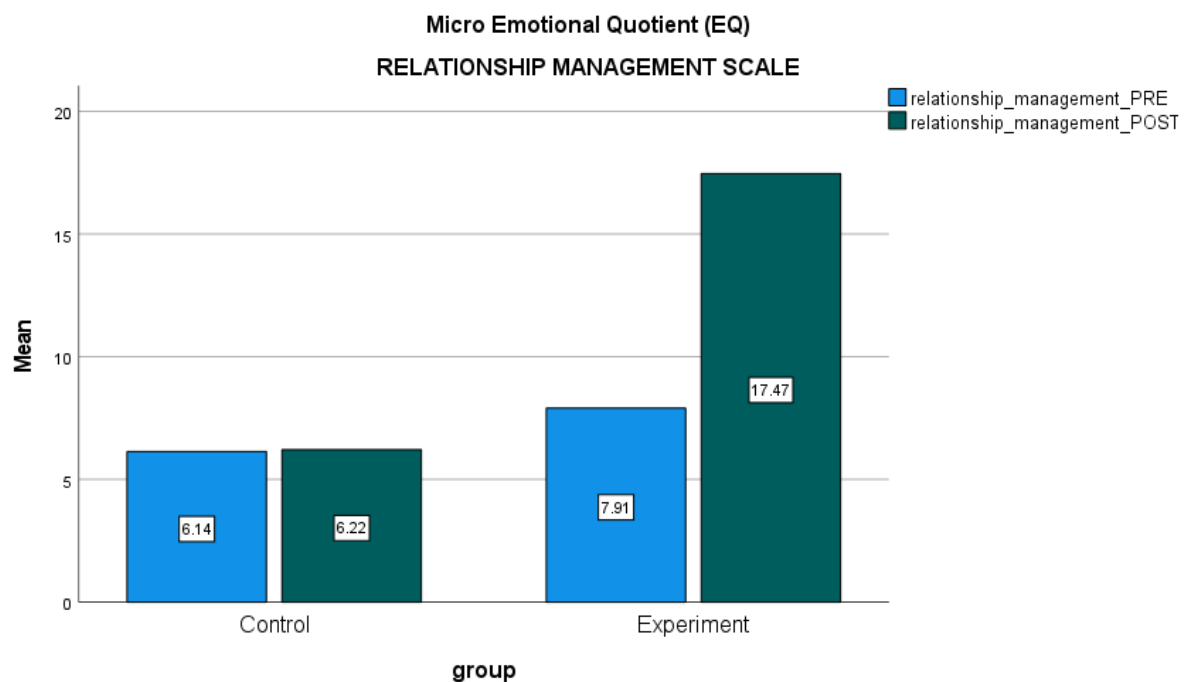Micro Emotional Quotient (EQ)
Social Awreness Scale

Interpretation:

The above Cluster bar chart shows the **mean scores** for the MICRO EQ Scale Social Awareness for two groups **Control** and **Experiment**, measured **PRE** and **POST**.

- In the **Control group**, the **mean score Decreases from 1.84 (PRE) to 1.81(POST)**
- In the **Experiment group** the **mean score Increases from 2.54 (PRE) to 2.38(POST)**

Chart2.5: Cluster bar Chart for MICRO EQ Scale Relationship Management
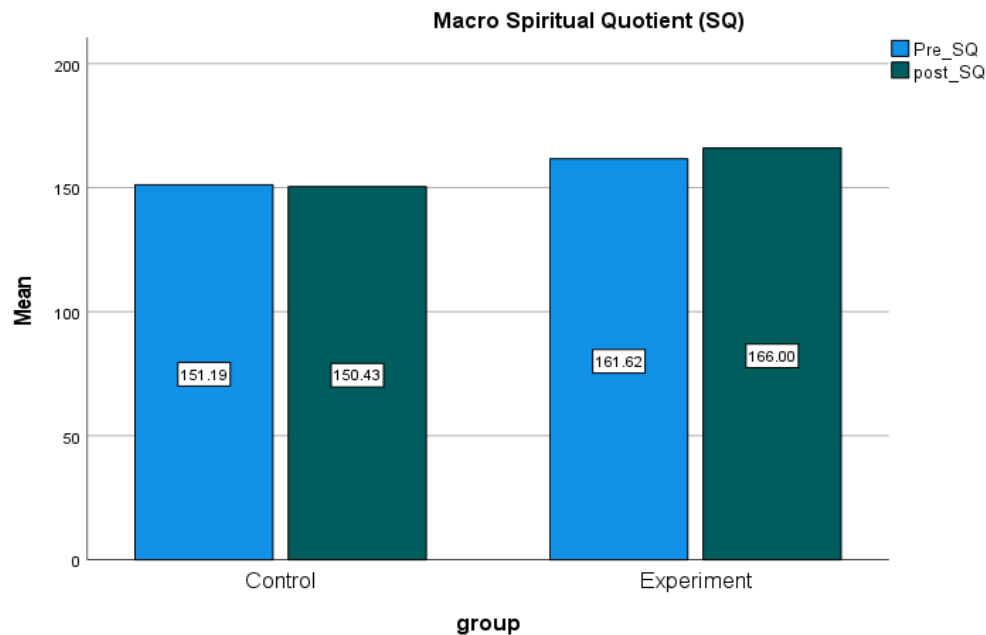

Interpretation:

The above Cluster bar chart shows the **mean scores** for the MICRO EQ Scale Relationship Management for two groups **Control** and **Experiment**, measured **PRE** and **POST**.

- In the **Control group**, the **mean score Increases from 6.14 (PRE) to 6.22(POST)**
- In the **Experiment group** the **mean score Increases from 7.91 (PRE) to 17.47(POST) Remarkable Improvement in Relationship Management scale.**

Cluster Bar Chart of Spiritual Quotient (SQ) – Pre vs Post Scores by Group

Chart3.1: Cluster bar Chart for MACRO SQ Scale:

Interpretation:

The above Cluster bar chart shows the **mean scores** for the MACRO SQ Scale for two groups **Control** and **Experiment**, measured **PRE** and **POST**.

- In the **Control group**, the **mean score Decreases from 151.19 (PRE) to 150.43(POST)**

- In the **Experiment group** the **mean score Increases from 161.62 (PRE) to 166(POST) Major Improvement in Spiritual Quotient (SQ) is observed in the Experiment Group.**

Chart3.2: Cluster bar Chart for MICRO SQ Scale Perceptive Healer:

Micro Spiritual Quotient (SQ) part 1
Perceptive Healer Scale

Interpretation:

The above Cluster bar chart shows the **mean scores** for the MICRO SQ Scale Perceptive healer for two groups **Control** and **Experiment**, measured **PRE** and **POST**.

- In the **Control group**, the **mean score Increases from 12.75 (PRE)** to **12.89(POST)**

- In the **Experiment group** the **mean score Increases from 13.06 (PRE) to 13.17(POST)**

Chart3.3: Cluster bar Chart for MICRO SQ Scale Serenity:

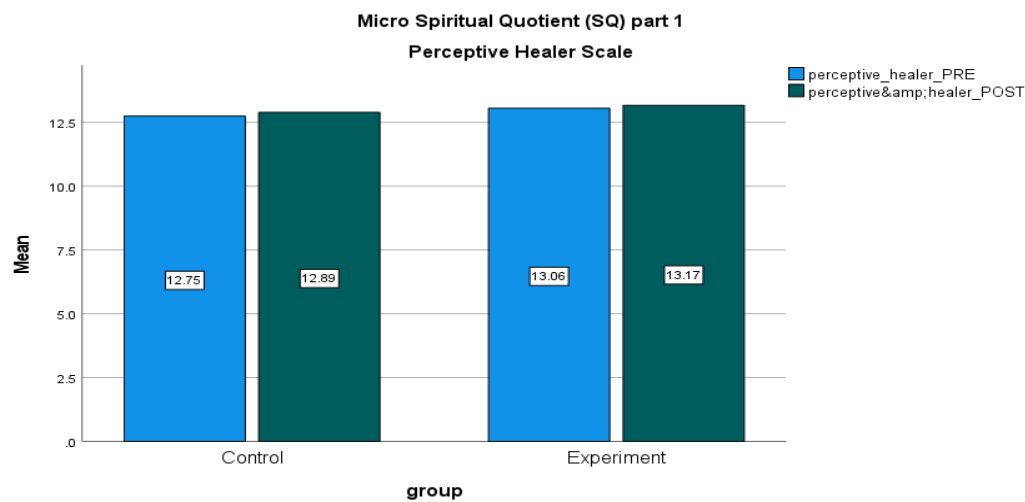Micro Spiritual Quotient (SQ) part 1
SERENITY Scale

Interpretation:

The above Cluster bar chart shows the **mean scores** for the MICRO SQ Scale Serenity for two groups **Control** and **Experiment**, measured **PRE** and **POST**.

- In the **Control group**, the **mean score Increases from 10.58 (PRE) to 10.61(POST)**

- In the **Experiment group** the **mean score Increases from 10.97 (PRE) to 11.52(POST)**

Chart3.4: Cluster bar Chart for MICRO SQ Scale Enlightenment:

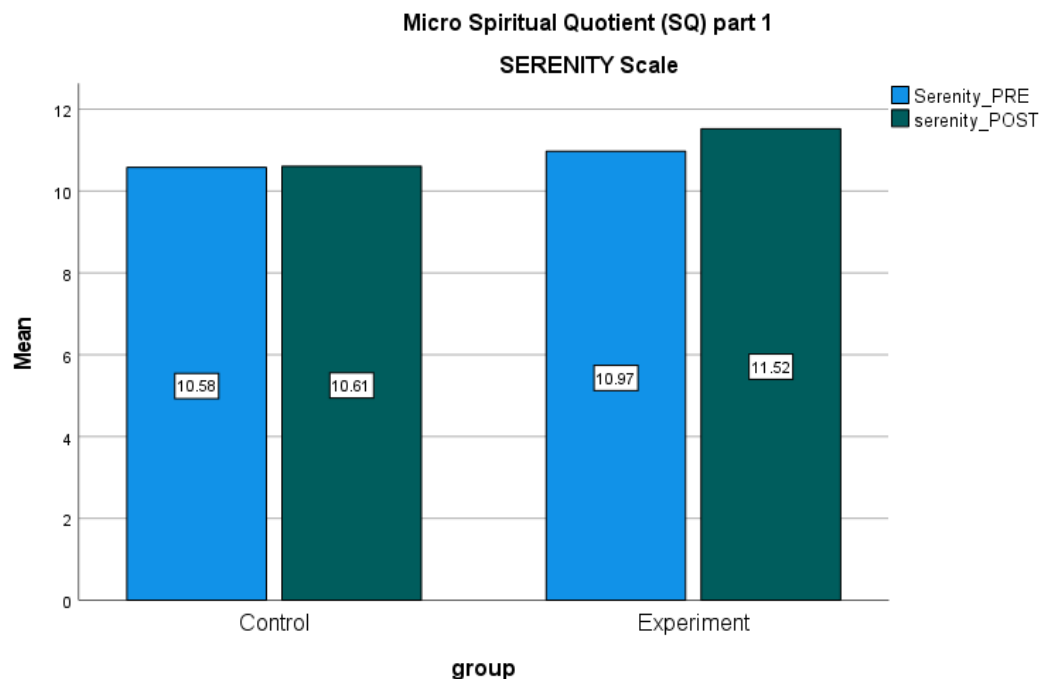**Interpretation:**

The above Cluster bar chart shows the **mean scores** for the MICRO SQ Scale Enlightenment for two groups **Control** and **Experiment**, measured **PRE** and **POST**.

- In the **Control group**, the **mean score Decreases from 5.45 (PRE) to 5.13(POST)**

- In the **Experiment group** the **mean score Slight Increases from 5.34 (PRE) to 5.37(POST)**

Chart3.5: Cluster bar Chart for MICRO SQ Scale Contentment:

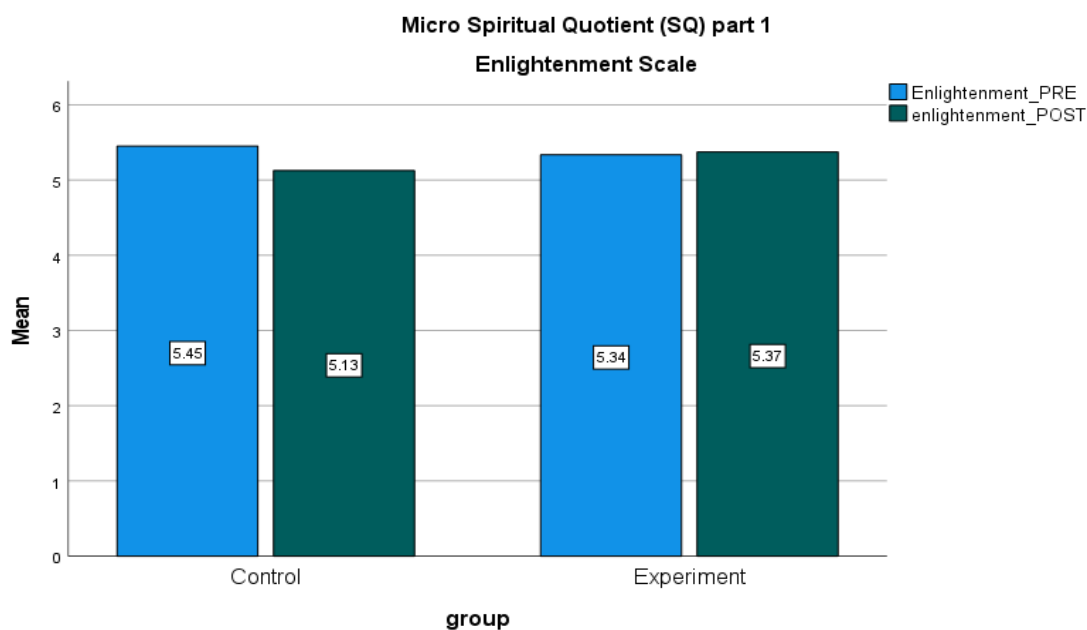Micro Spiritual Quotient (SQ) part 1
Contentment Scale

Interpretation:

The above Cluster bar chart shows the **mean scores** for the MICRO SQ Scale Contentment for two groups **Control** and **Experiment**, measured **PRE** and **POST**.

- In the **Control group**, the **mean score Increases from 4.90 (PRE)** to **5.17(POST)**

- In the **Experiment group** the **mean score Slight Decreases from 4.69 (PRE) to 4.55(POST)**

-

Chart3.6: Cluster bar Chart for MICRO SQ Scale Perseverance:

Micro Spiritual Quotient (SQ) part 1
Perseverance Scale

Interpretation:

The above Cluster bar chart shows the **mean scores** for the MICRO SQ Scale Perseverance for two groups **Control** and **Experiment**, measured **PRE** and **POST**.

- In the **Control group**, the **mean score Increases from 4.53 (PRE) to 5.03(POST)**

- In the **Experiment group** the **mean score Increases from 4.76 (PRE) to 5.05(POST)**

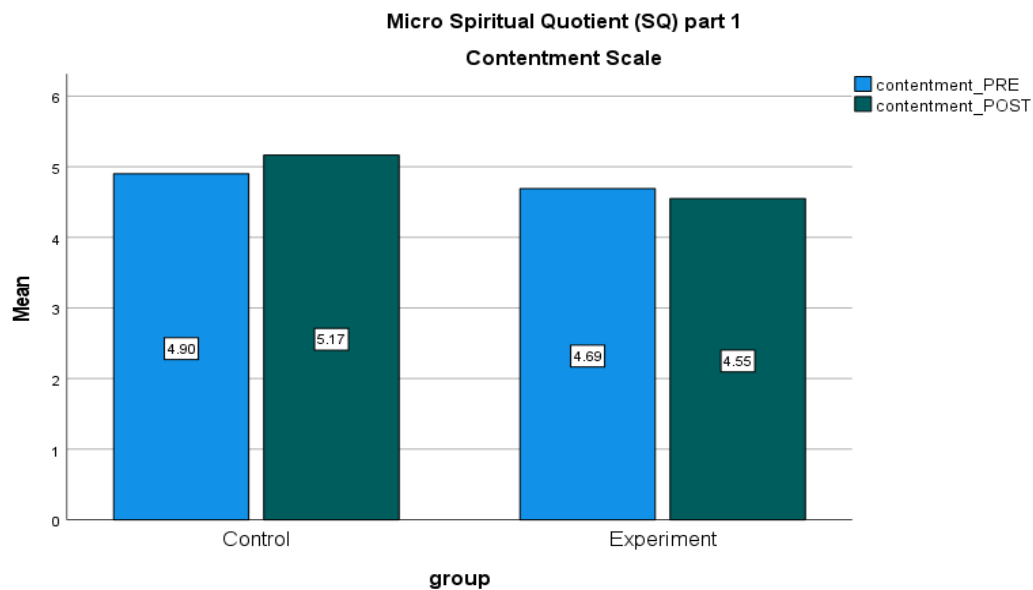**Chart3.7: Cluster bar Chart for MICRO SQ Scale Insightful:**

Interpretation:

The above Cluster bar chart shows the **mean scores** for the MICRO SQ Scale Insightful for two groups **Control** and **Experiment**, measured **PRE** and **POST**.

- In the **Control group**, the **mean score Decreases from 5.34 (PRE) to 5.21 (POST)**

- In the **Experiment group** the **mean score Slightly Increases from 5.46 (PRE) to 5.56(POST)**

Chart3.8: Cluster bar Chart for MICRO SQ Scale Liberated:

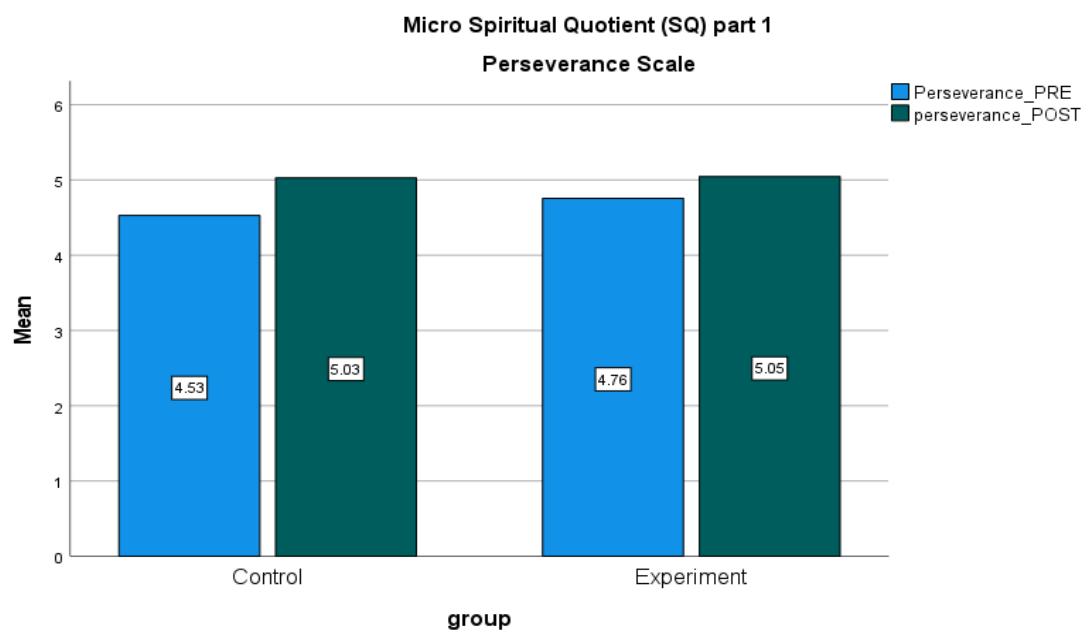Micro Spiritual Quotient (SQ) part 2
Liberated Scale

Interpretation:

The above Cluster bar chart shows the **mean scores** for the MICRO SQ Scale Liberated for two groups **Control** and **Experiment**, measured **PRE** and **POST**.

- In the **Control group**, the **mean score Decreases from 35.6 (PRE)** to **34.6 (POST)**

- In the **Experiment group** the **mean score Slightly Increases from 38.6 (PRE) to 39.5 (POST)**

Chart3.9: Cluster bar Chart for MICRO SQ Scale Self Transformative:

Micro Spiritual Quotient (SQ) part 2
Self transformative Scale

Interpretation:

The above Cluster bar chart shows the **mean scores** for the MICRO SQ Scale Self Transformative for two groups **Control** and **Experiment**, measured **PRE** and **POST**.

- In the **Control group**, the **mean score Increases from 15.24 (PRE)** to **15.93 (POST)**

- In the **Experiment group also,** the **mean score Increases from 16.93 (PRE) to 17.10 (POST)**

Chart3.10: Cluster bar Chart for MICRO SQ Scale Empowerment:

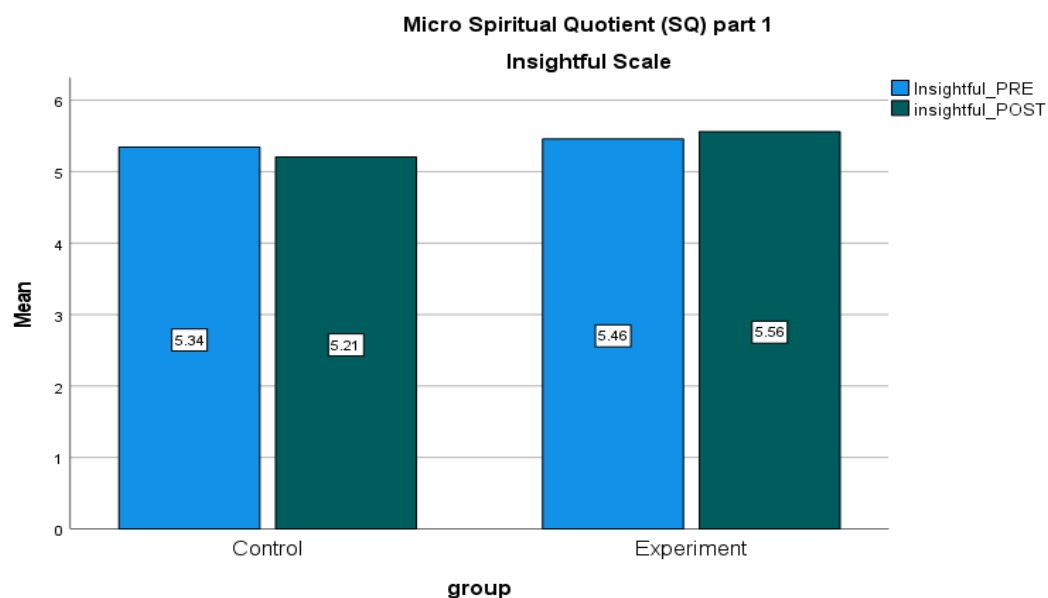Micro Spiritual Quotient (SQ) part 2
Empowerment Scale

Interpretation:

The above Cluster bar chart shows the **mean scores** for the MICRO SQ Scale Empowerment for two groups **Control** and **Experiment**, measured **PRE** and **POST**.

- In the **Control group**, the **mean score Decreases from 12.64 (PRE)** to **11.98 (POST)**

- In the **Experiment group,** the **mean score Slight Increases from 14.03 (PRE) to 14.50 (POST)**

Chart3.11: Cluster bar Chart for MICRO SQ Scale Profound Thinker and visionary:

Micro Spiritual Quotient (SQ) part 2
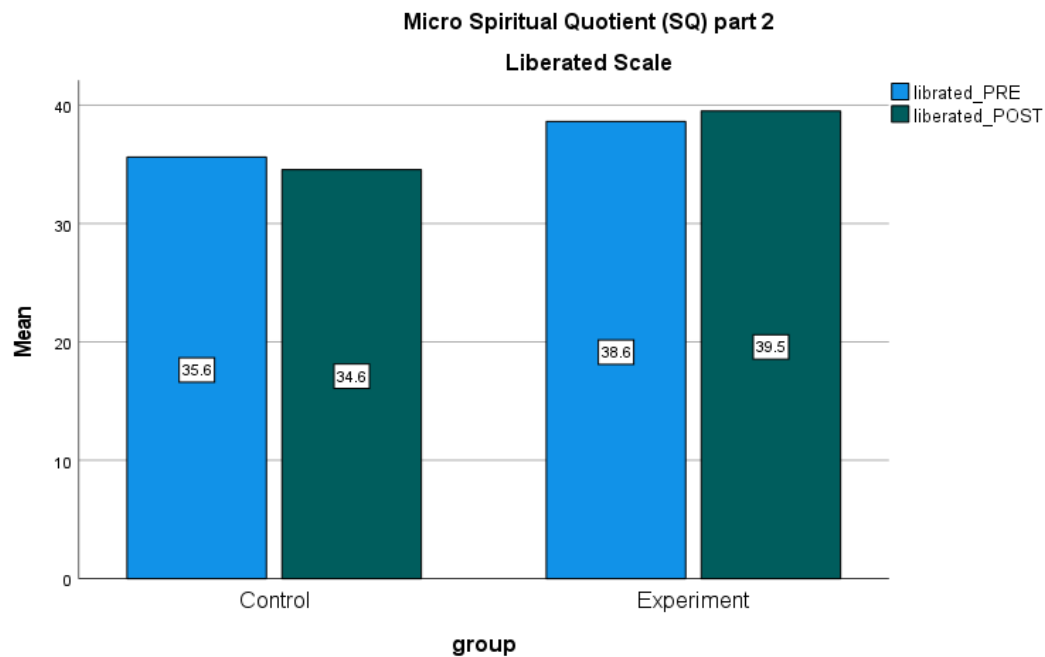Profound thinker and Visionary Scale

Interpretation:

The above Cluster bar chart shows the **mean scores** for the MICRO SQ Scale Empowerment for two groups **Control** and **Experiment**, measured **PRE** and **POST**.

- In the **Control group**, the **mean score Decreases from 12.64 (PRE)** to **11.98 (POST)**

- In the **Experiment group,** the **mean score Slight Increases from 14.03 (PRE) to 14.50 (POST)**

Chart3.12: Cluster bar Chart for MICRO SQ Scale Blissful:

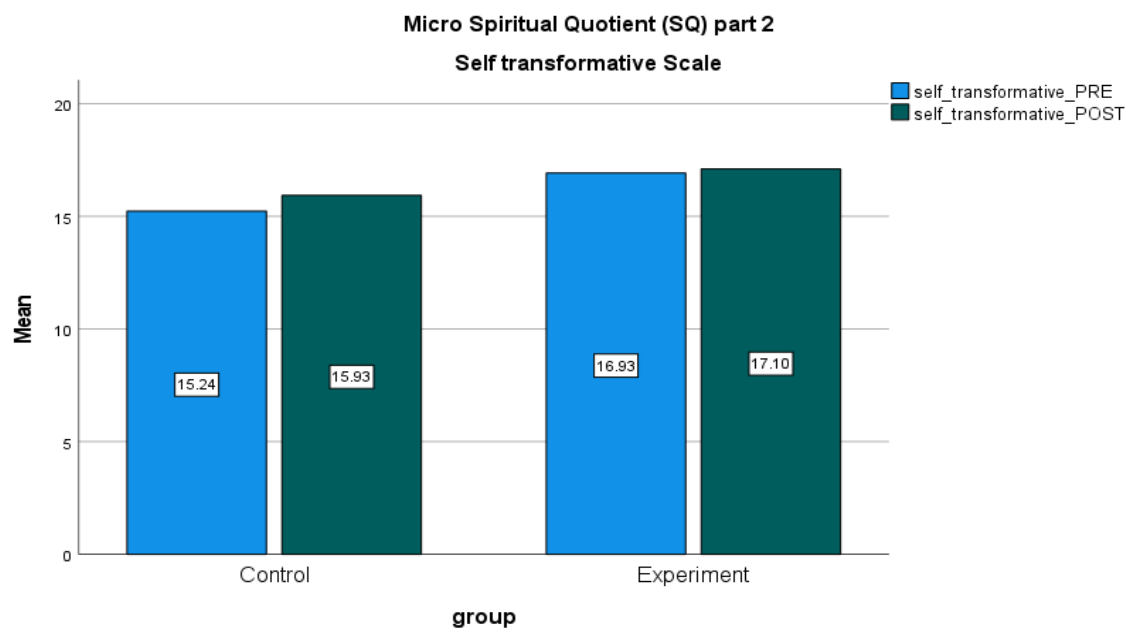Micro Spiritual Quotient (SQ) part 2
Blissful Scale

Interpretation:

The above Cluster bar chart shows the **mean scores** for the MICRO SQ Scale Blissful for two groups **Control** and **Experiment**, measured **PRE** and **POST**.

- In the **Control group**, the **mean score Decreases from 9.93 (PRE) to 9.57 (POST)**
- In the **Experiment group,** the **mean score Increases from 10.35 (PRE) to 11.13 (POST)**

Chart3.13: Cluster bar Chart for MICRO SQ Scale Uprightness:

Interpretation:

The above Cluster bar chart shows the **mean scores** for the MICRO SQ Scale Uprightness for two groups **Control** and **Experiment**, measured **PRE** and **POST**.

- In the **Control group**, the **mean score Slightly Increases from 9.17 (PRE) to 9.33 (POST)**
- In the **Experiment group also,** the **mean score Slightly Increases from 10.27 (PRE) to 10.54 (POST)**

Chart3.14: Cluster bar Chart for MICRO SQ Scale Existential Clarity:

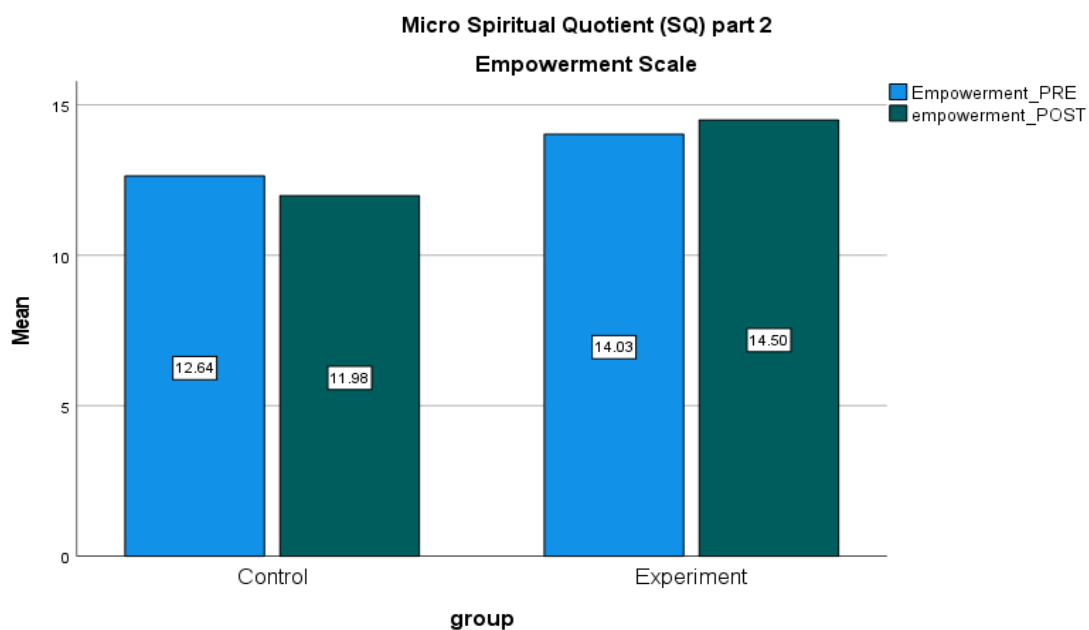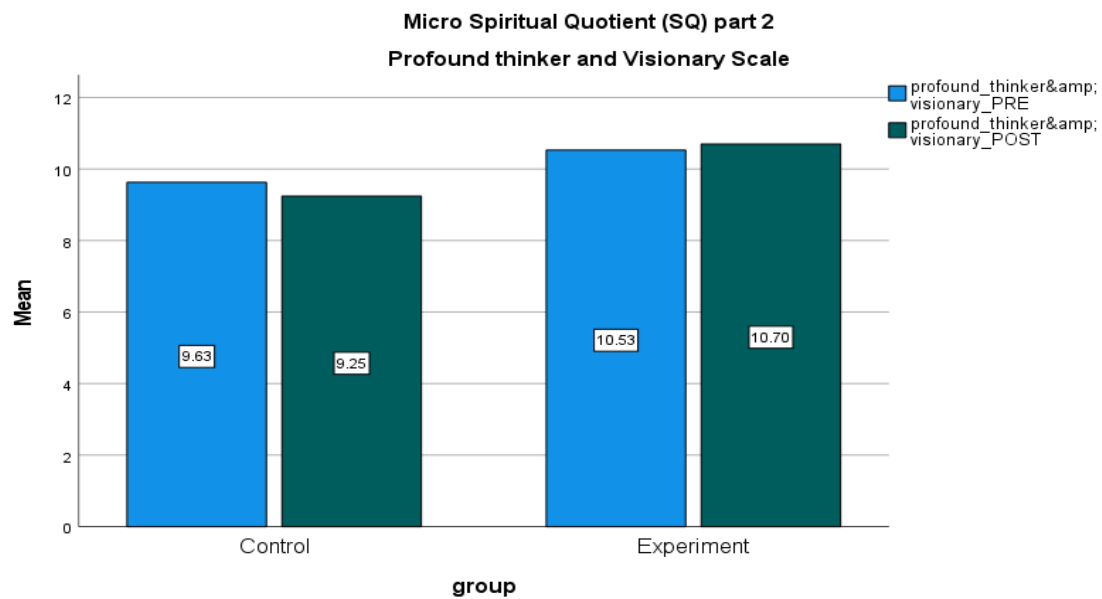Micro Spiritual Quotient (SQ) part 2
Existential Clarity Scale

Interpretation:

The above Cluster bar chart shows the **mean scores** for the MICRO SQ Scale Existential clarity for two groups **Control** and **Experiment**, measured **PRE** and **POST**.

- In the **Control group**, the **mean score Slightly Increases from 9.53 (PRE)** to **9.63 (POST)**

- In the **Experiment group also,** the **mean score Slightly Increases from 10.42 (PRE) to 10.85 (POST)**

Chart3.15: Cluster bar Chart for MICRO SQ Scale Clairvoyance:

Micro Spiritual Quotient (SQ) part 2
Clairvoyance Scale

Interpretation:

The above Cluster bar chart shows the **mean scores** for the MICRO SQ Scale Existential Clairvoyance for two groups **Control** and **Experiment**, measured **PRE** and **POST**.

- In the **Control group**, the **mean score Increases from 5.89 (PRE)** to **6.16 (POST)**

- In the **Experiment group also,** the **mean score Increases from 6.20 (PRE) to 6.45 (POST)**

Cluster Bar Chart of Quality of life (QOL) – Pre vs Post Scores by Group
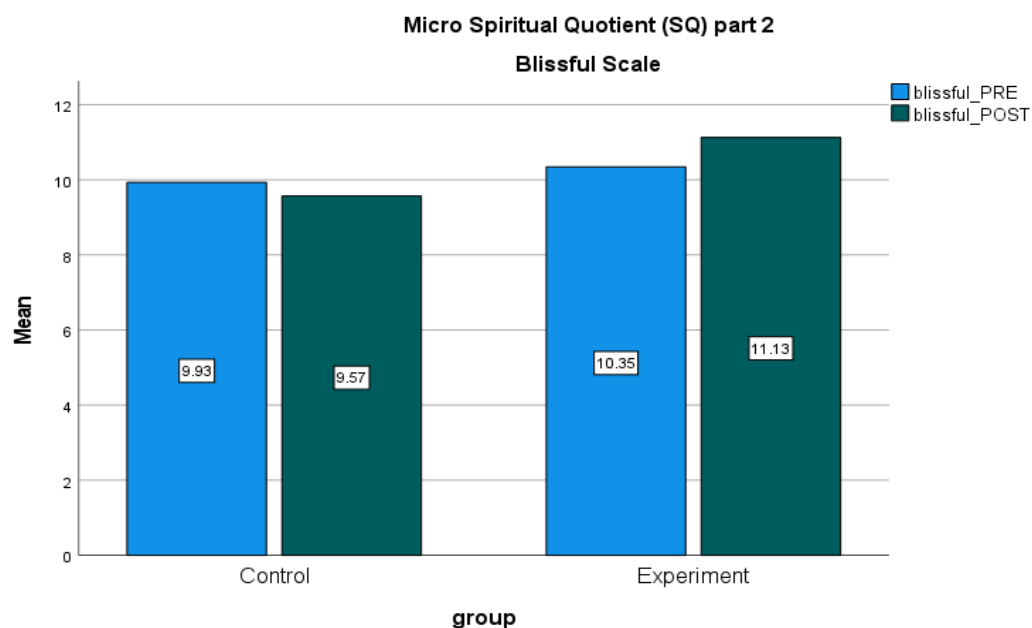
Chart4.1: Cluster bar Chart for MACRO QOL:

Interpretation:

The above Cluster bar chart shows the **mean scores** for the MACRO QOL Scale for two groups **Control** and **Experiment**, measured **PRE** and **POST**.

- In the **Control group**, the **mean score Decreases from 91.73 (PRE) to 87.72 (POST)**

- In the **Experiment group** the **mean score Slightly Increases from 98.51 (PRE) to 98.79 (POST)**

- **Minor improvement in Quality of Life (QOL) is Observed for Experiment Group as compare to control Group where QOL declines.**

Chart4.2: Cluster bar Chart for MICRO QOL Scale Life Satisfaction:

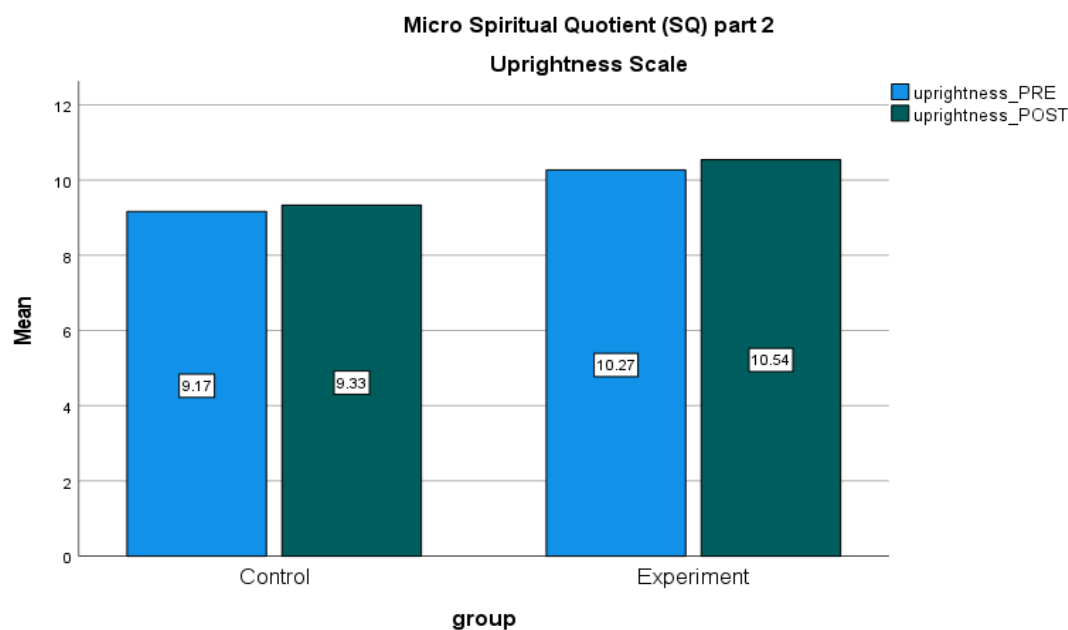Micro Quality of Life Scale
LIFE SATISFACTION SCALE

Interpretation:

The above Cluster bar chart shows the **mean scores** for the MICRO QOL Scale Life satisfaction for two groups **Control** and **Experiment**, measured **PRE** and **POST**.

- In the **Control group**, the **mean score Decreases from 9.26 (PRE) to 8.61 (POST)**

- In the **Experiment group also,** the **mean score Slightly Decreases from 10.16 (PRE) to 10.10 (POST)**

Chart4.3: Cluster bar Chart for MICRO QOL Scale Goals and Motivation:

Micro Quality of Life Scale
Goals and Motivation SCALE

Interpretation:

The above Cluster bar chart shows the **mean scores** for the MICRO QOL Scale Goals and motivation for two groups **Control** and **Experiment**, measured **PRE** and **POST**.

- In the **Control group**, the **mean score Increases from 8.29 (PRE)** to **8.57 (POST)**

- In the **Experiment group** the **mean score Slightly Decreases from 9.05 (PRE) to 8.99 (POST)**

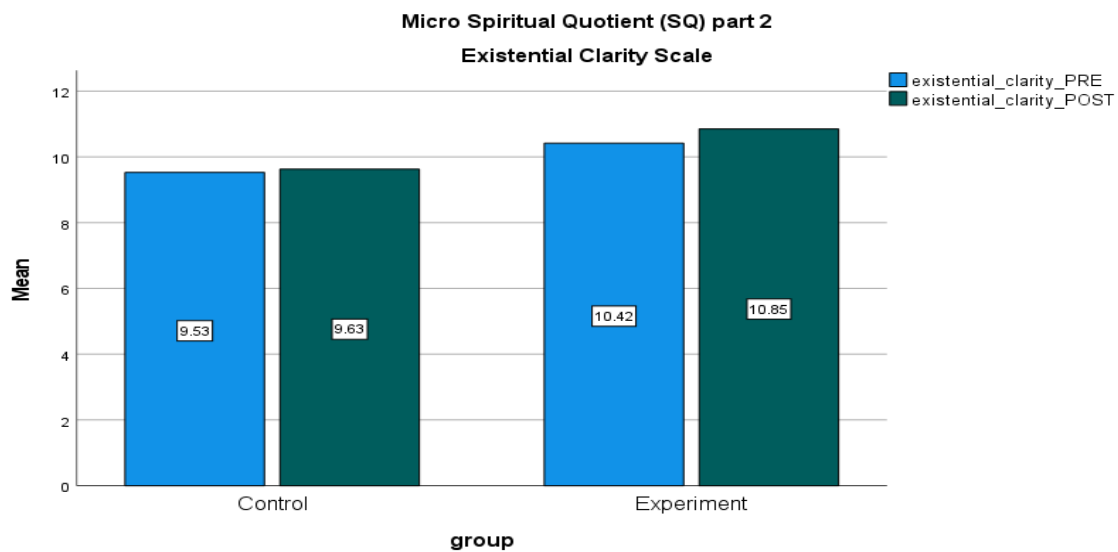**Chart4.4: Cluster bar Chart for MICRO QOL Scale Spirituality:**

Interpretation:

The above Cluster bar chart shows the **mean scores** for the MICRO QOL Spirituality for two groups **Control** and **Experiment**, measured **PRE** and **POST**.

- In the **Control group**, the **mean score Decreases from 9.19 (PRE)** to **8.59 (POST)**

- In the **Experiment group** the **mean score Slightly Decreases from 10.20 (PRE) to 10.18 (POST)**

Chart4.5: Cluster bar Chart for MICRO QOL Scale Happiness:

Micro Quality of Life Scale
HAPPINESS SCALE

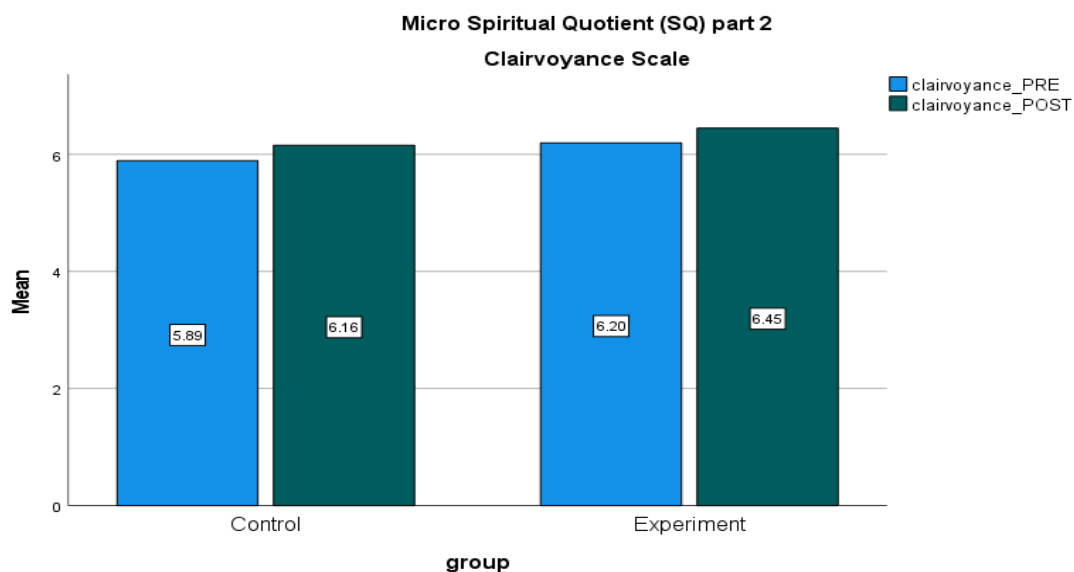**Interpretation:**

The above Cluster bar chart shows the **mean scores** for the MICRO QOL Happiness for two groups **Control** and **Experiment**, measured **PRE** and **POST**.

- In the **Control group**, the **mean score Decreases from 8.86 (PRE)** to **8.70 (POST)**

- In the **Experiment group** the **mean score Slightly Increases from 9.85 (PRE) to 9.89 (POST)**

Chart4.6: Cluster bar Chart for MICRO QOL Scale Hopes and Wishes:

Micro Quality of Life Scale
HOPES AND WISHES SCALE

Interpretation:

The above Cluster bar chart shows the **mean scores** for the MICRO QOL Hopes and wishes for two groups **Control** and **Experiment**, measured **PRE** and **POST**.

- In the **Control group**, the **mean score Decreases from 7.04 (PRE)** to **6.26 (POST)**

- In the **Experiment group also,** the **mean score Slightly decreases from 7.66 (PRE) to 7.59 (POST)**

Chart4.7: Cluster bar Chart for MICRO QOL Scale Stress Reduction:

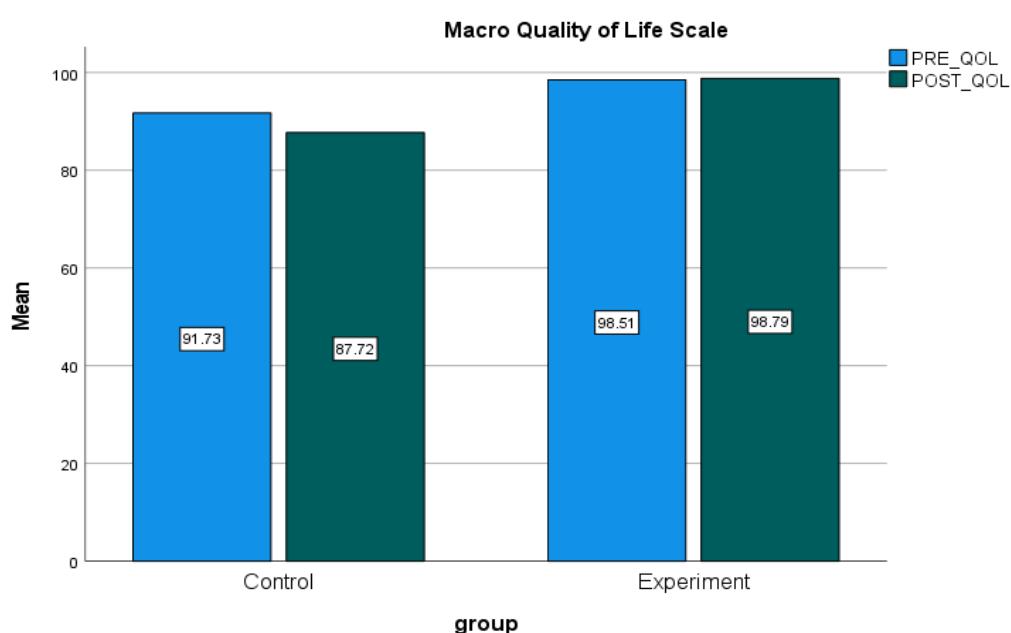**Interpretation:**

The above Cluster bar chart shows the **mean scores** for the MICRO QOL Stress Reduction for two groups **Control** and **Experiment**, measured **PRE** and **POST**.

- In the **Control group**, the **mean score Decreases from 8.06 (PRE)** to **7.75 (POST)**

- In the **Experiment group** the **mean score decreases from 8.07 (PRE) to 7.71 (POST)**

Chart 4.8: Cluster bar Chart for MICRO QOL Scale (Frustration/ Depression/ Anxiety) FDA:

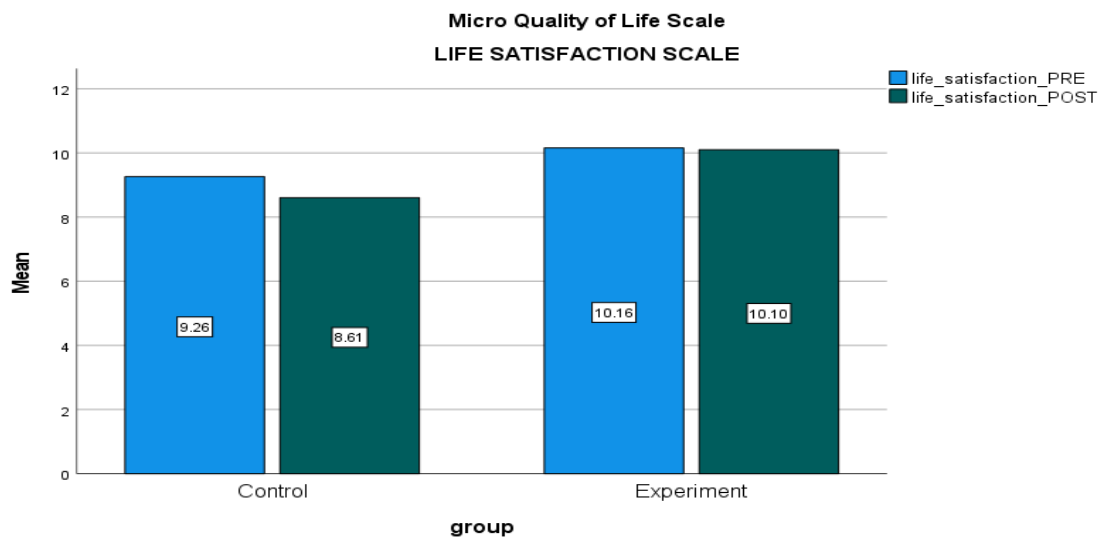Micro Quality of Life Scale (FRUSTATION/DEPRESSION/ANXIETY)SCALE

Interpretation:

The above Cluster bar chart shows the **mean scores** for the MICRO QOL FDA for two groups **Control** and **Experiment**, measured **PRE** and **POST**.

- In the **Control group**, the **mean score Decreases from 8.60 (PRE)** to **7.73 (POST)**

- In the **Experiment group** the **mean score Increases from 7.94 (PRE)** to **8.36 (POST)**

Chart4.9: Cluster bar Chart for MICRO QOL Scale Adjustment:
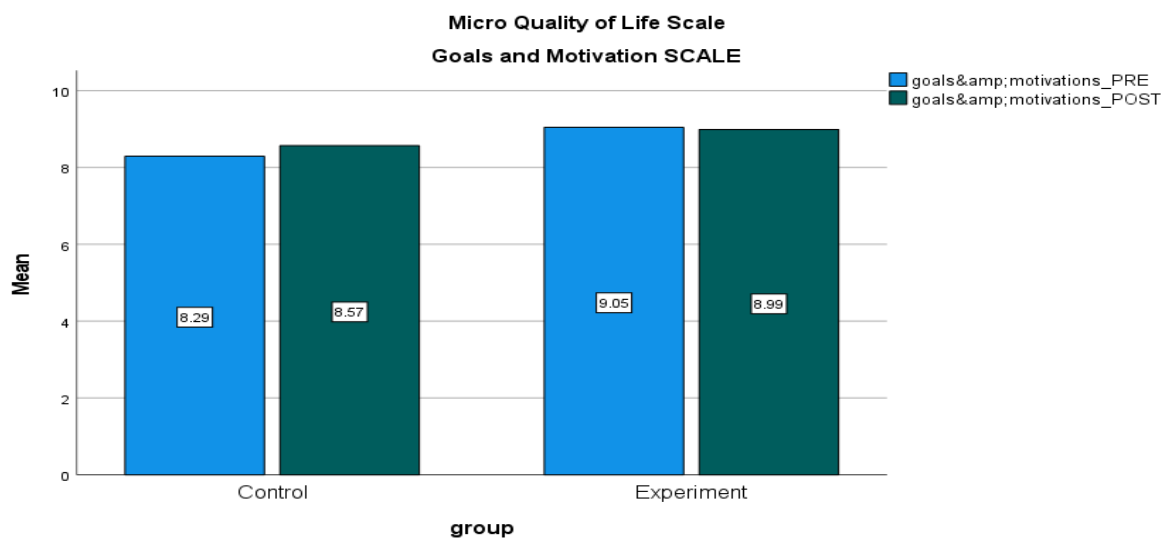

Micro Quality of Life Scale
ADJUSTMENT SCALE
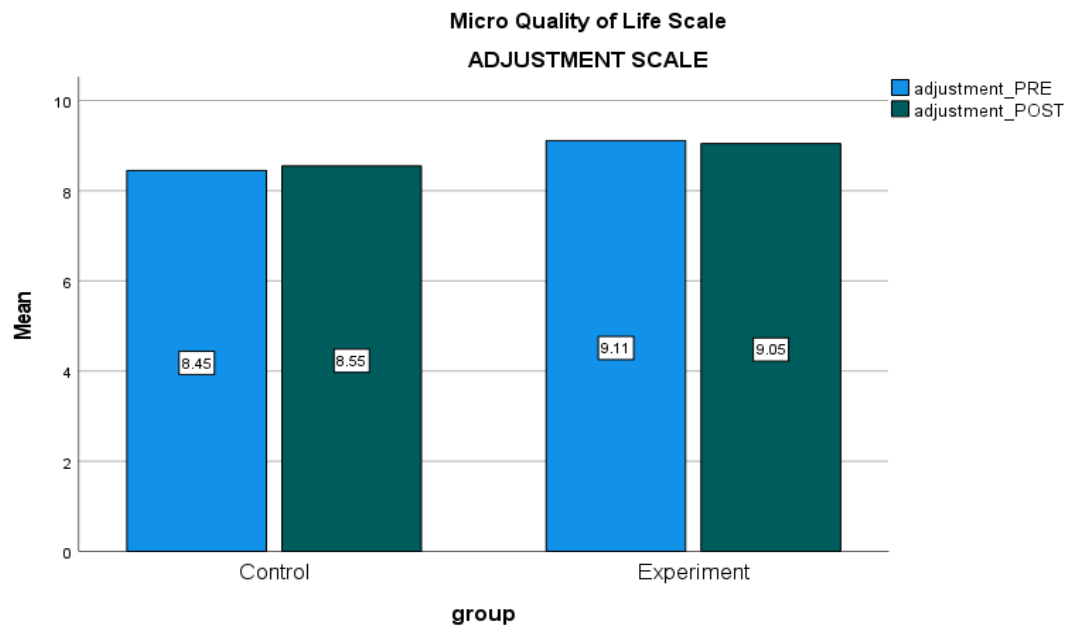
Interpretation:

The above Cluster bar chart shows the **mean scores** for the MICRO QOL Scale Adjustment for two groups **Control** and **Experiment**, measured **PRE** and **POST**.

- In the **Control group**, the **mean score Increases from 8.45 (PRE)** to **8.55 (POST)**

- In the **Experiment group** the **mean score Decreases from 9.11 (PRE) to 9.05 (POST)**

Chart4.10: Cluster bar Chart for MICRO QOL Scale Physical well Being and Self-Care:

Micro Quality of Life Scale
Physical well Being and self care SCALE
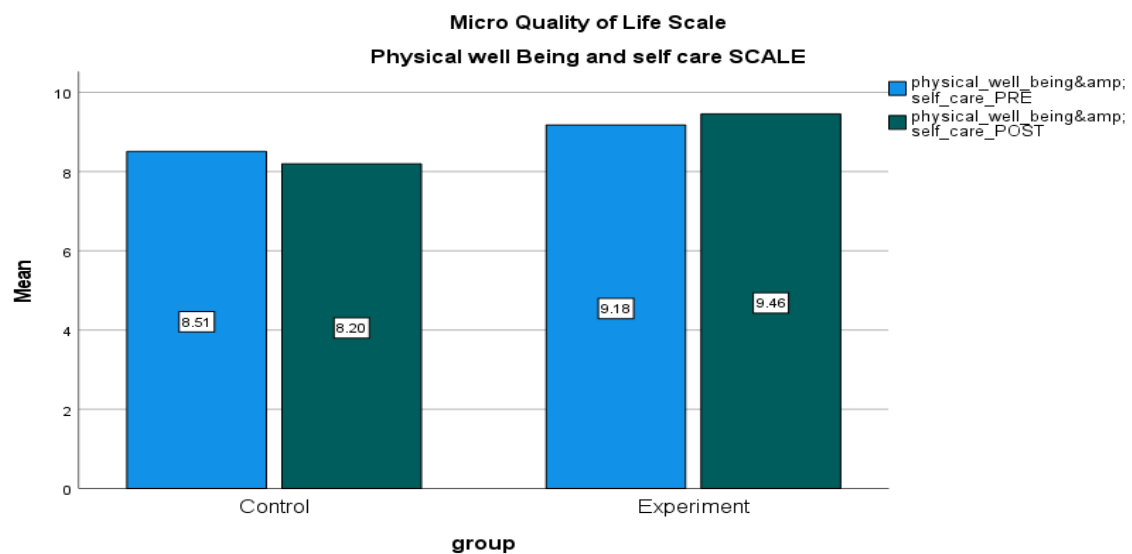
Interpretation:

The above Cluster bar chart shows the **mean scores** for the MICRO QOL Scale Physical Well Being and Self Care for two groups **Control** and **Experiment**, measured **PRE** and **POST**.

- In the **Control group**, the **mean score Decreases from 8.51 (PRE) to 8.20 (POST)**
- In the **Experiment group** the **mean score Increases from 9.18 (PRE) to 9.46 (POST)**

Chart4.11: Cluster bar Chart for MICRO QOL Scale Effectiveness and Efficiency of Myself:

Interpretation:

The above Cluster bar chart shows the **mean scores** for the MICRO QOL Scale Effectiveness and Efficiency of Myself for two groups **Control** and **Experiment**, measured **PRE** and **POST**.

- In the **Control group**, the **mean score Decreases from 6.39 (PRE) to 6.28 (POST)**
- In the **Experiment group** the **mean score Increases from 7.38 (PRE) to 7.51 (POST)**

Chart4.12: Cluster bar Chart for MICRO QOL Scale Personal Evolution:

Micro Quality of Life Scale
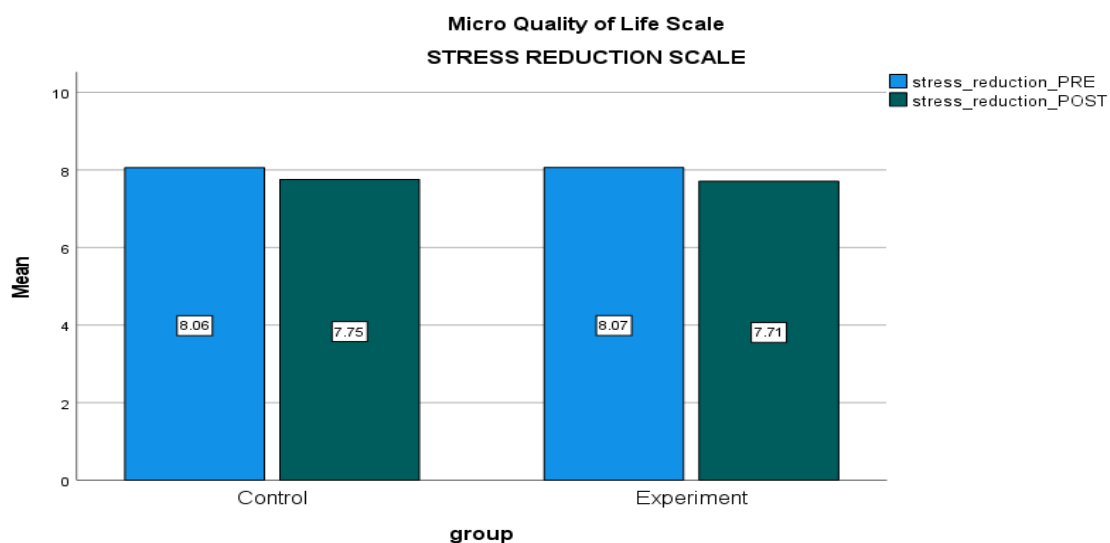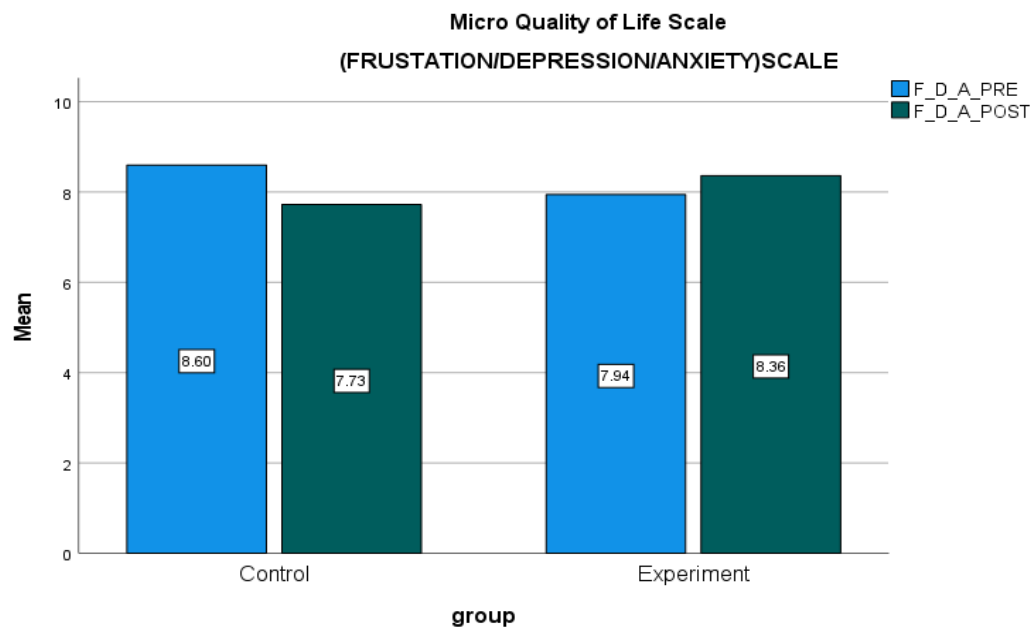**PERSONAL EVOLUTION SCALE**
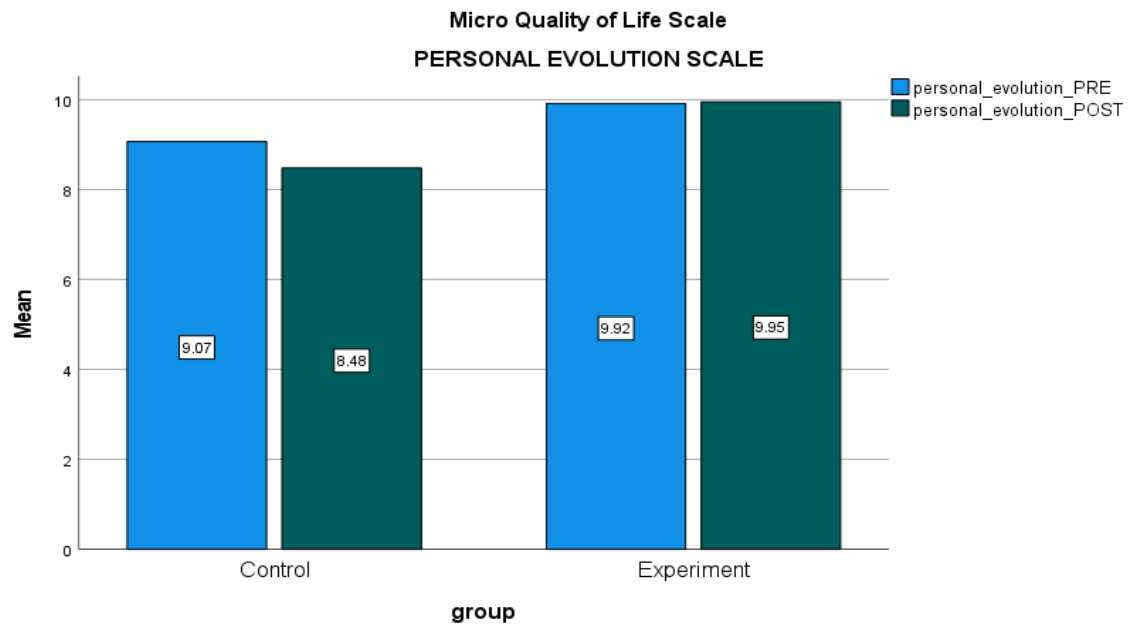
Interpretation:

The above Cluster bar chart shows the **mean scores** for the MICRO QOL Scale Personal Evolution for two groups **Control** and **Experiment**, measured **PRE** and **POST**.

- In the **Control group**, the **mean score Decreases from 9.07 (PRE)** to **8.48 (POST)**

- In the **Experiment group** the **mean score Increases from 9.92 (PRE) to 9.95 (POST)**

Paired Sample t-Test Results for Experiment Group A (Pre vs. Post):

MACRO Mental Quotient (MQ) study:

Hypothesis for MACRO MQ:

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Mental Quotient (MQ).

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Mental Quotient (MQ).

Table5.1 Descriptive Statistics for MACRO Mental Quotient (MQ) Scale

Paired Samples Statistics		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	POST_MQ_A	18.69	107	3.795	0.367
	PRE_MQ_A	17.69	107	3.281	0.317

Interpretation:

The Average Pre MQ score is 17.69 with a standard deviation of 3.281, and the Average Post Score is 18.69 with a standard deviation of 3.795. There is an increase in score by 1 unit (Mean of post MQ-A Score - Mean of Pre-MQ-A Score).

Table5.3 Paired T test for MACRO MQ:

Paired Samples Test		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	POST_MQ_A - PRE_MQ_A	1.000	4.355	0.421	0.165	1.835	2.375	106	0.019

Interpretation:

As the *p-value* of the t-test (0.019) is less than the 5% level of significance, we reject the null hypothesis and **conclude that there is a statistically significant improvement in MQ scores in the Experimental group.**

MICRO Mental Quotient (MQ) study:

for MICRO MQ study we have Three scales Self-Acceptance, Ego Strength and Philosophies of Life. We will Analyse these Three scales under MICRO MQ Study.

Hypothesis for MICRO MQ:

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Self-Acceptance.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Self-Acceptance.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Ego Strength.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Ego Strength.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Philosophies of Life

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Philosophies of Life.

Table5.4 Descriptive Statistics for MICRO Mental Quotient (MQ):

Paired Samples Statistics					
		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	self_acceptance1	6.51	107	2.057	0.199
	self_acceptance0	6.02	107	1.888	0.183
Pair 2	Ego_strength1	6.01	107	1.587	0.153
	Ego_strength0	5.76	107	1.653	0.160
Pair 3	Philosophies_of_life1	6.17	107	1.691	0.163
	Philosophies_of_life0	5.92	107	1.666	0.161

Interpretation:

Self-Acceptance (MQ)

The Average Pre-Self-Acceptance score is 6.02 with a standard deviation of 1.888, and the Average Post Score is 6.51 with a standard deviation of 2.057. There is an increase in score by 0.49 (Mean of post Self-Acceptance Score - Mean of Pre-Self-Acceptance Score).

Ego Strength (MQ):

The Average Pre-Ego Strength score is 5.76 with a standard deviation of 1.653, and the Average Post Score is 6.01 with a standard deviation of 1.587. There is an increase in score by 0.25 (Mean of post Ego Strength Score - Mean of Pre-Ego Strength Score).

Philosophies of Life (MQ):

The Average Pre-Philosophies of Life score is 5.92 with a standard deviation of 1.666, and the Average Post Score is 6.17 with a standard deviation of 1.691. There is an increase in score by 0.25 (Mean of post Philosophies of Life Score - Mean of Pre-Philosophies of Life Score).

Table5.5 Paired T test for MICRO MQ:

Paired Samples Test									
		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	self_acceptance1 - self_acceptance0	0.495	2.238	0.216	0.066	0.924	2.290	106	0.024
Pair 2	Ego_strength1 - Ego_strength0	0.252	1.977	0.191	-0.127	0.631	1.320	106	0.190
Pair 3	Philosophies_of_life1 - Philosophies_of_life0	0.252	2.128	0.206	-0.156	0.660	1.226	106	0.223

Interpretation:

As the *p-value* of the t-test (0.024) for the Self-Acceptance Scale is less than the 5% level of significance, we reject the null hypothesis and **conclude that there is a statistically significant change in Self-Acceptance scores of participants in the Experimental Group.**

However, the *p-values* for the Ego Strength (0.190) and Philosophies of Life (0.223) Scales are greater than the 5% level of significance, so we fail to reject the null hypothesis and conclude that there is no statistically significant change in the scores of participants for these two MICRO-scales of MQ in the Experimental Group.

Overall Finding:

Summarized Result of Paired Sample t-Test for MACRO and MICRO MQ Scales in Experimental Group A:

Scale Level	Scale Name	p-value	Significance (at 0.05 level)	Conclusion
Macro	Mental Quotient (MQ)	0.019	**Significant**	statistically significant change
Micro (MQ)	Self-Acceptance	0.024	**Significant**	statistically significant change
Micro (MQ)	Ego Strength	0.190	Not Significant	No statistically significant change
Micro (MQ)	Philosophies of Life	0.223	Not Significant	No statistically significant change

There is Statistically Significant Change in MACRO MQ in the Experimental group A. In MICRO MQ, Self-Acceptance Scored Most Statistically Significant change in the Experimental group A.

MACRO Emotional Quotient (EQ) study:

Hypothesis for MACRO EQ:

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Emotional Quotient (EQ).

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Emotional Quotient (EQ).

Table6.1 Descriptive Statistics for MACRO Emotional Quotient (EQ) Scale:

Paired Samples Statistics					
		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	POST_EQ_A	28.26	107	11.574	1.119
	PRE_EQ_A	18.47	107	6.297	0.609

Interpretation:

The Average Pre-EQ-A score is 18.47 with a standard deviation of 6.297, and the Average Post Score is 28.26 with a standard deviation of 11.574. There is an increase in score by 9.79 (Mean of post EQ-A Score – Mean of Pre-EQ-A Score).

Table6.2 Paired T test for MACRO EQ:

Paired Samples Test									
		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	POST_EQ_A – PRE_EQ_A	9.794	9.356	0.905	8.001	11.588	10.828	106	0.000

Interpretation:

As the *p-value* of the t-test (10.828) is 0.000 for the EQ Scale is less than the 5% level of significance, we reject the null hypothesis and **conclude that there is a statistically significant change in EQ scores of participants in the Experiment Group.**

MICRO Emotional Quotient (EQ) study:

for MICRO EQ study we have Broad four scales Self Awareness, Self-Management, Social Awareness and Relationship Management further Each of these Scales have Sub Scales. We will Analyse these Broad scales and their Sub scales under MICRO EQ Study.

1. **Self-Awareness (EQ)**

Hypothesis for self-Awareness scale (EQ)

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Self Awareness Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Self Awareness Scale.

Table6.3 Descriptive Statistics for Self-awareness Scale:

Paired Samples Statistics					
		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	self_awareness1	2.50	107	1.469	0.142
	self_awareness0	2.46	107	1.456	0.141

Interpretation:

The Average Pre-Self Awareness score is 2.46 with a standard deviation of 1.456, and the Average Post Score is 2.50 with a standard deviation of 1.469. There is a slight increase in score by 0.04 (Mean of post Self Awareness Score – Mean of Pre-Self Awareness Score).

Table6.6 Paired T test for Self-Awareness:

Paired Samples Test								t	df	Sig. (2-tailed)
		Paired Differences								
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference					
					Lower	Upper				
Pair 1	self_awareness1 – self_awareness0	0.047	1.645	0.159	-0.269	0.362		0.294	106	0.769

Interpretation:

As the P value of T test (0.294) is 0.769 for Self-Awareness EQ MICRO-Scale which is greater than 5% level of significance So we fail to reject Null hypothesis and **conclude that there is No Statistically Significant change in Self Awareness scores of Participants in the Experiment Group.**

Study of Sub Scales of Self Awareness (EQ):

Hypothesis for Sub scales of self-Awareness:

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Emotional Self Awareness Sub Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Emotional Self Awareness Sub Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Accurate Self Awareness Sub Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Accurate Self Awareness Sub Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Self Confidence Sub Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Self Confidence Sub Scale.

Table6.7 Descriptive Statistics for Sub Scales of Self-awareness:

Paired Samples Statistics					
		Mean	N	Std. Deviation	Std. Error Mean

Pair 1	emotional_self_aw areness1	0.83	107	0.707	0.068
	emotional_self_aw areness0	0.79	107	0.659	0.064
Pair 2	accurate_self_awar eness_1	0.85	107	0.698	0.067
	accurate_self_awar eness_0	0.95	107	0.706	0.068
Pair 3	self_confidence_1	0.82	107	0.698	0.067
	self_confidence_0	0.72	107	0.698	0.067

Interpretation

Emotional Self-Awareness

The Average Pre-Emotional Self-Awareness score is 0.79 with a standard deviation of 0.659, and the Average Post Score is 0.83 with a standard deviation of 0.707. There is an increase in score by 0.04 (Mean of post – Mean of pre).

Accurate Self-Awareness

The Average Pre-Accurate Self-Awareness score is 0.95 with a standard deviation of 0.706, and the Average Post Score is 0.85 with a standard deviation of 0.698. There is a Decrease in score by 0.10 (Mean of post – Mean of pre).

Self-Confidence

The Average Pre-Self Confidence score is 0.72 with a standard deviation of 0.698, and the Average Post Score is 0.82 with a standard deviation of 0.698. There is an increase in score by 0.10 (Mean of post – Mean of pre).

Table 6.10 Paired T test for Sub Scales of Self-Awareness:

Paired Samples Test									
		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Devi ation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lowe r	Uppe r			
Pair 1	emotional_s elf_awarene ss1 – emotional_s elf_awarene ss0	0.047	0.770	0.074	-0.101	0.194	0.6 28	106	0.531

Pair 2	accurate_self_awareness_1 – accurate_self_awareness_0	-0.103	0.868	0.084	-0.269	0.064	-1.225	106	0.223
Pair 3	self_confidence_1 – self_confidence_0	0.103	0.921	0.089	-0.074	0.279	1.155	106	0.251

Interpretation:

As the P value of T test (0.628) for Emotional Self Awareness Sub Scale is 0.531 which is greater than 5% level of significance So we fail to reject Null hypothesis and **conclude that there is No Statistically Significant change in Emotional Self Awareness Score of participants in the Experiment Group.**

P value of T test (-1.225) and (1.115) for Accurate Self Awareness and Self Confidence Sub Scale is also Greater than 5% Level of Significance So for these Two Sub scales of Self Awareness we fail to reject Null Hypothesis and **conclude that there No Statistically significant change in scores of participants for Accurate Self Awareness and Self Confidence in the Experiment Group.**

2. **Self-Management (EQ):**

Hypothesis for self-Management scale (EQ)

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Self-Management Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Self-Management Scale.

Table6.11 Descriptive Statistics for Self-Management Scale:

Paired Samples Statistics					
		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	self_management1	5.91	107	2.497	0.241
	self_management0	5.56	107	2.203	0.213

Interpretation:

The Average Pre Self-Management score is 5.56 with a standard deviation of 2.203, and the Average Post Score is 5.91 with a standard deviation of 2.497. There is an increase in score by 0.35 (Mean of post Self-Management Score – Mean of Pre-Self-Management Score).

Table6.12 Paired T test for Self- Management Scale:

Paired Samples Test									
		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	self_management1 – self_management0	0.346	2.323	0.225	-0.100	0.791	1.540	106	0.127

Interpretation:

As the P value of T test (1.54) is 0.127 for Self-Management MICRO Scale of EQ which is greater than 5% level of significance So we fail to reject Null hypothesis and **conclude that there is No Statistically Significant change in Self-Management scores of Participants in the Experiment Group.**

Study of Sub Scales of Self-Management (EQ):

Hypothesis for Sub scales of self-Management:

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Self Control Sub Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Self Control Sub Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Trust Worthiness Sub Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Trust Worthiness Sub Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Conscientiousness Sub Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Conscientiousness Sub Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Adaptability Sub Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Adaptability Sub Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Achievement Drive Sub Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Achievement Drive Sub Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Initiative Sub Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Initiative Sub Scale.

Table6.13 Descriptive Statistics for Sub Scales of Self-Management:

Paired Samples Statistics					
		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	self_control_1	1.36	107	0.756	0.073
	self_control_0	1.28	107	0.762	0.074
Pair 2	trust_worthiness 1	1.19	107	0.715	0.069
	trust_worthiness 0	1.16	107	0.716	0.069
Pair 3	conscienctiousne ss1	0.73	107	0.653	0.063
	conscienctiousne ss0	0.67	107	0.641	0.062

Paired Samples Statistics					
		Mean	N	Std. Deviation	Std. Error Mean
Pair 4	adaptibility1	0.97	107	0.651	0.063
	adaptibility0	0.93	107	0.618	0.060
Pair 5	achievement_dri ve1	1.01	107	0.733	0.071
	achievement_dri ve0	1.01	107	0.707	0.068
Pair 6	intiative1	0.65	107	0.584	0.056
	intiative0	0.50	107	0.556	0.054

Interpretation:

Self-Control

The Average Pre-Self Control score is 1.28 with a standard deviation of 0.762, and the Average Post Score is 1.36 with a standard deviation of 0.756. There is an increase in score by 0.08. (Mean of post – Mean of pre).

Trustworthiness

The Average Pre-Trustworthiness score is 1.16 with a standard deviation of 0.716, and the Average Post Score is 1.19 with a standard deviation of 0.715. There is a slight increase in score by 0.03. (Mean of post - Mean of pre).

Conscientiousness

The Average Pre-Conscientiousness score is 0.67 with a standard deviation of 0.641, and the Average Post Score is 0.73 with a standard deviation of 0.653. There is an increase in score by 0.06. (Mean of post - Mean of pre).

Adaptability

The Average Pre-Adaptability score is 0.93 with a standard deviation of 0.618, and the Average Post Score is 0.97 with a standard deviation of 0.651. There is an increase in score by 0.04. (Mean of post - Mean of pre).

Achievement Drive

The Average Pre-Achievement Drive score is 1.01 with a standard deviation of 0.707, and the Average Post Score is also 1.01 with a standard deviation of 0.733. There is no change in score. (Mean of post - Mean of pre).

Initiative

The Average Pre-Initiative score is 0.50 with a standard deviation of 0.556, and the Average Post Score is 0.65 with a standard deviation of 0.584. There is an increase in score by 0.15. (Mean of post - Mean of pre).

Table6.14 Paired T test for Sub Scales of Self-Management:

Paired Samples Test									
		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	self_control_1 -	0.075	0.797	0.077	-0.078	0.228	0.970	106	0.334

		Mean	Std. Deviation	Std. Error Mean	Lower	Upper	t	df	Sig. (2-tailed)
	self_control_0								
Pair 2	trust_worthiness1 - trust_worthiness0	0.028	0.841	0.081	-0.133	0.189	0.345	106	0.731
Pair 3	conscientiousness1 - conscientiousness0	0.056	0.750	0.073	-0.088	0.200	0.773	106	0.441

Paired Samples Test

		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 4	adaptibility1 - adaptibility0	0.037	0.812	0.078	-0.118	0.193	0.476	106	0.635
Pair 5	achievement_drive1 - achievement_drive0	0.000	0.880	0.085	-0.169	0.169	0.000	106	1.000
Pair 6	intiative1 - intiative0	0.150	0.670	0.065	0.021	0.278	2.308	106	0.023

Interpretation:

As the *p-value* of the t-test is 0.334 for the Self-Control Sub Scale which is greater than 5% level of significance, we fail to reject the null hypothesis and **conclude that there is no statistically significant change in Self-Control scores of participants in the Experiment Group.**

The *p-values* for the Trustworthiness (0.731), Conscientiousness (0.441), Adaptability (0.635), and Achievement Drive (1.000) subscales are also greater than 5% level of significance, so we again fail to reject the null hypothesis and **conclude that there is no statistically significant change in scores of participants for these subscales in the Experiment Group.**

However, the *p-value* for the Initiative Sub Scale is 0.023, which is less than 5%, so we reject the null hypothesis and conclude that there is a **statistically significant change in Initiative scores of participants in the Experiment Group.**

The Post Score of Initiative sub-Scale Increases as compare to pre-Scores.

3. **Social-Awareness (EQ)**

Hypothesis for Social Awareness scale (EQ)

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Social Awareness Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Social Awareness Scale.

Table6.15 Descriptive Statistics for Social Awareness Scale:

Paired Samples Statistics					
		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	social_awareness1	2.38	107	1.490	0.144
	social_awareness0	2.54	107	1.456	0.141

Interpretation:

Average Pre-Social Awareness score is 2.54 with a standard deviation of 1.456, and the Average Post Score is 2.38 with a standard deviation of 1.490. There is a Decrease in score by 0.16 (Mean of post Social Awareness Score - Mean of Pre-Social Awareness Score).

Table6.18 Paired T test for Social Awareness Scale:

Paired Samples Test									
		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	social_awareness1 - social_awareness0	-0.159	1.643	0.159	-0.474	0.156	-1.000	106	0.320

Interpretation:

As the P value of T test (-1.000) is 0.320 for Social Awareness MICRO Scale of EQ which is greater than 5% level of significance So we fail to reject Null hypothesis and **conclude that**

there is No Statistically Significant change in Social Awareness Score of Participants in the Experiment Group.

Study of Sub Scales of Social Awareness:

Hypothesis for Sub Scales of social Awareness

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Empathy Sub Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Empathy Sub Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Service Orientation Sub Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Service Orientation Sub Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Organizational Awareness Sub Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Organizational Awareness Sub Scale.

Table6.16 Descriptive Statistics for Sub Scales of Social Awareness:

Paired Samples Statistics					
		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	empathy1	0.88	107	0.736	0.071
	empathy0	1.01	107	0.733	0.071
Pair 2	sevice_orientation1	0.76	107	0.685	0.066
	sevice_orientation0	0.90	107	0.700	0.068
Pair 3	organisational_awareness1	0.75	107	0.688	0.067
	organisational_awareness0	0.64	107	0.678	0.066

Table6.17 Paired T test for Sub Scales of Social awareness:

Paired Samples Test								
		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference			

					Lower	Upper			
Pair 1	empathy1 - empathy0	-0.131	0.836	0.081	-0.291	0.029	-1.618	106	0.109
Pair 2	sevice_orientation1 - sevice_orientation0	-0.140	0.806	0.078	-0.295	0.014	-1.799	106	0.075
Pair 3	organisational_awareness1 - organisational_awareness0	0.112	0.839	0.081	-0.049	0.273	1.382	106	0.170

Interpretation:

As the P value of T test (-1.618) for Empathy Sub Scale is 0.109 which is greater than 5% level of significance So we fail to reject Null hypothesis and **conclude that there is No Statistically Significant change in Empathy Score of participants in the Experiment Group.**

P value of T test (-1.799) and (1.382) for Service Orientation and Organizational Awareness Sub Scale is also Greater than 5% Level of Significance So for these Two Sub scales of Social Awareness we Fail to reject Null Hypothesis and **conclude that there is No Statistically significant Change in Service Orientation and Organizational Awareness Scores of participants for Experiment Group.**

4. **Relationship Management (EQ)**

Hypothesis for Relationship Management (EQ)

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Relationship Management Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Relationship Management Scale.

Table6.18 Descriptive Statistics for Relationship-Management Scale:

Paired Samples Statistics					
		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	relationship_management1	17.47	107	7.231	0.699
	relationship_management0	7.91	107	3.002	0.290

Interpretation:

The Average Pre Relationship Management score is 7.91 with standard deviation of 3.002 and The Average Post Score is 17.47 with standard deviation of 7.231. There is Increase in Score by 9.56 (mean of post Relationship Management Score – mean of Pre Relationship Management Score).

6.19 Paired T test for Relationship Management Scale:

Paired Samples Test									
		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	relationship _management1 - relationship _management0	9.561	6.120	0.592	8.388	10.734	16.159	106	0.000

Interpretation:

As the P value of T test (16.159) is 0.000 for Relationship Management MICRO Scale of EQ which is Less than 5% level of significance So we reject Null hypothesis and **conclude that there is Statistically Significant change in Relationship Management Score of Participants in the Experiment Group.**

Study of Sub Scales of Relationship Management:

Hypothesis for Sub scales of relationship Management:

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Developing others Sub Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Developing Others Sub Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Influence Sub Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Influence Sub Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Communication Sub Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Communication Sub Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Conflict Manager Sub Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Conflict Manager Sub Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Leadership Sub Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Leadership Sub Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Change Catalyst Sub Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Change Catalyst Sub Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Building Bonds Sub Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Building Bonds Sub Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Teams and Collaboration Sub Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Teams and Collaboration Sub Scale.

Table6.20 Descriptive Statistics for Sub Scales of Relationship Management:

Paired Samples Statistics					
		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	developing_others1	1.20	107	0.794	0.077
	developing_others0	1.38	107	0.785	0.076
Pair 2	influence1	0.95	107	0.782	0.076
	influence0	1.18	107	0.737	0.071
Pair 3	communication1	0.61	107	0.611	0.059
	communication0	0.79	107	0.687	0.066
Pair 4	conflict_management1	0.77	107	0.667	0.064

	conflict_management0	0.78	107	0.634	0.061

Paired Samples Statistics					
		Mean	N	Std. Deviation	Std. Error Mean
Pair 5	leadership1	0.73	107	0.576	0.056
	leadership0	0.64	107	0.603	0.058
Pair 6	change_catalyst1	0.83	107	0.758	0.073
	change_catalyst0	1.07	107	0.773	0.075
Pair 7	building_bonds1	0.66	107	0.531	0.051
	building_bonds0	0.82	107	0.511	0.049
Pair 8	teamwork_and_collaboration1	1.17	107	0.807	0.078
	teamwork_and_collaboration0	1.24	107	0.799	0.077

Interpretation:

Developing Others:
The average pre-score for the Developing Others subscale is 1.38 with a standard deviation of 0.785, and the average post-score is 1.20 with a standard deviation of 0.794. There is a Decrease in score by 0.18 (Mean of post Developing Others Score - Mean of pre Developing Others Score).

Influence:
The average pre-score for the Influence subscale is 1.18 with a standard deviation of 0.737, and the average post-score is 0.95 with a standard deviation of 0.782. There is a Decrease in score by 0.23.

Communication:
The average pre-score for the Communication subscale is 0.79 with a standard deviation of 0.687, and the average post-score is 0.61 with a standard deviation of 0.611. There is a Decrease in score by 0.18.

Conflict Management:
The average pre-score for Conflict Management is 0.78 with a standard deviation of 0.634, and the post-score is 0.77 with a standard deviation of 0.667. There is a slight Decrease of 0.01 in the score.

Leadership:
The average pre-score for Leadership is 0.64 with a standard deviation of 0.603, and the post-score is 0.73 with a standard deviation of 0.576. There is an increase in score by 0.09.

Change Catalyst:

The average pre-score for Change Catalyst is 1.07 with a standard deviation of 0.773, and the post-score is 0.83 with a standard deviation of 0.758. There is a Decrease in score by 0.24.

Building Bonds:

The average pre-score for Building Bonds is 0.82 with a standard deviation of 0.511, and the post-score is 0.66 with a standard deviation of 0.531. There is a Decrease in score by 0.16.

Teamwork and Collaboration:

The average pre-score for Teamwork and Collaboration is 1.24 with a standard deviation of 0.799, and the post-score is 1.17 with a standard deviation of 0.807. There is a Decrease in score by 0.07.

6.21 Paired T test for Sub Scales of Relationship Management:

Paired Samples Test									
		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	developing_others1 - developing_others0	-0.187	0.892	0.086	-0.358	-0.016	-2.169	106	0.032
Pair 2	influence1 - influence0	-0.224	0.965	0.093	-0.409	-0.039	-2.405	106	0.018
Pair 3	communication1 - communication0	-0.178	0.867	0.084	-0.344	-0.011	-2.119	106	0.036
Pair 4	conflict_management1 - conflict_management0	-0.009	0.841	0.081	-0.171	0.152	-0.115	106	0.909

Paired Samples Test								
		Paired Differences				t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference			

					Lower	Upper			
Pair 5	leadership1 - leadership0	0.084	0.675	0.065	-0.045	0.213	1.290	106	0.200
Pair 6	change_catalyst1 - change_catalyst0	-0.243	0.799	0.077	-0.396	-0.090	-3.146	106	0.002
Pair 7	building_bonds1 - building_bonds0	-0.159	0.702	0.068	-0.294	-0.024	-2.340	106	0.021
Pair 8	teamwork_and_collaboration1 - teamwork_and_collaboration0	-0.075	0.939	0.091	-0.255	0.105	-0.824	106	0.412

Interpretation:

Developing Others:
As the p-value of the t-test is 0.032, which is less than the 5% level of significance, we reject the null hypothesis and **conclude that there is a statistically significant change in the Developing Others scores of participants in the Experiment Group.**

Influence:
The p-value is 0.018, which is also less than 0.05, so we reject the null hypothesis and **conclude that there is a statistically significant change in Influence scores of participants in the Experiment Group.**

Communication:
The p-value is 0.036, which is less than 0.05, hence we reject the null hypothesis and conclude that **there is a statistically significant change in Communication scores in the Experiment Group.**

Conflict Management:
The p-value is 0.909, which is greater than 0.05, so we fail to reject the null hypothesis and conclude that **there is no statistically significant change in Conflict Management scores of participants in the Experiment Group.**

Leadership:
The p-value is 0.200, which is greater than 0.05, hence we fail to reject the null hypothesis and conclude that **there is no statistically significant change in Leadership scores in the Experiment Group.**

Change Catalyst:
The p-value is 0.002, which is less than 0.05, so we reject the null hypothesis and conclude that **there is a statistically significant change in Change Catalyst scores of participants in the Experiment Group.**

Building Bonds:

The p-value is 0.021, which is less than 0.05, so we reject the null hypothesis and conclude that **there is a statistically significant change in Building Bonds scores in the Experiment Group.**

Teamwork and Collaboration:

The p-value is 0.412, which is greater than 0.05, hence we fail to reject the null hypothesis and **conclude that there is no statistically significant change in Teamwork and Collaboration scores in the Experiment Group.**

Summarized result of Paired Sample t-Test for EQ MACRO and MICRO Scales (Experimental Group A):

Scale	p-value	Significance at 5% level	Conclusion
Emotional Quotient (MACRO)	0.000	Significant	**Statistically significant change**
MICRO Self-Awareness	0.769	Not Significant	No significant change
Emotional Self-Awareness	0.531	Not Significant	No significant change
Accurate Self-Awareness	0.223	Not Significant	No significant change
Self-Confidence	0.251	Not Significant	No significant change
MICRO Self-Management	0.334	Not Significant	No significant change
Self-Control	0.334	Not Significant	No significant change
Trustworthiness	0.731	Not Significant	No significant change
Conscientiousness	0.441	Not Significant	No significant change
Adaptability	0.635	Not Significant	No significant change
Achievement Drive	1.000	Not Significant	No significant change
Initiative	0.023	Significant	**Statistically significant change**
MICRO Social Awareness	0.320	Not Significant	No significant change

Empathy	0.109	Not Significant	No significant change
Service Orientation	0.075	Not Significant	No significant change
Organizational Awareness	0.170	Not Significant	No significant change
MICRO Relationship Management	0.000	Significant	**Statistically significant change**
Developing Others	0.032	Significant	**Statistically significant change**
Influence	0.018	Significant	**Statistically significant change**
Communication	0.036	Significant	**Statistically significant change**
Conflict Management	0.909	Not Significant	No significant change
Leadership	0.200	Not Significant	No significant change
Change Catalyst	0.002	Significant	**Statistically significant change**
Building Bonds	0.021	Significant	**Statistically significant change**
Teamwork and Collaboration	0.412	Not Significant	No significant change

The EQ MACRO scale showed a statistically significant improvement in the Experimental Group A. In the EQ MICRO Scale most significant changes were Seen for Initiative, Relationship Management, Developing Others, Influence, Communication, Change Catalyst, and Building Bonds. We can say for these scales' participants score Changes significantly in Experiment group A.

MACRO Spiritual Quotient (SQ) study:

Hypothesis for MACRO spiritual Quotient (SQ)

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Spiritual Quotient (SQ).

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Spiritual Quotient (SQ).

Table7.1 Descriptive Statistics for MACRO Spiritual Quotient (SQ) Scale:

Paired Samples Statistics		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	post_SQ_A	166.00	107	18.646	1.803
	Pre_SQ_A	161.62	107	13.967	1.350

Interpretation:

The Average Pre SQ score is 161.62 with standard deviation of 13.967 and The Average Post SQ Score is 166 with standard deviation of 18.646. There is Increase of 4.38 (Mean of post SQ- Mean of Pre SQ).

Table7.2 Pair T test for MACRO Spiritual Quotient (SQ) Scale:

Paired Samples Test		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	post_SQ_A - Pre_SQ_A	4.383	16.318	1.578	1.256	7.511	2.779	106	0.006

Interpretation:

As the P value of T test (2.779) is 0.006 for MACRO SQ scale which is Less than 5% level of significance So we reject Null hypothesis and **conclude that there is Statistically Significant change in SQ score in the Experiment group.**

MICRO SQ Study Part 1:

Hypothesis for MICRO SQ Part 1

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Perceptive Healer Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Perceptive Healer Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Serenity Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Serenity Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Enlightenment Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Enlightenment Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Contentment Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Contentment Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Perseverance Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Perseverance Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Insightful Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Insightful Scale.

Table7.3 Descriptive Statistics for MICRO Spiritual Quotient (SQ) Part 1:

Paired Samples Statistics					
		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Perceptive_healer1	13.17	107	2.196	0.212
	perceptive_healer0	13.06	107	2.193	0.212
Pair 2	serenity1	11.52	107	2.651	0.256
	Serenity0	10.97	107	2.221	0.215
Pair 3	enlightenment1	5.37	107	1.457	0.141
	Enlightenment0	5.34	107	1.511	0.146

Paired Samples Statistics					
		Mean	N	Std. Deviation	Std. Error Mean
Pair 4	contentment1	4.55	107	1.455	0.141
	contentment0	4.69	107	1.557	0.150
Pair 5	perseverance1	5.05	107	1.562	0.151
	Perseverance0	4.76	107	1.446	0.140
Pair 6	insightful1	5.56	107	1.567	0.152
	Insightful0	5.46	107	1.506	0.146

Interpretation:

Perceptive Healer (SQ):
The Average Pre-Perceptive Healer score is 13.06 with a standard deviation of 2.193, and the Average Post Score is 13.17 with a standard deviation of 2.196.
There is a slight increase in score by 0.11 (Post – Pre = 13.17 – 13.06).

Serenity (SQ):
The Average Pre-Serenity score is 10.97 with a standard deviation of 2.221, and the Average Post Score is 11.52 with a standard deviation of 2.651.
There is an increase in score by 0.55 (11.52 – 10.97).

Enlightenment (SQ):
The Average Pre-Enlightenment score is 5.34 with a standard deviation of 1.511, and the Average Post Score is 5.37 with a standard deviation of 1.457.
There is a slight increase in score by 0.03 (5.37 – 5.34).

Contentment (SQ):
The Average Pre-Contentment score is 4.69 with a standard deviation of 1.557, and the Average Post Score is 4.55 with a standard deviation of 1.455.
There is a Decrease in score by 0.14 (4.55 – 4.69).

Perseverance (SQ):
The Average Pre-Perseverance score is 4.76 with a standard deviation of 1.446, and the Average Post Score is 5.05 with a standard deviation of 1.562.
There is an increase in score by 0.29 (5.05 – 4.76).

Insightful (SQ):
The Average Pre-Insightful score is 5.46 with a standard deviation of 1.506, and the Average Post Score is 5.56 with a standard deviation of 1.567.
There is an increase in score by 0.10 (5.56 – 5.46).

Table7.4 Paired T test for MICRO Spiritual Quotient (SQ) Part 1:

Paired Samples Test									
		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	perceptive &healer1 - perceptive healer0	0.112	2.470	0.239	-0.361	0.586	0.470	106	0.640

		Mean	Std. Deviation	Std. Error Mean	Lower	Upper	t	df	Sig.
Pair 2	serenity1 - Serenity0	0.551	2.852	0.276	0.005	1.098	2.000	106	0.048
Pair 3	enlightenment1 - Enlightenment0	0.037	1.699	0.164	-0.288	0.363	0.228	106	0.820

Paired Samples Test

		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 4	contentment1 - contentment0	-0.140	1.866	0.180	-0.498	0.217	-0.777	106	0.439
Pair 5	perseverance1 - Perseverance0	0.290	1.986	0.192	-0.091	0.670	1.509	106	0.134
Pair 6	insightful1 - Insightful0	0.103	1.966	0.190	-0.274	0.480	0.541	106	0.590

Interpretation:

Perceptive Healer (SQ):
The mean difference between post and pre scores is 0.112, with a p-value of 0.640.
Since p > 0.05 we reject Null hypothesis and **conclude that the increase is not statistically significant for Perceptive healer scale in experimental group.**

Serenity (SQ):
The mean difference is 0.551, and the p-value is 0.048.
Since p < 0.05, We fail to reject Null hypothesis **and conclude that the increase is statistically significant for Serenity Scale in experimental Group**

Enlightenment (SQ):
The mean difference is 0.037, with a p-value of 0.820.
Since p > 0.05, we reject Null hypothesis and **conclude that the increase is not statistically significant for Enlightenment Scale in Experimental Group.**

Contentment (SQ):
The mean difference is -0.140, with a p-value of 0.439.
Since p > 0.05, we reject Null hypothesis and **conclude that the increase is not statistically significant for Contentment Scale in Experimental group.**

Perseverance (SQ):

The mean difference is 0.290, with a p-value of 0.134.

Although there is a positive change, it **is not statistically significant at the 0.05 level for Perseverance scale in experimental Group.**

Insightful (SQ):

The mean difference is 0.103, with a p-value of 0.590.

Since p > 0.05, we reject Null hypothesis and **conclude that the increase is not statistically significant for Insightful Scale in Experimental Group.**

MICRO Study Spiritual Quotient (SQ) Part 2:

Hypothesis for Spiritual Quotient (SQ) Part 2:

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Liberated Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Liberated Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Self Transformative Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Self Transformative Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Empowerment Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Empowerment Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Profound Thinker and Visionary Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Profound Thinker and Visionary Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Blissful Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Blissful Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Uprightness Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Uprightness Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Existential Clarity Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Existential Clarity Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Clairvoyance Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Clairvoyance Scale.

Table7.5 Descriptive Statistics for MICRO Spiritual Quotient (SQ) Part 2:

Paired Samples Statistics					
		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	liberated1	39.50	107	6.034	0.583
	librated0	38.63	107	4.515	0.437
Pair 2	self_transformative1	17.10	107	2.771	0.268
	self_transformative0	16.93	107	2.350	0.227
Pair 3	empowerment1	14.50	107	2.424	0.234
	Empowerment0	14.03	107	2.520	0.244
Pair 4	profound_thinker&visionary1	10.70	107	2.320	0.224
	profound_thinker&visionary0	10.53	107	1.963	0.190

Paired Samples Statistics					
		Mean	N	Std. Deviation	Std. Error Mean
Pair 5	blissful1	11.13	107	1.967	0.190
	blissful0	10.35	107	2.047	0.198
Pair 6	uprightness1	10.54	107	2.057	0.199
	uprightness0	10.27	107	1.940	0.188
Pair 7	existential_clarity1	10.85	107	1.961	0.190
	existential_clarity0	10.42	107	2.115	0.204
Pair 8	clairvoyance1	6.45	107	1.574	0.152
	clairvoyance0	6.20	107	1.593	0.154

Interpretation:

Liberated (SQ):

The Average Pre-Liberated score is 38.63 with a standard deviation of 4.515, and the Average Post Score is 39.50 with a standard deviation of 6.034.

There is an increase in score by 0.87 (Mean of post Liberated Score - Mean of Pre-Liberated Score).

Self-transformative (SQ):

The Average Pre-Self-Transformative score is 16.93 with a standard deviation of 2.350, and the Average Post Score is 17.10 with a standard deviation of 2.771.
There is an increase in score by 0.17 (Mean of post Self-Transformative Score - Mean of Pre-Self-Transformative Score).

Empowerment (SQ):

The Average Pre-Empowerment score is 14.03 with a standard deviation of 2.520, and the Average Post Score is 14.50 with a standard deviation of 2.424.
There is an increase in score by 0.47 (Mean of post Empowerment Score - Mean of Pre-Empowerment Score).

Profound Thinker Visionary (SQ):

The Average Pre-Profound Thinker Visionary score is 10.53 with a standard deviation of 1.963, and the Average Post Score is 10.70 with a standard deviation of 2.320.
There is an increase in score by 0.17 (Mean of post Profound Thinker Visionary Score - Mean of Pre-Profound Thinker Visionary Score).

Blissful (SQ):

The Average Pre-Blissful score is 10.35 with a standard deviation of 2.047, and the Average Post Score is 11.13 with a standard deviation of 1.967.
There is an increase in score by 0.78 (Mean of post Blissful Score - Mean of Pre-Blissful Score).

Uprightness (SQ):

The Average Pre-Uprightness score is 10.27 with a standard deviation of 1.940, and the Average Post Score is 10.54 with a standard deviation of 2.057.
There is an increase in score by 0.27 (Mean of post Uprightness Score - Mean of Pre-Uprightness Score).

Existential Clarity (SQ):

The Average Pre-Existential Clarity score is 10.42 with a standard deviation of 2.115, and the Average Post Score is 10.85 with a standard deviation of 1.961.
There is an increase in score by 0.43 (Mean of post Existential Clarity Score - Mean of Pre-Existential Clarity Score).

Clairvoyance (SQ):

The Average Pre-Clairvoyance score is 6.20 with a standard deviation of 1.593, and the Average Post Score is 6.45 with a standard deviation of 1.574.
There is an increase in score by 0.25 (Mean of post Clairvoyance Score - Mean of Pre-Clairvoyance Score).

Table7.6 Paired T Test for MICRO Spiritual Quotient (SQ) Part 2:

Paired Samples Test									
		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	liberated1 - librated0	0.879	5.549	0.536	-0.185	1.942	1.638	106	0.104
Pair 2	self_transformative1 - self_transformative0	0.178	2.491	0.241	-0.300	0.655	0.737	106	0.462
Pair 3	empowerment1 - Empowerment0	0.467	3.088	0.299	-0.125	1.059	1.565	106	0.120
Pair 4	profound_thinker&visionary1 - profound_thinker&visionary0	0.168	2.553	0.247	-0.321	0.658	0.682	106	0.497

Paired Samples Test									
		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 5	blissful1 - blissful0	0.785	2.599	0.251	0.287	1.283	3.124	106	0.002
Pair 6	uprightness1 - uprightness0	0.271	2.405	0.233	-0.190	0.732	1.166	106	0.246
Pair 7	existential_clarity1 - existential_clarity0	0.430	2.809	0.272	-0.108	0.968	1.583	106	0.116
Pair 8	clairvoyance1 -	0.252	1.894	0.183	-0.111	0.615	1.378	106	0.171

	clairvoyance0								

Liberated: The p-value of T-test for Liberated is 0.104, which is greater than 0.05 So, we fail to reject the Null hypothesis and **conclude that there is no statistically significant change in Liberated scores in the Experiment group.**

Self-Transformative: The p-value of T-test for Self-Transformative is 0.462, which is greater than 5% level of significance.
So, we fail to reject the Null hypothesis and **conclude that there is no statistically significant change in Self Transformative scores in the Experiment group.**

Empowerment: The p-value of T-test for Empowerment is 0.120, which is greater than the 5% level of significance.
So, we fail to reject the Null hypothesis and **conclude that there is no statistically significant change in Empowerment scores in the Experiment group.**

Profound Thinker and Visionary: The p-value of T-test for Profound Thinker and Visionary is 0.497, which is greater than 5% level of significance.
So, we fail to reject the Null hypothesis and **conclude that there is no statistically significant change in Profound Thinker and Visionary scores in the Experiment group**.

Blissful: The p-value of T-test for Blissful is 0.002, which is less than 5% level of significance.
So, we reject the Null hypothesis and **conclude that there is a statistically significant increase in Blissful scores in the Experiment group.**

Uprightness: The p-value of T-test for Uprightness is 0.246, which is greater than 5% level of significance.
So, we fail to reject the Null hypothesis and **conclude that there is no statistically significant change in Uprightness scores in the Experiment group.**

Existential Clarity: The p-value of T-test for Existential Clarity is 0.116, which is greater than 5% level of significance.
So, we fail to reject the Null hypothesis and **conclude that there is no statistically significant change in Existential Clarity scores in the Experiment group.**

Clairvoyance: The p-value of T-test for Clairvoyance is 0.171, which is greater than 5% level of significance.
So, we fail to reject the Null hypothesis **and conclude that there is no statistically significant change in Clairvoyance scores in the Experiment group.**

Summarized result of Paired Sample t-Test for SQ MACRO and MICRO Scales (Experimental Group A):

Scale Level	Scale Name (SQ)	p-value	Significance (at 0.05 level)	Conclusion
MACRO	**Spiritual Quotient (SQ)**	0.006	**Significant**	statistically significant change
MICRO (SQ)	Perceptive Healer	0.640	Not Significant	No statistically significant change
MICRO (SQ)	**Serenity**	0.048	**Significant**	statistically significant change
MICRO (SQ)	Enlightenment	0.820	Not Significant	No statistically significant change
MICRO (SQ)	Contentment	0.439	Not Significant	No statistically significant change
MICRO (SQ)	Perseverance	0.134	Not Significant	No statistically significant change
MICRO (SQ)	Insightful	0.590	Not Significant	No statistically significant change
	SQ Part 2			
MICRO (SQ)	Liberated	0.104	Not Significant	No statistically significant change
MICRO (SQ)	Self-Transformative	0.462	Not Significant	No statistically significant change
MICRO (SQ)	Empowerment	0.120	Not Significant	No statistically significant change
MICRO (SQ)	Profound Thinker and Visionary	0.497	Not Significant	No statistically significant change
MICRO (SQ)	**Blissful**	0.002	**Significant**	statistically significant change
MICRO (SQ)	Uprightness	0.246	Not Significant	No statistically significant change
MICRO (SQ)	Existential Clarity	0.116	Not Significant	No statistically significant change
MICRO (SQ)	Clairvoyance	0.171	Not Significant	No statistically significant change

There is Statistically Significant Change in MACRO SQ in the Experimental group A. In MICRO SQ, Serenity and Blissful Scale shows Statistically Significant change in the Experimental group A.

MACRO Quality of Life (QOL) study:

Hypothesis for MACRO (QOL):

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Quality of Life (QOL)

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Quality of life (QOL)

Table8.1 Descriptive Statistics for MACRO Quality of Life (QOL) Scale

Paired Samples Statistics		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	POST_QOL_A	98.79	107	12.468	1.205
	PRE_QOL_A	98.51	107	10.839	1.048

Interpretation:

The Average Pre-QOL score is 98.51 with a standard deviation of 10.839, and the Average Post-QOL score is 98.79 with a standard deviation of 12.468.
There is an increase in score by 0.28 units (Mean of Post-QOL - Mean of Pre-QOL).

Table8.2 Paired T test for MACRO Quality of Life (QOL) Scale:

Paired Samples Test		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	POST_QOL_A - PRE_QOL_A	0.280	12.349	1.194	-2.087	2.647	0.235	106	0.815

Interpretation:

As the P value of T test (0.235) is 0.815 for MACRO QOL scale which is Greater than 5% level of significance So we Fail to reject Null hypothesis and conclude **that there is No Statistically Significant change in QOL score in the Experiment group.**

MICRO Study Quality of Life (QOL):

Hypothesis for MICRO QOL:

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Life Satisfaction Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Life Satisfaction Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Goals and Motivation Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Goals and Motivation Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Spirituality Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Spirituality Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Happiness Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Happiness Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Hopes and Wishes Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Hopes and Wishes Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Stress Reduction Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Stress Reduction Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Frustration/depression/Anxiety Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Frustration/depression/Anxiety Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Adjustment Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Adjustment Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Physical Well Being and Self-Care Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Physical Well Being and Self-Care Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Effectiveness of Myself Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Effectiveness of Myself Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Personal Evolution Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Personal Evolution Scale.

Table8.3 Descriptive Statistics for MICRO Quality of Life (QOL):

Paired Samples Statistics					
		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	life_satisfaction1	10.10	107	1.636	0.158
	life_satisfaction0	10.16	107	1.455	0.141
Pair 2	goals&motivations1	8.99	107	1.835	0.177
	goals&motivations0	9.05	107	1.662	0.161
Pair 3	sprituality1	10.18	107	1.811	0.175
	sprituality0	10.20	107	1.756	0.170
Pair 4	happiness1	9.89	107	1.905	0.184
	happiness0	9.85	107	1.857	0.180

Paired Samples Statistics					
		Mean	N	Std. Deviation	Std. Error Mean
Pair 5	hopes&wishes1	7.59	107	1.584	0.153
	hopes&wishes0	7.66	107	1.572	0.152
Pair 6	stress_reduction1	7.71	107	1.796	0.174
	stress_reduction0	8.07	107	1.695	0.164

Pair 7	F_D_A1	8.36	107	2.400	0.232
	F_D_A0	7.94	107	2.265	0.219
Pair 8	adjustment1	9.05	107	1.865	0.180
	adjustment0	9.11	107	1.808	0.175

Paired Samples Statistics		Mean	N	Std. Deviation	Std. Error Mean
Pair 9	physical_well_being&self_care1	9.46	107	1.860	0.180
	physical_well_being&self_care0	9.18	107	1.769	0.171
Pair 10	effectiveness_of_myself1	7.51	107	1.616	0.156
	effectiveness_of_myself0	7.38	107	1.451	0.140
Pair 11	personal_evolution1	9.95	107	1.969	0.190
	personal_evolution0	9.92	107	1.953	0.189

Interpretation:

Life Satisfaction (QOL):

The Average Pre-Life Satisfaction score is 10.16 with a standard deviation of 1.455, and the Average Post Score is 10.10 with a standard deviation of 1.636.
There is a decrease in score by 0.06 (Mean of Post – Mean of Pre).

Goals and Motivations (QOL):

The Average Pre-Goals and Motivations score is 9.05 with a standard deviation of 1.662, and the Average Post Score is 8.99 with a standard deviation of 1.835.
There is a decrease in score by 0.06 (Mean of Post – Mean of Pre).

Spirituality (QOL):

The Average Pre-Spirituality score is 10.20 with a standard deviation of 1.756, and the Average Post Score is 10.18 with a standard deviation of 1.811.
There is a decrease in score by 0.02 (Mean of Post – Mean of Pre).

Happiness (QOL):

The Average Pre-Happiness score is 9.85 with a standard deviation of 1.857, and the Average Post Score is 9.89 with a standard deviation of 1.905.
There is an increase in score by 0.04 (Mean of Post – Mean of Pre).

Hopes and Wishes (QOL):

The Average Pre-Hopes and Wishes score is 7.66 with a standard deviation of 1.572, and the Average Post Score is 7.59 with a standard deviation of 1.584.
There is a decrease in score by 0.07 (Mean of Post – Mean of Pre).

Stress Reduction (QOL):

The Average Pre-Stress Reduction score is 8.07 with a standard deviation of 1.695, and the Average Post Score is 7.71 with a standard deviation of 1.796.
There is a decrease in score by 0.36 (Mean of Post – Mean of Pre).

Frustration, Depression, Anxiety (QOL):

The Average Pre-F.D.A. score is 7.94 with a standard deviation of 2.265, and the Average Post Score is 8.36 with a standard deviation of 2.400.
There is an increase in score by 0.42 (Mean of Post – Mean of Pre).

Adjustment (QOL):

The Average Pre-Adjustment score is 9.11 with a standard deviation of 1.808, and the Average Post Score is 9.05 with a standard deviation of 1.865.
There is a decrease in score by 0.06 (Mean of Post – Mean of Pre).

Physical Well-Being and Self-Care (QOL):

The Average Pre-Physical Well-Being and Self-Care score is 9.18 with a standard deviation of 1.769, and the Average Post Score is 9.46 with a standard deviation of 1.860.
There is an increase in score by 0.28 (Mean of Post - Mean of Pre).

Effectiveness of Myself (QOL):

The Average Pre-Effectiveness of Myself score is 7.38 with a standard deviation of 1.451, and the Average Post Score is 7.51 with a standard deviation of 1.616.
There is an increase in score by 0.13 (Mean of Post - Mean of Pre).

Personal Evolution (QOL):

The Average Pre-Personal Evolution score is 9.92 with a standard deviation of 1.953, and the Average Post Score is 9.95 with a standard deviation of 1.969.
There is an increase in score by 0.03 (Mean of Post - Mean of Pre).

Table8.4 Paired T test for MICRO Quality of Life (QOL):

Paired Samples Test									
		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			

		Mean	Std. Deviation	Std. Error Mean	Lower	Upper	t	df	Sig. (2-tailed)
Pair 1	life_satisfaction1 - life_satisfaction0	-0.056	1.842	0.178	-0.409	0.297	-0.315	106	0.753
Pair 2	goals&motivations1 - goals&motivations0	-0.056	2.118	0.205	-0.462	0.350	-0.274	106	0.785
Pair 3	sprituality1 - sprituality0	-0.019	1.933	0.187	-0.389	0.352	-0.100	106	0.921
Pair 4	happiness1 - happiness0	0.037	2.298	0.222	-0.403	0.478	0.168	106	0.867

Paired Samples Test									
		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 5	hopes&wishes1 - hopes&wishes0	-0.075	1.681	0.162	-0.397	0.247	-0.460	106	0.646
Pair 6	stress_reduction1 - stress_reduction0	-0.355	2.504	0.242	-0.835	0.125	-1.467	106	0.145
Pair 7	F_D_A1 - F_D_A0	0.421	3.010	0.291	-0.156	0.997	1.446	106	0.151
Pair 8	adjustment1 - adjustment0	-0.065	2.356	0.228	-0.517	0.386	-0.287	106	0.775

Paired Samples Test									
		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error	95% Confidence Interval of				

			Mean	the Difference				
				Lower	Upper			
Pair 9	physical_well_being&self_care1 - physical_well_being&self_care0	0.280	2.180	0.211	-0.137	0.698	1.331	106	0.186
Pair 10	effectiveness_of_myself1 - effectiveness_of_myself0	0.131	1.672	0.162	-0.190	0.451	0.810	106	0.420
Pair 11	personal_evoluti on1 - personal_evoluti on0	0.037	2.248	0.217	-0.394	0.468	0.172	106	0.864

Interpretation:

Life Satisfaction (QOL): The p-value of T-test for Life Satisfaction is 0.753, which is greater than 5% level of significance.
So, we fail to reject the Null hypothesis and **conclude that there is no statistically significant change in Life Satisfaction scores in the Experiment group.**

Goals & Motivations (QOL): The p-value of T-test for Goals & Motivations is 0.785, which is greater than 5% level of significance.
So, we fail to reject the Null hypothesis and **conclude that there is no statistically significant change in Goals & Motivations scores in the Experiment group.**

Spirituality (QOL): The p-value of T-test for Spirituality is 0.921, which is greater than 5% level of significance.
So, we fail to reject the Null hypothesis and **conclude that there is no statistically significant change in Spirituality scores in the Experiment group.**

Happiness (QOL): The p-value of T-test for Happiness is 0.867, which is greater than 5% level of significance.
So, we fail to reject the Null hypothesis and **conclude that there is no statistically significant change in Happiness scores in the Experiment group.**

Hopes & Wishes (QOL): The p-value of T-test for Hopes & Wishes is 0.646, which is greater than 5% level of significance.
So, we fail to reject the Null hypothesis and **conclude that there is no statistically significant change in Hopes & Wishes scores in the Experiment group.**

Stress Reduction (QOL): The p-value of T-test for Stress Reduction is 0.145, which is greater than 5% level of significance.
So, we fail to reject the Null hypothesis and **conclude that there is no statistically significant change in Stress Reduction scores in the Experiment group.**

FDA (QOL): The p-value of T-test for FDA is 0.151, which is greater than 5% level of significance.
So, we fail to reject the Null hypothesis and **conclude that there is no statistically significant change in FDA scores in the Experiment group.**

Adjustment (QOL): The p-value of T-test for Adjustment is 0.775, which is greater than 5% level of significance.
So, we fail to reject the Null hypothesis and **conclude that there is no statistically significant change in Adjustment scores in the Experiment group.**

Physical Well-being & Self-care (QOL): The p-value of T-test for Physical Well-being & Self-care is 0.186, which is greater than 5% level of significance.
So, we fail to reject the Null hypothesis and **conclude that there is no statistically significant change in Physical Well-being & Self-care scores in the Experiment group.**

Effectiveness of Myself (QOL): The p-value of T-test for Effectiveness of Myself is 0.420, which is greater than 5% level of significance.
So, we fail to reject the Null hypothesis and **conclude that there is no statistically significant change in Effectiveness of Myself scores in the Experiment group.**

Personal Evolution (QOL): The p-value of T-test for Personal Evolution is 0.864, which is greater than 5% level of significance.
So, we fail to reject the Null hypothesis and conclude that **there is no statistically significant change in Personal Evolution scores in the Experiment group.**

Summarized result of Paired Sample t-Test for QOL MACRO and MICRO Scales (Experimental Group A):

Scale	p-value	Significance at 5% level	Conclusion
QOL (Macro)	0.815	Not Significant	No statistically significant change
Life Satisfaction (MICRO)	0.753	Not Significant	No statistically significant change
Goals & Motivations (MICRO)	0.785	Not Significant	No statistically significant change
Spirituality (MICRO)	0.921	Not Significant	No statistically significant change
Happiness (MICRO)	0.867	Not Significant	No statistically significant change
Hopes & Wishes (MICRO)	0.646	Not Significant	No statistically significant change

Stress Reduction (MICRO)	0.145	Not Significant	No statistically significant change
FDA (Frustration/Depression/ Anxiety) (MICRO)	0.151	Not Significant	No statistically significant change
Adjustment (MICRO)	0.775	Not Significant	No statistically significant change
Physical Well-being & Self-care (MICRO)	0.186	Not Significant	No statistically significant change
Effectiveness of Myself (MICRO)	0.420	Not Significant	No statistically significant change
Personal Evolution (MICRO)	0.864	Not Significant	No statistically significant change

There is No statistically significant change in the QOL (Quality of Life) MACRO or any of its MICRO Scale scores in the Experimental Group A, as all p-values were greater than the 5% significance level.

Paired Sample t-Test Results for Control Group B (Pre vs. Post):

MACRO Mental Quotient (MQ) study:

Hypothesis for MACRO MQ:

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Mental Quotient (MQ).

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Mental Quotient (MQ).

Table1.1 Descriptive Statistics for MACRO Mental Quotient (MQ) Scale:

Paired Samples Statistics					
		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	POST_MQ_B	17.58	102	3.100	0.307
	PRE_MQ_B	17.45	102	3.082	0.305

Interpretation:

The Average Pre MQ score is 17.45 with standard deviation of 3.100 and The Average Post MQ Score is 17.58 with standard deviation of 3.082. There is Slight increase of 0.13 (Mean of post MQ- Mean of Pre MQ).

Table1.2 Paired T test for MACRO MQ:

Paired Samples Test									
		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	POST_MQ_B - PRE_MQ_B	0.127	1.657	0.164	-0.198	0.453	0.777	101	0.439

Interpretation:

As the P value of T test (0.777) is 0.439 for MACRO MQ scale which is greater than 5% level of significance So we fail to reject Null hypothesis and conclude that **there is No Statistically Significant change in MQ score in the Control group.**

MICRO Mental Quotient (MQ) study:

for MICRO MQ study we have Three scales Self-Acceptance, Ego Strength and Philosophies of Life. We will Analyse these Three scales under MICRO MQ Study.

Hypothesis for MICRO MQ:

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Self-Acceptance.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Self-Acceptance.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Ego Strength.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Ego Strength.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Philosophies of Life

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Philosophies of Life.

Table1.3 Descriptive Statistics for MICRO Mental Quotient (MQ):

Paired Samples Statistics					
		Mean	N	Std. Deviation	Std. Error Mean

Pair 1	self_acceptance_B_1	5.92	102	1.716	0.170
	self_acceptance_B_0	5.92	102	1.675	0.166
Pair 2	Ego_strength_B_1	6.04	102	1.628	0.161
	Ego_strength_B_0	6.00	102	1.671	0.165
Pair 3	philosophies_of_life_B_1	5.62	102	1.522	0.151
	philosophies_of_life_B_0	5.53	102	1.412	0.140

Interpretation:

Self-Acceptance (MQ)

The Average Pre Self-Acceptance score is 5.92 with standard deviation of 1.675 and The Average Post Score is also 5.92 with standard deviation of 1.716. There is no Change in Score at all for MICRO MQ Self-Acceptance Scale.

Ego Strength (MQ)

The Average Pre Ego Strength Score is 6.00 with standard deviation of 1.671 and The Average Post Score is 6.04 with standard deviation of 1.628. There is Slight increase of 0.04 (Mean of post Ego Strength Score - Mean of Pre Ego Strength Score).

Philosophies of life (MQ)

The Average Pre Philosophies of Life Score is 5.53 with standard deviation of 1.412 and The Average Post Score is 5.62 with standard deviation of 1.522. There is Slight increase of 0.09(Mean of post Philosophies of life Score - Mean Pre Philosophies of Life score).

Table1.4 Paired T test for MICRO MQ:

Paired Samples Test									
		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	self_acceptance_B_1 - self_acceptance_B_0	0.000	1.034	0.102	-0.203	0.203	0.000	101	1.000
Pair 2	Ego_strength_B_1 - Ego_strength_B_0	0.039	1.098	0.109	-0.177	0.255	0.361	101	0.719

Pair 3	philosophies_of_life_B_1 - philosophies_of_life_B_0	0.088	0.759	0.075	-0.061	0.237	1.174	101	0.243

Interpretation:

As the P value of T test (0.000) for self-Acceptance Scale is 1 which is greater than 5% level of significance So we fail to reject Null hypothesis and **conclude that there is No Statistically Significant change in Self-Acceptance Score of participants in the Control Group.**

P value of T test (0.361) and (1.174) for Ego Strength and Philosophies of Life Scale is also Greater than 5% Level of Significance So for these 2 MICRO scales of MQ we fail to reject Null Hypothesis and **conclude that there No Statistically significant change in scores of participants for Ego Strength and philosophies of Life Scale in the control Group.**

Summarized result of Paired Sample t-Test for MQ MACRO and MICRO Scales (Control Group B):

Scale	p-value	Significance at 5% level	Conclusion
MACRO MQ	0.439	Not Significant	No statistically significant change
Self-Acceptance (MICRO)	1	Not Significant	No statistically significant change
Ego Strength (MICRO)	0.361	Not Significant	No statistically significant change
Philosophies of Life (MICRO)	1.174	Not Significant	No statistically significant change

There is no statistically significant change in the Mental Quotient (MQ) MACRO or any of its MICRO Scale scores in the Control Group B, as all p-values were greater than the 5% significance level.

MACRO Emotional Quotient (EQ) study:

Hypothesis for MACRO EQ:

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Emotional Quotient (EQ).

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Emotional Quotient (EQ).

Table2.1 Descriptive Statistics for MACRO Emotional Quotient (EQ) Scale:

Paired Samples Statistics		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	POST_EQ_B	14.88	102	5.539	0.548
	PRE_EQ_B	14.96	102	5.707	0.565

Interpretation:

The Average Pre EQ score is 14.96 with standard deviation of 5.707 and The Average Post EQ Score is 14.88 with standard deviation of 5.539. There is Slight Decrease of 0.08 in EQ Score (Mean of post EQ- Mean of Pre EQ).

Table2.2 Paired T test for MACRO EQ:

Paired Samples Test		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	POST_EQ_B - PRE_EQ_B	-0.078	2.192	0.217	-0.509	0.352	-0.361	101	0.719

Interpretation:

As the P value of T test (-0.361) is 0.719 for EQ scale which is greater than 5% level of significance So we fail to reject Null hypothesis and **conclude that there is No Statistically Significant change in EQ score of Participants in the Control Group.**

MICRO Emotional Quotient (EQ) study:

for MICRO EQ study we have Broad four scales Self Awareness, Self-Management, Social Awareness and Relationship Management further Each of these Scales have Sub Scales. We will Analyse these Broad scales and their Sub scales under MICRO EQ Study.

1. **Self-Awareness (EQ)**

   Hypothesis for self-Awareness scale (EQ)

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Self Awareness Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Self Awareness Scale.

Table2.3 Descriptive Statistics for Self-awareness Scale:

Paired Samples Statistics		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	self_awareness_ B_1	2.23	102	1.089	0.108
	self_awareness_ B_0	2.30	102	1.124	0.111

Interpretation:

The Average Pre Self-Awareness score is 2.30 with standard deviation of 1.124 and The Average Post Score is 2.23 with standard deviation of 1.089. There is Slight Decrease in Score by 0.07 (mean of post Self Awareness Score – mean of Pre Self Awareness Score).

Table2.4 Paired T test for Self-Awareness:

Paired Samples Test		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	self_aware ness_B_1 - self_aware ness_B_0	-0.078	0.699	0.069	-0.216	0.059	-1.133	101	0.260

Interpretation:

As the P value of T test (-1.13) is 0.260 for Self-Awareness EQ MICRO-Scale which is greater than 5% level of significance So we fail to reject Null hypothesis and **conclude that**

there is No Statistically Significant change in Self Awareness scores of Participants in the Control Group.

Study of Sub Scales of Self Awareness (EQ):

Hypothesis for Sub scales of self-Awareness:

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Emotional Self Awareness Sub Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Emotional Self Awareness Sub Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Accurate Self Awareness Sub Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Accurate Self Awareness Sub Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Self Confidence Sub Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Self Confidence Sub Scale.

Table2.5 Descriptive Statistics for Sub Scales of Self-awareness:

Paired Samples Statistics					
		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Emotional_self_awareness_b_1	0.77	102	0.643	0.064
	emotional_self_awareness_B_0	0.76	102	0.677	0.067
Pair 2	accurate_self_awareness_b_1	0.71	102	0.698	0.069
	accurate_self_awareness_B_0	0.76	102	0.734	0.073
Pair 3	self_confidence_b_1	0.75	102	0.592	0.059
	self_confidence_B_0	0.77	102	0.595	0.059

Interpretation:

Emotional Self Awareness:

The Average Pre Emotional Self Awareness Score is 0.76 with standard deviation of 0.667 and The Average Post Score is 0.77 with standard deviation of 0.643. There is very small increase of 0.01 (Mean of post Emotional Self Awareness Score - Mean of Pre Emotional Self Awareness Score).

Accurate Self Awareness:

The Average Pre Accurate Self Awareness Score is 0.76 with standard deviation of 0.734 and The Average Post Score is 0.71 with standard deviation of 0.698. There is Slight Decrease of 0.05 (Mean of post Accurate Self Awareness Score - Mean of Pre Accurate Self Awareness Score).

Self Confidence:

The Average Pre Self Confidence Score is 0.77 with standard deviation of 0.595 and The Average Post Score is 0.75 with standard deviation of 0.592. There is Decrease in Score by 0.02 (Mean of post self Confidence Score - Mean of Pre self Confidence score).

Table2.6 Paired T test for Sub Scales of Self-Awareness:

Paired Samples Test									
		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	Emotional_self_awareness_b_1 - emotional_self_awareness_B_0	0.010	0.385	0.038	-0.066	0.085	0.257	101	0.798
Pair 2	accurate_self_awareness_b_1 - accurate_self_awareness_B_0	-0.059	0.484	0.048	-0.154	0.036	-1.228	101	0.222
Pair 3	self_confidence_b_1 - self_confidence_B_0	-0.029	0.455	0.045	-0.119	0.060	-0.653	101	0.515

Interpretation:

As the P value of T test (0.257) for Emotional Self Awareness Sub Scale is 0.798 which is greater than 5% level of significance So we fail to reject Null hypothesis **and conclude that there is No Statistically Significant change in Emotional Self Awareness Score of participants in the Control Group.**

P value of T test (-1.228) and (-0.653) for Accurate Self Awareness and Self Confidence Sub Scale is also Greater than 5% Level of Significance So for these Two Sub scales of Self

Awareness we fail to reject Null Hypothesis and **conclude that there No Statistically significant change in scores of participants for Accurate Self Awareness and Self Confidence in the Control Group.**

2. **Self-Management (EQ):**

Hypothesis for self-Management scale (EQ)

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Self-Management Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Self-Management Scale.

Table2.7 Descriptive Statistics for Self-Management Scale:

Paired Samples Statistics					
		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	self_management_B_1	4.63	102	1.856	0.184
	self_management_B_0	4.68	102	1.981	0.196

Interpretation:

The Average Pre Self-Management Score is 4.68 with standard deviation of 1.981 and The Average Post Score is 4.63 with standard deviation of 1.856. There is Slight Decrease in Score by 0.05 (mean of post Self-Management Score – mean of Pre Self-Management Score).

Table2.8 Paired T test for Self-Management Scale:

Paired Samples Test									
		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	self_management_B_1 - self_management_B_0	-0.049	1.075	0.106	-0.260	0.162	-0.460	101	0.646

Interpretation:

As the P value of T test (-0.460) is 0.646 for Self-Management MICRO Scale of EQ which is greater than 5% level of significance So we fail to reject Null hypothesis and **conclude that there is No Statistically Significant change in Self-Management scores of Participants in the Control Group.**

Study of Sub Scales of Self-Management (EQ):

Hypothesis for Sub scales of self-Management:

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Self Control Sub Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Self Control Sub Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Trust Worthiness Sub Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Trust Worthiness Sub Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Conscientiousness Sub Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Conscientiousness Sub Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Adaptability Sub Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Adaptability Sub Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Achievement Drive Sub Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Achievement Drive Sub Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Initiative Sub Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Initiative Sub Scale.

Table2.9 Descriptive Statistics for Sub Scales of Self-Management:

Paired Samples Statistics					
		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	self_control_b_1	1.07	102	0.721	0.071

	self_control_B_0	1.08	102	0.767	0.076
Pair 2	trustworthiness_b_1	0.97	102	0.802	0.079
	Truthworthiness_B_0	0.92	102	0.792	0.078
Pair 3	Conscientiousness_b_1	0.70	102	0.686	0.068
	Conscientiousness_B_0	0.70	102	0.701	0.069

Paired Samples Statistics					
		Mean	N	Std. Deviation	Std. Error Mean
Pair 4	adaptability_b_1	0.66	102	0.572	0.057
	adaptability_B_0	0.69	102	0.613	0.061
Pair 5	achivement_drive_b_1	0.72	102	0.666	0.066
	achievement_drive_b_0	0.76	102	0.760	0.075
Pair 6	initiative_b_1	0.52	102	0.593	0.059
	initiatives_b_0	0.53	102	0.625	0.062

Interpretation:

Self-Control:

The Average Pre Self Control score is 1.08 with standard deviation of 0.767 and The Average Post Score is 1.07 with standard deviation of 0.721. There is Decrease in score by 0.01 (Mean of post self-Control Score - Mean of Pre Self Control Score).

Trustworthiness:

The Average Pre Trustworthiness Sub Scale Score is 0.92 with standard deviation of 0.792 and The Average Post Score is 0.97 with standard deviation of 0.802. There is Slight Increase of 0.05 (Mean of post Trustworthiness Score - Mean of Pre Trustworthiness Score).

Conscientiousness:

The Average Pre Conscientiousness Score is 0.70 with standard deviation of 0.701 and The Average Post Score is also 0.70 with standard deviation of 0.686. There is no Change in Score at all for Conscientiousness sub-Scale.

Adaptability:

The Average Pre Adaptability score is 0.69 with standard deviation of 0.613 and The Average Post Score is 0.66 with standard deviation of 0.572. There is Decrease in score by 0.03 (Mean of post Adaptability Score - Mean of Pre Adaptability Score).

Achievement Drive:

The Average Pre Achievement Drive Sub Scale Score is 0.76 with standard deviation of 0.760 and The Average Post Score is 0.72 with standard deviation of 0.666. There is Slight Decrease of 0.04 (Mean of post Achievement Drive Score - Mean of Pre Achievement Drive Score).

Initiative:

The Average Pre Initiative Sub Scale Score is 0.53 with standard deviation of 0.625 and The Average Post Score is 0.52 with standard deviation of 0.593. There is Slight Decrease of 0.01 (Mean of post Initiative Sub Scale Score - Mean of Pre Initiative Sub Scale Score).

Table2.10 Paired T test for Sub Scales of Self-Management:

Paired Samples Test									
		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	self_control_b_1 - self_control_B_0	-0.010	0.456	0.045	-0.099	0.080	-0.217	101	0.828
Pair 2	trustworthiness_b_1 - Truthworthiness_B_0	0.049	0.475	0.047	-0.044	0.142	1.043	101	0.299
Pair 3	Conscientiousness_b_1 - Conscientiousness_B_0	0.000	0.422	0.042	-0.083	0.083	0.000	101	1.000

Paired Samples Test									
		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 4	adaptability_b_1 -	-0.029	0.409	0.041	-0.110	0.051	-0.726	101	0.470

	adaptabilit y_B_0								
Pair 5	achivemen t_drive_b_ 1 - achieveme nt_drive_b _0	-0.049	0.552	0.055	- 0.157	0.059	- 0.8 97	101	0.372
Pair 6	initiative_ b_1 - initiatives_ b_0	-0.010	0.497	0.049	- 0.108	0.088	- 0.1 99	101	0.843

Interpretation:

As the P value of T test (-0.217) for the Self Control Sub Scale is 0.828 which is greater than 5% level of significance So we fail to reject Null hypothesis and **conclude that there is No Statistically Significant change in Self-control Sub Scale Scores of participants in the Control Group.**

P value of T test for Each Sub Scale trustworthiness, Conscientiousness, Adaptability, Achievement drive and initiatives is greater than 5% level of significance So we fail to reject Null hypothesis and **conclude that there is No Statistically Significant change in Scores Of participants for any of these Sub Scales in Control Group.**

3. Social-Awareness (EQ)

Hypothesis for Social Awareness scale (EQ)

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Social Awareness Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Social Awareness Scale.

Table2.11 Descriptive Statistics for Social Awareness Scale:

Paired Samples Statistics					
		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	social_awareness _B_1	1.81	102	1.257	0.124
	social_awareness _B_0	1.84	102	1.225	0.121

Interpretation:

The Average Pre Social-Awareness score is 1.84 with standard deviation of 1.257 and The Average Post Score is 1.81 with standard deviation of 1.257. There is Slight Decrease in Score by 0.03 (mean of post Social Awareness Score – mean of Pre Social Awareness Score).

Table2.12 Paired T test for Social Awareness Scale:

Paired Samples Test									
		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	social_aw areness_B _1 - social_aw areness_B _0	-0.029	0.667	0.066	-0.160	0.102	-0.445	101	0.657

Interpretation:

As the P value of T test (-0.445) is 0.657 for Social Awareness MICRO Scale of EQ which is greater than 5% level of significance So we fail to reject Null hypothesis and **conclude that there is No Statistically Significant change in Social Awareness Score of Participants in the Control Group.**

Study of Sub Scales of Social Awareness:

Hypothesis for Sub Scales of social Awareness

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Empathy Sub Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Empathy Sub Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Service Orientation Sub Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Service Orientation Sub Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Organizational Awareness Sub Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Organizational Awareness Sub Scale.

Table2.13 Descriptive Statistics for Sub Scales of Social Awareness:

Paired Samples Statistics		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	empathy_b_1	0.59	102	0.603	0.060
	empathy_b_0	0.62	102	0.661	0.065
Pair 2	Service_Orientation_b_1	0.78	102	0.726	0.072
	service_orientation_b_0	0.70	102	0.701	0.069
Pair 3	organizational_awareness_b_1	0.44	102	0.590	0.058
	organizational_awareness_b_0	0.53	102	0.625	0.062

Interpretation:

Empathy:

The Average Pre Empathy Sub scale score is 0.62 with standard deviation of 0.661 and The Average Post Score is 0.59 with standard deviation of 0.603. There is Decrease in score by 0.03 (Mean of post Empathy Score - Mean of Pre Empathy Score).

Service Orientation:

The Average Pre Service Orientation Sub Scale Score is 0.70 with standard deviation of 0.701 and The Average Post Score is 0.78 with standard deviation of 0.726. There is Slight Increase of 0.08 (Mean of post Service Orientation Score - Mean of Pre Service Orientation Score).

Organizational Awareness

The Average Pre Organizational Awareness Sub Scale Score is 0.53 with standard deviation of 0.625 and The Average Post Score is 0.44 with standard deviation of 0.590. there is Decrease in score by 0.09 (Mean of post Organization Awareness Score - Mean of Pre organizational Awareness Score).

Table2.14 Paired T test for Sub Scales of Social Awareness:

Paired Samples Test		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				

						Lower	Upper			
Pair 1	empathy_b_1 - empathy_b_0	-0.029	0.455	0.045	-0.119	0.060	-0.653	101	0.515
Pair 2	Service_Orientation_b_1 - service_orientation_b_0	0.088	0.425	0.042	0.005	0.172	2.099	101	0.038
Pair 3	organizational_awareness_b_1 - organizational_awareness_b_0	-0.088	0.447	0.044	-0.176	0.000	-1.992	101	0.049

Interpretation:

As the P value of T test (-0.653) for Empathy Sub Scale is 0.515 which is greater than 5% level of significance So we fail to reject Null hypothesis and **conclude that there is No Statistically Significant change in Empathy Score of participants in the Control Group.**

P value of T test (2.099) and (-1.992) for Service Orientation and Organizational Awareness Sub Scale is less than 5% Level of Significance So for these Two Sub scales of Social Awareness we reject Null Hypothesis and **conclude that there is Statistically significant change in scores of participants for Service Orientation and Organizational Awareness in the Control Group.**

4. **Relationship Management (EQ)**

Hypothesis for Relationship Management (EQ)

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Relationship Management Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Relationship Management Scale.

Table2.15 Descriptive Statistics for Relationship Management Scale:

Paired Samples Statistics					
		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	relationship_management_B_1	6.22	102	2.997	0.297
	relationship_management_B_0	6.14	102	2.979	0.295

Interpretation:

The Average Pre Relationship Management score is 6.14 with standard deviation of 2.979 and The Average Post Score is 6.22 with standard deviation of 2.997. There is Slight Increase in Score by 0.08 (mean of post Relationship Management Score – mean of Pre Relationship Management Score).

Table2.16 Paired T test for Relationship Management Scales:

Paired Samples Test									
		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	relationship_management_B_1 – relationship_management_B_0	0.078	1.318	0.130	-0.180	0.337	0.601	101	0.549

Interpretation:

As the P value of T test (0.601) is 0.549 for Relationship Management MICRO Scale of EQ which is greater than 5% level of significance So we fail to reject Null hypothesis and **conclude that there is No Statistically Significant change in Relationship Management Score of Participants in the Control Group.**

Study of Sub Scales of Relationship Management:

Hypothesis for Sub scales of relationship Management:

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Developing others Sub Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Developing Others Sub Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Influence Sub Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Influence Sub Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Communication Sub Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Communication Sub Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Conflict Manager Sub Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Conflict Manager Sub Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Leadership Sub Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Leadership Sub Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Change Catalyst Sub Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Change Catalyst Sub Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Building Bonds Sub Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Building Bonds Sub Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Teams and Collaboration Sub Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Teams and Collaboration Sub Scale.

Table2.17 Descriptive Statistics for Sub Scales of Relationship Management:

Paired Samples Statistics					
		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	developing_others_b_1	0.77	102	0.807	0.080
	developing_others_b_0	0.76	102	0.798	0.079
Pair 2	influence_b_1	0.88	102	0.800	0.079
	influence_b_0	0.92	102	0.780	0.077
Pair 3	communication_b_1	0.74	102	0.744	0.074
	communication_b_0	0.62	102	0.661	0.065
Pair 4	conflict_manager_b_1	0.68	102	0.662	0.066

		Mean	N	Std. Deviation	Std. Error Mean
	conflict_managem ent_b_0	0.67	102	0.665	0.066

Paired Samples Statistics					
		Mean	N	Std. Deviatio n	Std. Error Mean
Pair 5	leadership_b_1	0.69	102	0.717	0.071
	leadership_b_0	0.62	102	0.732	0.072
Pair 6	change_catalyst_B_1	0.92	102	0.727	0.072
	change_catalyst_b_0	0.94	102	0.755	0.075
Pair 7	building_bonds_b_1	0.64	102	0.523	0.052
	building_bonds_b_0	0.71	102	0.590	0.058
Pair 8	team_and_collaboration _b_1	0.90	102	0.711	0.070
	team_work_and_collabo ration_b_0	0.90	102	0.682	0.068

Interpretation:

Developing Others:

The Average Pre-Developing Others Sub scale score is 0.76 with standard deviation of 0.798 and The Average Post Score is 0.77 with standard deviation of 0.807. There is Slight Decrease in score by 0.01 (Mean of post Developing Others Score – Mean of Pre-Developing Others Score).

Influence:

The Average Pre Influence Sub Scale Score is 0.92 with standard deviation of 0.780 and The Average Post Score is 0.88 with standard deviation of 0.800. There is Slight Decrease of 0.05 (Mean of post Influence Score – Mean of Pre Influence Score).

Communication:

The Average Pre Communication Score is 0.62 with standard deviation of 0.661 and The Average Post Score is 0.74 with standard deviation of 0.744. There is increase of 0.12 (Mean of post Communication Score - Mean of Pre Communication Score).

Conflict Management:

The Average Pre Conflict Management Sub Scale score is 0.67 with standard deviation of 0.665 and The Average Post Score is 0.68 with standard deviation of 0.662. There is Increase in score by 0.01 (Mean of Post Conflict Management Score - Mean of Pre Conflict Management Score).

Leadership:

The Average Pre-Leadership Subscale score is 0.62 with a standard deviation of 0.732, and the Average Post Score is 0.69 with a standard deviation of 0.717. There is an increase in score by 0.07 (Mean of post Leadership Score - Mean of Pre-Leadership Score).

Change Catalyst:

The Average Pre-Change Catalyst Subscale score is 0.94 with a standard deviation of 0.755, and the Average Post Score is 0.92 with a standard deviation of 0.727. There is a Decrease in score by 0.02 (Mean of post Change Catalyst Score - Mean of Pre-Change Catalyst Score).

Building bonds:

The Average Pre-Building Bonds Subscale score is 0.71 with a standard deviation of 0.590, and the Average Post Score is 0.64 with a standard deviation of 0.523. There is a Decrease in score by 0.07 (Mean of post Building Bonds Score - Mean of Pre-Building Bonds Score).

Team Work and Collaboration:

The Average Pre-Team work and Collaboration Subscale score is 0.90 with a standard deviation of 0.682, and the Average Post Score is also 0.90 with a standard deviation of 0.711. There is no change in score (Mean of post Team and Collaboration Score - Mean of Pre-Team and Collaboration Score).

Table2.18 Paired T test for Sub scales of Relationship Management:

Paired Samples Test									
		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	developing_others_b_1 - developing_others_b_0	0.010	0.410	0.041	-0.071	0.090	0.241	101	0.810
Pair 2	influence_b_1 - influence_b_0	-0.039	0.370	0.037	-0.112	0.034	-1.070	101	0.287
Pair 3	communication_b_1 - communication_b_0	0.118	0.451	0.045	0.029	0.206	2.632	101	0.010
Pair 4	conflict_manager_b_1 - conflict_ma	0.010	0.434	0.043	-0.075	0.095	0.228	101	0.820

		nagement_b _0								

Paired Samples Test										
		Paired Differences						t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference					
					Lower	Upper				
Pair 5	leadership_b_1 - leadership_b_0	0.069	0.451	0.045	-0.020	0.157	1.538	101	0.127
Pair 6	change_catalyst _B_1 - change_catalyst _b_0	-0.020	0.445	0.044	-0.107	0.068	-0.445	101	0.657
Pair 7	building_bonds _b_1 - building_bonds _b_0	-0.069	0.404	0.040	-0.148	0.011	-1.714	101	0.090
Pair 8	team_and_colla boration_b_1 - team_work_an d_collaboration _b_0	0.000	0.422	0.042	-0.083	0.083	0.000	101	1.000

Interpretation:

As the P value of T test (0.241) and (-1.07) for Developing others and influence Sub Scale is 0.810 and 0.287 which is greater than 5% level of significance So we fail to reject Null hypothesis and **conclude that there is No Statistically Significant change in Developing Others and Influence sub scale Score of participants in the Control Group.**

P value for Communication sub scale is less than 5% level of Significance So we Reject null hypothesis and **conclude that There is Statistically Significant Change in Communication score of participants in the Control Group.**

P value of T test for Conflict Management, Leadership, Change Catalyst, Building Bonds and Team work and Collaboration is also greater than 5% level of significance So we fail to reject Null hypothesis and **conclude that there is No Statistically Significant change in Conflict Management, Leadership, Change Catalyst, Building Bonds and Team work and Collaboration Score of participants in the Control Group.**

Summarized result of Paired Sample t-Test for EQ MACRO and MICRO Scales (Control Group B):

Scale	p-value	Significance at 5% level	Conclusion
MACRO Emotional Quotient (EQ)	0.719	Not Significant	No statistically significant change
Self-Awareness (MICRO)	0.260	Not Significant	No statistically significant change
Emotional Self-Awareness	0.798	Not Significant	No statistically significant change
Accurate Self-Awareness	0.653	Not Significant	No statistically significant change
Self-Confidence	0.646	Not Significant	No statistically significant change
Self-Management (MICRO)	0.646	Not Significant	No statistically significant change
Self-Control	0.828	Not Significant	No statistically significant change
Trustworthiness	0.299	Not Significant	No statistically significant change
Conscientiousness	1	Not Significant	No statistically significant change
Adaptability	0.470	Not Significant	No statistically significant change
Achievement Drive	0.372	Not Significant	No statistically significant change
Initiative	0.843	Not Significant	No statistically significant change
Social Awareness	0.657	Not Significant	No statistically significant change
Empathy	0.515	Not Significant	No statistically significant change
Service Orientation	0.019	**Significant**	**Statistically significant change**
Organizational Awareness	0.049	**Significant**	**Statistically significant change**
Relationship Management (MICRO)	0.549	Not Significant	No statistically significant change
Developing Others	0.810	Not Significant	No statistically significant change
Influence	0.287	Not Significant	No statistically significant change
Communication	0.036	**Significant**	**Statistically significant change**
Conflict Management	0.820	Not Significant	No statistically significant change
Leadership	0.127	Not Significant	No statistically significant change

Change Catalyst	0.657	Not Significant	No statistically significant change
Building Bonds	0.090	Not Significant	No statistically significant change
Teamwork and Collaboration	1	Not Significant	No statistically significant change

In the Control Group B Out of the 24 MICRO Sub Categories Statistically Significant changes were observed only in Three Scales Service Orientation, Organizational Awareness, and Communication, while all other scales showed No significant changes.

MACRO Spiritual Quotient (SQ) study:

Hypothesis for MACRO spiritual Quotient (SQ)

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Spiritual Quotient (SQ).

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Spiritual Quotient (SQ).

Table3.1 Descriptive Statistics for MACRO Spiritual Quotient (SQ) Scale:

Paired Samples Statistics					
		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	POST_SQ_B	150.43	102	11.828	1.171
	PRE_SQ_B	151.19	102	12.023	1.190

Interpretation:

The Average Pre SQ score is 151.19 with standard deviation of 12.023 and The Average Post SQ Score is 150.43 with standard deviation of 11.828. There is Slight Decrease of 0.76 (Mean of post SQ- Mean of Pre SQ).

Table3.2 Paired T test for SQ Scale:

Paired Samples Test									
		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	POST_SQ_B - PRE_SQ_B	-0.755	12.024	1.191	-3.117	1.607	-0.634	101	0.527

Interpretation:

As the P value of T test (-0.634) is 0.527 for MACRO SQ scale which is greater than 5% level of significance So we fail to reject Null hypothesis and **conclude that there is No Statistically Significant change in SQ score in the Control group.**

MICRO SQ Study Part 1:

Hypothesis for MICRO SQ Part 1

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Perceptive Healer Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Perceptive Healer Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Serenity Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Serenity Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Enlightenment Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Enlightenment Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Contentment Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Contentment Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Perseverance Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Perseverance Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Insightful Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Insightful Scale.

Table3.4 Descriptive Statistics for MICRO Spiritual Quotient (SQ) Part 1:

Paired Samples Statistics					
		Mean	N	Std. Deviation	Std. Error Mean

Pair 1	perceptive_healer_B_1	12.89	102	2.295	0.227
	perceptive_and_healer_B_0	12.75	102	2.416	0.239
Pair 2	serenity_B_1	10.61	102	2.093	0.207
	serenity_B_0	10.58	102	1.957	0.194
Pair 3	enlightenment_B_1	5.13	102	1.440	0.143
	enlightenment_B_0	5.45	102	1.565	0.155

Paired Samples Statistics					
		Mean	N	Std. Deviation	Std. Error Mean
Pair 4	contentment_B_1	5.17	102	1.636	0.162
	contentment_B_0	4.90	102	1.512	0.150
Pair 5	perseverance_B_1	5.03	102	1.346	0.133
	perseverance_B_0	4.53	102	1.405	0.139
Pair 6	insightful_B_0	5.21	102	1.120	0.111
	Insightful_B_0	5.34	102	1.525	0.151

Interpretation:

Perceptive healer (SQ):

The Average Pre-Perceptive Healer score is 12.75 with a standard deviation of 2.416, and the Average Post Score is 12.89 with a standard deviation of 2.295. There is an increase in score by 0.14 (Mean of post Perceptive Healer Score - Mean of Pre-Perceptive Healer Score).

Serenity (SQ):

The Average Pre-Serenity score is 10.58 with a standard deviation of 1.957, and the Average Post Score is 10.61 with a standard deviation of 2.093. There is an increase in score by 0.03 (Mean of post Serenity Score - Mean of Pre-Serenity Score).

Enlightenment (SQ):

The Average Pre-Enlightenment score is 5.45 with a standard deviation of 1.565, and the Average Post Score is 5.13 with a standard deviation of 1.440. There is a Decrease in score by 0.32 (Mean of post Enlightenment Score - Mean of Pre-Enlightenment Score).

Contentment (SQ):

The Average Pre-Contentment score is 4.90 with a standard deviation of 1.512, and the Average Post Score is 5.17 with a standard deviation of 1.636. There is an increase in score by 0.27 (Mean of post Contentment Score - Mean of Pre-Contentment Score).

Perseverance (SQ):

The Average Pre-Perseverance score is 4.53 with a standard deviation of 1.405, and the Average Post Score is 5.03 with a standard deviation of 1.346. There is an increase in score by 0.50 (Mean of post Perseverance Score - Mean of Pre-Perseverance Score).

Insightful (SQ):

The Average Pre-Insightful score is 5.34 with a standard deviation of 1.525, and the Average Post Score is 5.21 with a standard deviation of 1.120. There is a Decrease in score by 0.13 (Mean of post Insightful Score - Mean of Pre-Insightful Score).

Table3.5 Paired T test for MICRO SQ Part 1:

Paired Samples Test									
		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	perceptive_healer_B_1 - perceptive_and_healer_B_0	0.147	2.913	0.288	-0.425	0.719	0.510	101	0.611
Pair 2	serenity_B_1 - serenity_B_0	0.029	2.738	0.271	-0.508	0.567	0.109	101	0.914
Pair 3	enlightenment_B_1 - enlightenment_B_0	-0.324	2.006	0.199	-0.717	0.070	-1.629	101	0.106

Paired Samples Test									
		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 4	contentment_B_1 - contentment_B_0	0.265	1.955	0.194	-0.119	0.649	1.368	101	0.174

| Pair 5 | perseverance_B_1 - perseverance_B_0 | 0.500 | 1.795 | 0.178 | 0.147 | 0.853 | 2.813 | 101 | 0.006 |
| Pair 6 | insightful_B_0 - Insightful_B_0 | -0.137 | 1.623 | 0.161 | -0.456 | 0.182 | -0.854 | 101 | 0.395 |

Interpretation:

For MICRO SQ Part 1 Among the all Scale, only Perseverance shows a statistically significant mean difference between Pre and Post scores with P value less than 0.05 implies **there is statistically significant change in perseverance scale scores in control group. Other scales, including Perceptive Healer, Serenity, Enlightenment, Contentment, and Insightful, do not show statistically significant differences, indicating no meaningful change. P value for All the scales Perceptive healer, Serenity, Enlightenment, Contentment and Insightful is greater than 0.05.**

MICRO Study Spiritual Quotient (SQ) Part 2:

Hypothesis for Spiritual Quotient (SQ) Part 2:

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Liberated Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Liberated Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Self Transformative Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Self Transformative Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Empowerment Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Empowerment Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Profound Thinker and Visionary Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Profound Thinker and Visionary Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Blissful Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Blissful Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Uprightness Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Uprightness Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Existential Clarity Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Existential Clarity Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Clairvoyance Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Clairvoyance Scale.

Table3.7 Descriptive Statistics for MICRO Spiritual Quotient (SQ) Part 2:

Paired Samples Statistics		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	liberated_B_1	34.56	102	4.769	0.472
	liberated_B_0	35.62	102	4.631	0.459
Pair 2	self_transformative_B_1	15.93	102	2.296	0.227
	self_transformative_B_0	15.24	102	2.956	0.293
Pair 3	empowerment_B_1	11.98	102	2.811	0.278
	empowerment_B_0	12.64	102	2.904	0.288
Pair 4	profound_thinker_visionary_B_1	9.25	102	2.369	0.235
	profound_thinker_visionary_B_0	9.63	102	2.445	0.242

Paired Samples Statistics		Mean	N	Std. Deviation	Std. Error Mean
Pair 5	blissful_B_1	9.57	102	2.527	0.250
	blissful_B_0	9.93	102	2.584	0.256
Pair 6	uprightness_B_1	9.33	102	2.693	0.267
	uprightness_B_0	9.17	102	2.278	0.226
Pair 7	existential_clarity_B_1	9.63	102	2.392	0.237

	existential_clarit y_B_0	9.53	102	2.609	0.258
Pair 8	clairvoyance_B_ 1	6.16	102	1.907	0.189
	Clairvoyance_B _0	5.89	102	1.802	0.178

Interpretation:

Liberated (SQ):

The Average Pre-Liberated score is 35.62 with a standard deviation of 4.631, and the Average Post Score is 34.56 with a standard deviation of 4.769. There is a Decrease in score by 1.06 (Mean of post Liberated Score - Mean of Pre-Liberated Score).

Self-transformative (SQ):

The Average Pre-Self-Transformative score is 15.24 with a standard deviation of 2.956, and the Average Post Score is 15.93 with a standard deviation of 2.296. There is an increase in score by 0.69 (Mean of post Self-Transformative Score - Mean of Pre-Self-Transformative Score).

Empowerment (SQ):

The Average Pre-Empowerment score is 12.64 with a standard deviation of 2.904, and the Average Post Score is 11.98 with a standard deviation of 2.811. There is a Decrease in score by 0.66 (Mean of post Empowerment Score - Mean of Pre-Empowerment Score).

Profound Thinker Visionary (SQ):

The Average Pre-Profound Thinker Visionary score is 9.63 with a standard deviation of 2.445, and the Average Post Score is 9.25 with a standard deviation of 2.369. There is a Decrease in score by 0.38 (Mean of post Profound Thinker Visionary Score - Mean of Pre-Profound Thinker Visionary Score).

Blissful (SQ):

The Average Pre-Blissful score is 9.93 with a standard deviation of 2.584, and the Average Post Score is 9.57 with a standard deviation of 2.527. There is a Decrease in score by 0.36 (Mean of post Blissful Score - Mean of Pre-Blissful Score).

Uprightness (SQ):

The Average Pre-Uprightness score is 9.17 with a standard deviation of 2.278, and the Average Post Score is 9.33 with a standard deviation of 2.693. There is an increase in score by 0.16 (Mean of post Uprightness Score - Mean of Pre-Uprightness Score).

Existential Clarity (SQ):

The Average Pre-Existential Clarity score is 9.53 with a standard deviation of 2.609, and the Average Post Score is 9.63 with a standard deviation of 2.392. There is an increase in score by 0.10 (Mean of post Existential Clarity Score - Mean of Pre-Existential Clarity Score).

Clairvoyance (SQ):

The Average Pre-Clairvoyance score is 5.89 with a standard deviation of 1.802, and the Average Post Score is 6.16 with a standard deviation of 1.907. There is an increase in score by 0.27 (Mean of post Clairvoyance Score - Mean of Pre-Clairvoyance Score).

Table3.8 Paired T test for MICRO SQ Part 2:

Paired Samples Test									
		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	liberated_B_1 - liberated_B_0	-1.059	5.667	0.561	-2.172	0.054	-1.887	101	0.062
Pair 2	self_transformative_B_1 - self_transformative_B_0	0.696	3.565	0.353	-0.004	1.396	1.972	101	0.051
Pair 3	empowerment_B_1 - empowerment_B_0	-0.657	3.145	0.311	-1.275	-0.039	-2.109	101	0.037
Pair 4	profound_thinker_visionary_B_1 - profound_thinker_visionary_B_0	-0.382	3.588	0.355	-1.087	0.322	-1.076	101	0.284

Paired Samples Test									
		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 5	blissful_B_1 - blissful_B_0	-0.363	3.353	0.332	-1.021	0.296	-1.093	101	0.277

Pair 6	uprightnes s_B_1 - uprightnes s_B_0	0.167	3.273	0.324	- 0.476	0.810	0.5 14	101	0.608
Pair 7	existential _clarity_B _1 - existential _clarity_B _0	0.098	3.367	0.333	- 0.563	0.759	0.2 94	101	0.769
Pair 8	clairvoyan ce_B_1 - Clairvoya nce_B_0	0.265	2.441	0.242	- 0.215	0.744	1.0 95	101	0.276

Interpretation:

As the P value of T test (-2.109) for Empowerment Scale is 0.037 which is Less than 5% level of significance So we reject Null hypothesis and **conclude that there is Statistically Significant change in Empowerment scale Score of participants in the Control Group**. However, P value for Liberated *(p = 0.062)* and Self Transformative *(p = 0.051)* approach significance but do not reach the conventional threshold of p < 0.05. This suggests a marginal change, which may be meaningful but is not statistically confirmed.

P value of T test for Profound Thinker and Visionary, Blissful, Uprightness, Existential Clarity, and Clairvoyance is Greater than 5% level of Significance, so we fail to reject Null hypothesis and **conclude that there is No Statistically Significant change in Profound Thinker and Visionary, Blissful, Uprightness, Existential Clarity, and Clairvoyance Scores in the Control group.**

Summarized result of Paired Sample t-Test for SQ MACRO and MICRO Scales (Control Group B):

Scale	p-value	Significance at 5% level	Conclusion
MACRO Spiritual Quotient (SQ)	0.527	Not Significant	No statistically significant change
Perceptive Healer (MICRO)	0.611	Not Significant	No statistically significant change
Serenity (MICRO)	0.914	Not Significant	No statistically significant change
Enlightenment (MICRO)	0.106	Not Significant	No statistically significant change
Contentment (MICRO)	0.174	Not Significant	No statistically significant change
Perseverance (MICRO)	0.006	**Significant**	**Statistically significant change**

Insightful (MICRO)	0.395	Not Significant	No statistically significant change
Liberated (MICRO)	0.062	Not Significant	No statistically significant change
Self-Transformative (MICRO)	0.051	Marginal ($p \approx$ 0.05)	Marginal change (not statistically significant)
Empowerment (MICRO)	0.037	**Significant**	**Statistically significant change**
Profound Thinker & Visionary (MICRO)	0.284	Not Significant	No statistically significant change
Blissful (MICRO)	0.277	Not Significant	No statistically significant change
Uprightness (MICRO)	0.608	Not Significant	No statistically significant change
Existential Clarity (MICRO)	0.769	Not Significant	No statistically significant change
Clairvoyance (MICRO)	0.276	Not Significant	No statistically significant change

In the Control group B only Perseverance and Empowerment showed statistically significant changes, while all other SQ scales showed No significant change.

MACRO Quality of Life (QOL) study:

Hypothesis for MACRO (QOL):

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Quality of Life (QOL)

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Quality of life (QOL)

Table4.1 Descriptive Statistics for Quality of life (QOL)Scale:

Paired Samples Statistics					
		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	POST_QOL_B	87.72	102	11.304	1.119
	PRE_QOL_B	91.73	102	11.247	1.114

Interpretation:

The Average Pre QOL score is 91.73 with standard deviation of 11.24 and The Average Post QOL Score is 87.72 with standard deviation of 11.30. There is Decrease of 4.01 units (Mean of post QOL- Mean of Pre QOL).

Table4.3 Paired T test for MACRO QOL:

Paired Samples Test								t	df	Sig. (2-tailed)
		Paired Differences								
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference					
					Lower	Upper				
Pair 1	POST_QOL_B - PRE_QOL_B	-4.010	9.816	0.972	-5.938	-2.082		-4.126	101	0.000

Interpretation:

As the P value of T test (-4.126) is 0.000 for MACRO QOL scale which is Less than 5% level of significance So we reject Null hypothesis and **conclude that there is Statistically Significant change in QOL score in the Control group.**

The QOL score of Participant Decreases in Post QOL as compare to pre QOL.

MICRO Study Quality of Life (QOL):

Hypothesis for MICRO QOL:

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Life Satisfaction Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Life Satisfaction Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Goals and Motivation Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Goals and Motivation Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Spirituality Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Spirituality Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Happiness Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Happiness Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Hopes and Wishes Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Hopes and Wishes Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Stress Reduction Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Stress Reduction Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Frustration/depression/Anxiety Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Frustration/depression/Anxiety Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Adjustment Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Adjustment Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Physical Well Being and Self-Care Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Physical Well Being and Self-Care Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Effectiveness of Myself Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Effectiveness of Myself Scale.

Null Hypothesis (H0): There is No Significant Difference Between Post and Pre Scores of Personal Evolution Scale.

Alternative Hypothesis (H1): There is Significant Difference Between Post and Pre Scores of Personal Evolution Scale.

Table4.4 Descriptive Statistics for MICRO Quality of Life (QOL):

Paired Samples Statistics					
		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	life_satisfaction_B_1	8.61	102	2.097	0.208
	life_satisfaction_B_0	9.26	102	1.829	0.181

Pair 2	goal_and_motivation_B_1	8.57	102	1.937	0.192
	goal_and_motivation_B_0	8.29	102	2.090	0.207
Pair 3	spirituality_B_1	8.59	102	2.117	0.210
	spirituality_B_0	9.19	102	1.969	0.195
Pair 4	Happiness_B_1	8.70	102	1.994	0.197
	happiness_B_0	8.86	102	2.010	0.199

Paired Samples Statistics					
		Mean	N	Std. Deviation	Std. Error Mean
Pair 5	hope_and_wishes_B_1	6.26	102	1.729	0.171
	hopes_and_wishes_B_0	7.04	102	1.723	0.171
Pair 6	stress_reduction_B_1	7.75	102	2.127	0.211
	stress_reduction_B_0	8.06	102	2.009	0.199
Pair 7	F_D_A_gb_1	7.73	102	1.966	0.195
	F_D_A_GB_0	8.60	102	1.951	0.193
Pair 8	adjustment_B_1	8.55	102	2.052	0.203
	adjustment_B_0	8.45	102	1.902	0.188

Paired Samples Statistics					
		Mean	N	Std. Deviation	Std. Error Mean
Pair 9	physical_well_being_and_self_care_B_1	8.20	102	1.985	0.197
	physical_well_beingand_self_care_B_0	8.51	102	2.023	0.200
Pair 10	effectiveness_of_myself_B_1	6.28	102	1.531	0.152
	effectiveness_of_myself_B_0	6.39	102	1.678	0.166
Pair 11	personal_evolution_B_1	8.48	102	1.994	0.197
	personal_evolution_B_0	9.07	102	2.131	0.211

Interpretation:

Life Satisfaction (QOL):

The Average Pre-Life Satisfaction score is 9.26 with a standard deviation of 1.829, and the Average Post Score is 8.61 with a standard deviation of 2.097. There is a Decrease in score by 0.65 (Mean of post Life Satisfaction Score – Mean of Pre-Life Satisfaction Score).

Goal and Motivation (QOL):

The Average Pre-Goal and Motivation score is 8.29 with a standard deviation of 2.090, and the Average Post Score is 8.57 with a standard deviation of 1.937. There is an increase in score by 0.28 (Mean of post Goal and Motivation Score – Mean of Pre-Goal and Motivation Score).

Spirituality (QOL):

The Average Pre-Spirituality score is 9.19 with a standard deviation of 1.969, and the Average Post Score is 8.59 with a standard deviation of 2.117. There is a Decrease in score by 0.60 (Mean of post Spirituality Score – Mean of Pre-Spirituality Score).

Happiness (QOL):

The Average Pre-Happiness score is 8.86 with a standard deviation of 2.010, and the Average Post Score is 8.70 with a standard deviation of 1.994. There is a Decrease in score by 0.16 (Mean of post Happiness Score – Mean of Pre-Happiness Score).

Hope and Wishes (QOL):

The Average Pre-Hope and Wishes score is 7.04 with a standard deviation of 1.723, and the Average Post Score is 6.26 with a standard deviation of 1.729. There is a Decrease in score by 0.78 (Mean of post Hope and Wishes Score – Mean of Pre-Hope and Wishes Score).

Stress Reduction (QOL):

The Average Pre-Stress Reduction score is 8.06 with a standard deviation of 2.009, and the Average Post Score is 7.75 with a standard deviation of 2.127. There is a Decrease in score by 0.31 (Mean of post Stress Reduction Score – Mean of Pre-Stress Reduction Score).

Frustration Depression and Anxiety (QOL):

The Average Pre-F.D.A. (Frustration Depression and Anxiety) score is 8.60 with a standard deviation of 1.951, and the Average Post Score is 7.73 with a standard deviation of 1.966. There is a Decrease in score by 0.87 (Mean of post F.D.A. Score – Mean of Pre-F.D.A. Score).

Adjustment (QOL):

The Average Pre-Adjustment score is 8.45 with a standard deviation of 1.902, and the Average Post Score is 8.55 with a standard deviation of 2.052. There is an increase in score by 0.10 (Mean of post Adjustment Score - Mean of Pre-Adjustment Score).

Physical Well-Being and Self-Care (QOL):

The Average Pre-Physical Well-Being and Self-Care Subscale score is 8.51 with a standard deviation of 2.023, and the Average Post Score is 8.20 with a standard deviation of 1.985. There is a Decrease in score by 0.31 (Mean of post Physical Well-Being and Self-Care Score - Mean of Pre-Physical Well-Being and Self-Care Score).

Effectiveness of Myself (QOL):

The Average Pre-Effectiveness of Myself Subscale score is 6.39 with a standard deviation of 1.678, and the Average Post Score is 6.28 with a standard deviation of 1.531. There is a Decrease in score by 0.11 (Mean of post Effectiveness of Myself Score - Mean of Pre-Effectiveness of Myself Score).

Personal Evolution (QOL):

The Average Pre-Personal Evolution Subscale score is 9.07 with a standard deviation of 2.131, and the Average Post Score is 8.48 with a standard deviation of 1.994. There is a Decrease in score by 0.59 (Mean of post Personal Evolution Score - Mean of Pre-Personal Evolution Score).

Table4.5 Paired T test for MICRO QOL:

Paired Samples Test									
		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	life_satisfaction_B_1 - life_satisfaction_B_0	-0.657	2.284	0.226	-1.106	-0.208	-2.904	101	0.005
Pair 2	goal_and_motivation_B_1 - goal_and_motivation_B_0	0.275	1.925	0.191	-0.104	0.653	1.440	101	0.153
Pair 3	spirituality_B_1 - spirituality_B_0	-0.598	2.222	0.220	-1.034	-0.162	-2.719	101	0.008
Pair 4	Happiness_B_1 - happiness_B_0	-0.167	2.342	0.232	-0.627	0.293	-0.719	101	0.474

Paired Samples Test

		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 5	hope_and_wishes_B_1 - hopes_and_wishes_B_0	-0.775	2.152	0.213	-1.197	-0.352	-3.635	101	0.000
Pair 6	stress_reduction_B_1 - stress_reduction_B_0	-0.304	2.699	0.267	-0.834	0.226	-1.137	101	0.258
Pair 7	F_D_A_gb_1 - F_D_A_G_B_0	-0.873	2.440	0.242	-1.352	-0.393	-3.612	101	0.000
Pair 8	adjustment_B_1 - adjustment_B_0	0.098	2.589	0.256	-0.410	0.607	0.382	101	0.703

Paired Samples Test

		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 9	physical_well_being_and_self_care_B_1 - physical_well_beingand_self_care_B_0	-0.314	2.363	0.234	-0.778	0.150	-1.341	101	0.183
Pair 10	effectiveness_of_myself_B_1 - effectiveness_of_myself_B_0	-0.108	1.694	0.168	-0.441	0.225	-0.643	101	0.522

Pair 11	personal_evolution_B_1 - personal_evolution_B_0	-0.588	2.410	0.239	-1.062	-0.115	-2.465	101	0.015

Interpretation:

As the P value of T test for Life satisfaction(p=0.005), Spirituality(0.008), Hopes and wishes (p=0.000), FDA (Frustration/ depression/ anxiety) (p=0.000) and Personal Evolution scale (p=0.015) which is Less than 5% level of significance So we reject Null hypothesis for all this Scales and **conclude that there is Statistically Significant change in Life Satisfaction, Spirituality, Hopes and Wishes, FDA, and personal evolution Score of participants in the Control Group.**

For Life Satisfaction, Spirituality, Hopes and Wishes, FDA, and personal evolution Scale Post score Decreases as Compare to Pre Scores.

However, P value of T test for Goal and Motivation, Happiness, Stress Reduction, Adjustment, Physical well Being and self-care and Effectiveness of myself Scale is Greater than 5% level of Significance, so we fail to reject Null hypothesis and **conclude that there is No Statistically Significant change in Goal and Motivation, Happiness, Stress Reduction, Adjustment, Physical well Being and self-care and Effectiveness of myself Scores in the Control group.**

Summarized result of Paired Sample t-Test for QOL MACRO and MICRO Scales (Control Group B):

Scale	p-value	Significance at 5% level	Conclusion
MACRO Quality of Life (QOL)	0.000	**Significant**	**Statistically significant change**
Life Satisfaction (MICRO)	0.005	**Significant**	**Statistically significant change**
Goal and Motivation (MICRO)	0.153	Not Significant	No statistically significant change
Spirituality (MICRO)	0.008	**Significant**	**Statistically significant change**
Happiness (MICRO)	0.474	Not Significant	No statistically significant change
Hopes and wishes (MICRO)	0.000	**Significant**	**Statistically significant change**
Frustration/Depression/Anxiety (FDA) (MICRO)	0.000	**Significant**	**Statistically significant change**
Adjustment (MICRO)	0.703	Not Significant	No statistically significant change
Physical Well-being and Self-care (MICRO)	0.183	Not Significant	No statistically significant change

Effectiveness of Myself (MICRO)	0.522	Not Significant	No statistically significant change		
Personal Evolution (MICRO)	0.015	**Significant**	**Statistically significant change**		

MACRO QOL and MICRO Scales Life Satisfaction, Spirituality, Hopes & Wishes, FDA, and Personal Evolution showed significant Change that is decline in mean while others MICRO Scales showed no statistically significant change in the Control Group B.

1. **Table 3.1 Summarized results of paired sample t-Test for groups A and B:**

Scale Level	Scale Name	Group A p-value	Conclusion	Group B p-value	Conclusion
MACRO	**Mental Quotient (MQ)**	**0.019**	**Significant**	0.439	Not Significant
MICRO	Self-Acceptance	**0.024**	**Significant**	1.000	Not Significant
	Ego Strength	0.190	Not Significant	0.361	Not Significant
	Philosophies of Life	0.223	Not Significant	1.174	Not Significant
MACRO	**Emotional Quotient (EQ)**	**0.000**	**Significant**	0.719	Not Significant
MICRO	Self-Awareness	0.769	Not Significant	0.260	Not Significant
	Emotional Self-Awareness	0.531	Not Significant	0.798	Not Significant
	Accurate Self-Awareness	0.223	Not Significant	0.653	Not Significant
	Self-Confidence	0.251	Not Significant	0.646	Not Significant
MICRO	Self-Management	0.334	Not Significant	0.646	Not Significant
	Self-Control	0.334	Not Significant	0.828	Not Significant
	Trustworthiness	0.731	Not Significant	0.299	Not Significant
	Conscientiousness	0.441	Not Significant	1	Not Significant
	Adaptability	0.635	Not Significant	0.470	Not Significant
	Achievement Drive	1.000	Not Significant	0.372	Not Significant

	Initiative	**0.023**	**Significant**	0.843	Not Significant
	Social Awareness	0.320	Not Significant	0.657	Not Significant
	Empathy	0.109	Not Significant	0.515	Not Significant
	Service Orientation	0.075	Not Significant	**0.019**	**Significant**
	Organizational Awareness	0.170	Not Significant	**0.049**	**Significant**
MICRO	Relationship Management	**0.000**	**Significant**	0.549	Not Significant
	Developing Others	**0.032**	**Significant**	0.810	Not Significant
	Influence	**0.018**	**Significant**	0.287	Not Significant
	Communication	**0.036**	**Significant**	**0.036**	**Significant**
	Conflict Management	0.909	Not Significant	0.820	Not Significant
	Leadership	0.200	Not Significant	0.127	Not Significant
	Change Catalyst	**0.002**	**Significant**	0.657	Not Significant
	Building Bonds	**0.021**	**Significant**	0.090	Not Significant
	Teamwork and Collaboration	0.412	Not Significant	1	Not Significant
MACRO	**Spiritual Quotient (SQ)**	**0.006**	**Significant**	0.527	Not Significant
MICRO	Perceptive Healer	0.640	Not Significant	0.611	Not Significant
MICRO	Serenity	**0.048**	**Significant**	0.914	Not Significant
MICRO	Enlightenment	0.820	Not Significant	0.106	Not Significant
MICRO	Contentment	0.439	Not Significant	0.174	Not Significant
MICRO	Perseverance	0.134	Not Significant	**0.006**	**Significant**
MICRO	Insightful	0.590	Not Significant	0.395	Not Significant
MICRO	Liberated	0.104	Not Significant	0.062	Not Significant
MICRO	Self-Transformative	0.462	Not Significant	0.051	Marginal (p $\approx$ 0.05)
MICRO	Empowerment	0.120	Not Significant	**0.037**	**Significant**

MICRO	Profound Thinker and Visionary	0.497	Not Significant	0.284	Not Significant
MICRO	Blissful	0.002	**Significant**	0.277	Not Significant
MICRO	Uprightness	0.246	Not Significant	0.608	Not Significant
MICRO	Existential Clarity	0.116	Not Significant	0.769	Not Significant
MICRO	Clairvoyance	0.171	Not Significant	0.276	Not Significant
MACRO	**Quality of Life (QOL)**	0.815	Not Significant	**0.000**	**Significant**
MICRO	Life Satisfaction	0.753	Not Significant	**0.005**	**Significant**
MICRO	Goals & Motivations	0.785	Not Significant	0.153	Not Significant
MICRO	Spirituality	0.921	Not Significant	**0.008**	**Significant**
MICRO	Happiness	0.867	Not Significant	0.474	Not Significant
MICRO	Hopes & Wishes	0.646	Not Significant	0.000	**Significant**
MICRO	Stress Reduction	0.145	Not Significant	0.145	Not Significant
MICRO	FDA (Frustration/depression/Anxiety)	0.151	Not Significant	**0.000**	**Significant**
MICRO	Adjustment	0.775	Not Significant	0.703	Not Significant
MICRO	Physical Well-being & Self-care	0.186	Not Significant	0.183	Not Significant
MICRO	Effectiveness of Myself	0.420	Not Significant	0.522	Not Significant
MICRO	Personal Evolution	0.864	Not Significant	**0.015**	**Significant**

Summary:

The intervention had a major positive impact on the experimental group (Group A), beginning with a statistically significant improvement in Mental Quotient (MQ) (p = 0.019). Emotional Quotient (EQ) scores also showed a substantial increase in Group A (mean = 9.794, p = 0.000), while the control group (Group B) exhibited no significant change in EQ (p = 0.719). Similarly, Spiritual Quotient (SQ) in Group A improved significantly (p = 0.006), whereas Group B did not show any meaningful change. Regarding Quality of Life (QOL), Group A maintained stable scores (p = 0.815), while Group B experienced a significant decline (p = 0.000).

These results indicate that the intervention was effective for the experimental group, leading to improvements in MQ, EQ, and SQ, while also helping to preserve their QOL — in contrast to the control group, which showed no such benefits.

Comparison of Control and Experimental Groups Using Independent t-Test

MACRO Study Mental Quotient (MQ):

Table 9.1 Descriptive Statistics for MACRO MQ scale:

Group Statistics					
group		N	Mean	Std. Deviation	Std. Error Mean
change in MQ	expt	107	1.00	4.355	0.421
	control	102	0.13	1.657	0.164

The descriptive statistics of the MACRO Study Mental Quotient (MQ) scale shows that the group that received treatment (N = 107) had a bigger average improvement in MQ (Mean = 1. 00, SD = 4. 355) than the group that did not receive treatment (N = 102), which had a much smaller average improvement (Mean = 0. 13, SD = 1. 657) The higher average in the experimental group suggests that the treatment or change they experienced might have helped improve the participants' MQ. Also, the bigger standard deviation in the experimental group shows that their responses are more varied than those in the control group. In general, these results suggest that the experimental condition might affect how much MQ improves.

Table9.2 Independent Sample T test for MACRO MQ Scale:

Independent Samples Test										
		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
change_in _MQ	Equal variances assumed	78.320	0.000	1.897	207	0.059	0.873	0.460	-0.034	1.779
	Equal variances not assumed			1.931	137.325	0.056	0.873	0.452	-0.021	1.766

The independent samples t-test for the MACRO MQ scale looks at the difference in MQ changes between the experimental group and the control group. Levene's Test for Equality of Variances has a significant result (F = 78. 320, p = 0. 000), showing that the idea of having equal variances is not valid. So, the results from the "equal variances not assumed" row are better to use. Using this updated test, the t-value is 1. 931 with 137325 degrees of freedom, and the p-value is 0. 056 The p-value is just above 0. 05, which means that the difference in MQ change between the groups isn't considered statistically significant at the 5% level, but it is close to being significant. The average difference is 0. 873, meaning the experimental group scored higher. The 95% confidence range is from -0. 021 to 1766, which includes zero. This suggests that the result is not statistically significant.

MICRO MQ

Table 9.3 Descriptive Statistics for MICRO MQ scale:

Group Statistics					
group		N	Mean	Std. Deviation	Std. Error Mean
Change in self-acceptance	expt	107	0.50	2.238	0.216
	control	102	0.00	1.034	0.102
Change in ego strength	expt	107	0.25	1.977	0.191
	control	102	0.04	1.098	0.109
Change in philosophies of life	expt	107	0.25	2.128	0.206
	control	102	0.09	0.759	0.075

In table 9.3 the descriptive statistics for the MICRO MQ scale, comparing the experimental and control groups across three criteria. The experimental group (N=107) has a mean of 0.50 and a standard deviation of 2.238 for Change in Self-Acceptance, while the control group (N=102) shows a mean of 0.00 and a standard deviation of 1.034. The experimental group has a mean Change in Ego Strength of 0.25 with a standard deviation of 1.977, whereas the control group has a mean of 0.04 and a standard deviation of 1.098. In terms of Change in Philosophies of Life, the experimental group exhibits a mean of 0.25 and a standard deviation of 2.128, whereas the control group has a mean of 0.09 and a standard deviation of 0.759. The experimental group exhibits greater mean changes across all three measures, accompanied by Increases variability in responses relative to the control group.

Table 9.4 Independent Sample T test for MICRO MQ scale:

Independent Samples Test										
		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
Change_in_selfacceptance	Equal variances assumed	50.308	0.000	2.038	207	0.043	0.495	0.243	0.016	0.975
	Equal variances not assumed			2.070	150.867	0.040	0.495	0.239	0.022	0.968
change_in_ego_strength	Equal variances assumed	47.746	0.000	0.957	207	0.340	0.213	0.223	-0.226	0.652
	Equal variances not assumed			0.969	167.356	0.334	0.213	0.220	-0.221	0.647
change_in_philosophies_of_life	Equal variances assumed	58.765	0.000	0.735	207	0.463	0.164	0.223	-0.276	0.604
	Equal variances not assumed			0.749	133.681	0.455	0.164	0.219	-0.269	0.597

Table 9.4 displays the outcomes of an independent samples t-test for the MICRO MQ scale, contrasting the experimental and control groups across three metrics. Levene's test for equality of variances for Change in Self-Acceptance is significant (p < 0.001), demonstrating unequal variances among the groups. The t-test for equality of means, assuming equal variances, indicates a significant difference (p = 0.043), with a mean difference of 0.495, implying that the experimental group exhibits a considerably greater increase in self-acceptance than the control group. Levene's test for Change in Ego Strength is significant (p < 0.001), suggesting the presence of unequal variances. The t-test indicates no significant difference (p = 0.340), implying no substantial variation in ego strength between the groups. Levene's test for Change in Philosophies of Life is significant (p < 0.001), suggesting unequal

variances. The t-test reveals no significant difference (p = 0.463), suggesting that the alteration in life philosophies did not significantly vary between the experimental and control groups.

MACRO Study EQ:

Table 10.1 Descriptive Statistics for MACRO EQ scale:

Group Statistics					
group		N	Mean	Std. Deviation	Std. Error Mean
change_in_ EQ	expt	107	9.79	9.356	0.905
	control	102	-0.08	2.192	0.217

Table 10.1 displays the descriptive statistics for the MACRO EQ scale, contrasting the experimental and control groups. The experimental group (N=107) exhibits a mean of 9.79 and a standard deviation of 9.356 for Change in EQ, whereas the control group (N=102) presents a mean of -0.08 and a standard deviation of 2.192. This indicates that the experimental group experienced a notable increase in EQ, whereas the control group shown no change.

Table10.2 Independent Sample T test for MACRO EQ scale:

Independent Samples Test										
		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
Change in EQ	Equal variances assumed	123.637	0.000	10.388	207	0.000	9.873	0.950	7.999	11.747
	Equal variances not assumed			10.614	118.149	0.000	9.873	0.930	8.031	11.715

Table 10.2 displays the results of an independent samples t-test for the MACRO EQ scale. Levene's test shows a notable difference in variances between the groups (p < 0.001), so equal variances cannot be assumed. However, the t-test reveals a very significant difference

in Change in EQ between the experimental and control groups (p < 0.001). The mean difference is 9.873, with a 95% confidence range between 8.031 and 11.715. The findings indicate that the experimental group showed a statistically significant and substantial increase in EQ when compared to the control group.

EQ MICRO Study:

Table 10.3 Descriptive Statistics for Self-Awareness Scale MICRO EQ

Group Statistics					
group		N	Mean	Std. Deviation	Std. Error Mean
self_aware ness	expt	107	0.05	1.645	0.159
	control	102	-0.08	0.699	0.069

Table 10.3 shows Descriptive Statistics about the Self-Awareness scale from the EQ MICRO Study. The experimental group, which has 107 people, has an average score of 0. 05 and varies by 1. 645 The control group, with 102 people, has a slightly lower average score of -0. 08 and varies by 0. 699. These results show that minimal increase in self-awareness in the experimental group and a slight decrease in the control group, with greater variability in the experimental group's responses.

Table 10.4 Independent sample T test for Self-Awareness Scale MICRO EQ:

Independent Samples Test										
		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
self_awa reness	Equal variances assumed	61.590	0.000	0.710	207	0.479	0.125	0.176	-0.222	0.473
	Equal variances not assumed			0.722	144.543	0.472	0.125	0.173	-0.218	0.468

Table 10.4 shows the findings of an independent samples t-test for the Self-Awareness scale MICRO EQ Levene's test shows significance (p < 0.001), suggesting that the variances among the groups are not equal. The t-test, nonetheless, indicates no notable difference in self-awareness between the experimental and control groups. The average difference of 0.125 is contained within a 95% confidence range of -0.218 to 0.468, indicating that the observed change in self-awareness is not statistically meaningful.

Table 10.5 Descriptive Statistics for Sub scales of Self Awareness MICRO EQ:

Group Statistics					
group		N	Mean	Std. Deviation	Std. Error Mean
Change in emotional self-awareness	expt	107	0.05	0.770	0.074
	control	102	0.01	0.385	0.038
Accurate self-awareness	expt	107	-0.10	0.868	0.084
	control	102	-0.06	0.484	0.048
Self confidence	expt	107	0.10	0.921	0.089
	control	102	-0.03	0.455	0.045

Table 10.5 presents the descriptive statistics for the subscales of the Self-Awareness scale MICRO EQ comparing the experimental and control groups. In terms of Change in Emotional Self-Awareness, the experimental group (N=107) has a mean of 0.05 and a standard deviation of 0.770, whereas the control group (N=102) has a slightly lower mean of 0.01 with a standard deviation of 0.385. In terms of Accurate Self-Awareness, both groups showed small negative changes. The experimental group had a change of -0. 10, while the control group had a change of -0. 06 However, there is more difference in the results of the experimental group. In the end, the group that participated in the experiment showed a small improvement in self-confidence (average = 0. 10), while the control group had a slight drop (average = -0. 03) In short, the group that participated in the experiment showed slightly better improvements or smaller decreases in all areas, but the differences are very small.

Table 10.6 Independent Sample T test for Sub scales of Self Awareness MICRO EQ:

Independent Samples Test									
		Levene's Test for Equality of Variances		t-test for Equality of Means					
		F	Sig.	t	df	Sig. (2-	Mean Diff	Std. Error	95% Confidence Interval of

						taile d)	eren ce	Diff eren ce	the Difference	
									Lower	Upper
Change in emotional self-awareness	Equal variances assumed	40.502	0.000	0.435	207	0.664	0.037	0.085	-0.130	0.204
	Equal variances not assumed			0.442	157.633	0.659	0.037	0.084	-0.128	0.202
Accurate self-awareness	Equal variances assumed	24.365	0.000	-0.449	207	0.654	-0.044	0.098	-0.237	0.149
	Equal variances not assumed			-0.455	167.669	0.650	-0.044	0.097	-0.235	0.147
Self confidence	Equal variances assumed	53.877	0.000	1.306	207	0.193	0.132	0.101	-0.067	0.332
	Equal variances not assumed			1.325	156.489	0.187	0.132	0.100	-0.065	0.329

Table 10.6 shows the results of independent samples t-tests for the subscales of the Self-Awareness MICRO EQ Levene's test indicates significant differences in variance across all subscales, demonstrating unequal variances between the experimental and control groups. The t-test for Change in Emotional Self-Awareness indicates no significant difference with a mean difference of 0.037 and a 95% confidence interval of -0.128 to 0.202.
The analysis of Accurate Self-Awareness reveals no significant difference with a mean difference of -0.044 and a confidence interval ranging from -0.235 to 0.147. The analysis of Self-Confidence reveals no statistically significant difference with a mean difference of 0.132 and a confidence interval ranging from -0.065 to 0.329.

Table 10.7 Descriptive Statistics for Self-Management Scale MICRO EQ:

Group Statistics						
group		N		Mean	Std. Deviation	Std. Error Mean
	expt	107		0.35	2.323	0.225

self_manage ment	control	102	-0.05	1.075	0.106

Table 10.7 provides descriptive statistics for the Self-Management scale MICRO EQ. The experimental group (N=107) exhibits a mean of 0.35 and a standard deviation of 2.323, suggesting a positive change accompanied by considerable variability. The control group (N=102) exhibits a mean of -0.05 and a standard deviation of 1.075, indicating a slight negative trend. The findings indicate that the experimental group demonstrated a minor enhancement in self-management, whereas the control group exhibited negligible change.

Table 10.8 Independent Sample T test for Self-Management Scale MICRO EQ:

Independent Samples Test										
		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-taile d)	Mea n Diff eren ce	Std. Erro r Diff eren ce	95% Confidence Interval of the Difference	
									Low er	Upp er
Self-manage ment	Equal variance s assumed	57.408	0.00 0	1.56 4	207	0.11 9	0.39 5	0.25 2	-0.10 3	0.89 3
	Equal variance s not assumed			1.58 8	150. 977	0.11 4	0.39 5	0.24 9	-0.09 6	0.88 6

The findings from the independent samples t-test for the Self-Management scale MICRO EQ. are displayed in Table 10.8.   Levene's test indicates a significant result (F = 57.408, p < 0.001), implying unequal variances across the groups.   The t-test results show no statistically significant difference between the experimental and control groups (t = 1.588, df = 150.977, p = 0.114).   The mean difference of 0.395, with a 95% confidence interval ranging from -0.096 to 0.886, suggests a possible trend toward improvement in the experimental group; nonetheless, the difference is not significant.

Table 10.9 Descriptive Statistics for Sub Scales of Self-Management MICRO EQ:

Group Statistics		N	Mean	Std. Deviation	Std. Error Mean
group					
Self-control	expt	107	0.07	0.797	0.077
	control	102	-0.01	0.456	0.045
Trust-worthiness	expt	107	0.03	0.841	0.081
	control	102	0.05	0.475	0.047
conscientiousnes s	expt	107	0.06	0.750	0.073
	control	102	0.00	0.422	0.042

Table 10.9 shows descriptive statistics for the Self-Management scale subscales, two gropes experimental and control groups. The experimental group (N=107) exhibits a marginal positive mean change of 0.07 in Self-Control, whereas the control group (N=102) demonstrates a slight negative change of -0.01. The experimental group exhibited a mean of 0.03) for Trustworthiness, which is marginally lower than the control group's mean of 0.05, suggesting minimal variation between the two groups. The experimental group demonstrates a modest enhancement in Conscientiousness, with a mean of 0.06, in contrast to the control group's mean of 0.00. The differences among all subscales are minimal, with slight improvements observed in the experimental group regarding self-control and conscientiousness, while outcomes for trustworthiness are nearly equivalent.

Group Statistics		N	Mean	Std. Deviation	Std. Error Mean
group					
adaptabili ty	expt	107	0.04	0.812	0.078
	control	102	-0.03	0.409	0.041
achievem ent drive	expt	107	0.00	0.880	0.085
	control	102	-0.05	0.552	0.055
initiative	expt	107	0.15	0.670	0.065
	control	102	-0.01	0.497	0.049

The descriptive statistics for the additional subscales of the Self-Management domain—Adaptability, Achievement Drive, and Initiative slight positive trends in the experimental group compared to the control group. The experimental group (N=107) demonstrated a mean score of 0.04 for Adaptability, in contrast to the control group (N=102), which recorded a mean score of -0.03, indicating a marginal improvement in the experimental group. The experimental group in Achievement Drive showed no change (mean = 0.00), whereas the control group experienced a slight decrease (mean = -0.05). The primary distinction observed was in Initiative, where the experimental group demonstrated a mean increase of 0.15, in

contrast to the control group, which showed a slight decrease of -0.01. The experimental group demonstrated slight improvements across all three subscales, with the most notable change occurring in Initiative.

Table 10.10 Independent Sample T test for Sub Scales of Self-Management MICRO EQ:

Independent Samples Test										
		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
self-control	Equal variances assumed	24.296	0.000	0.935	207	0.351	0.085	0.090	-0.094	0.263
	Equal variances not assumed			0.947	170.154	0.345	0.085	0.089	-0.092	0.261
trustworthiness	Equal variances assumed	22.455	0.000	-0.221	207	0.826	-0.021	0.095	-0.208	0.166
	Equal variances not assumed			-0.223	168.922	0.823	-0.021	0.094	-0.206	0.164
conscientiousness	Equal variances assumed	33.190	0.000	0.662	207	0.509	0.056	0.085	-0.111	0.223
	Equal variances not assumed			0.670	168.590	0.504	0.056	0.084	-0.109	0.221

Table 10.10 presents independent samples t-test results for the Self-Management subscales—Self-Control, Trustworthiness, and Conscientiousness—using unequal variances due to significant Levene's test results (p < 0.001). Across all subscales, no statistically significant differences were found between the experimental and control groups. The mean difference for Self-Control was 0.085 (t = 0.947, p = 0.345), accompanied by a 95% confidence interval of -0.092 to 0.261. Trustworthiness showed a minimal mean difference of -0.021, while

Conscientiousness indicated a mean difference of 0.056. The results demonstrate no significant effects across the subscales.

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means							
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
adaptability	Equal variances assumed	32.243	0.000	0.746	207	0.457	0.067	0.090	-0.110	0.243
	Equal variances not assumed			0.756	158.241	0.451	0.067	0.088	-0.108	0.241
achievement drive	Equal variances assumed	27.507	0.000	0.480	207	0.632	0.049	0.102	-0.152	0.250
	Equal variances not assumed			0.485	179.493	0.628	0.049	0.101	-0.150	0.248
initiative	Equal variances assumed	18.279	0.000	1.944	207	0.053	0.159	0.082	-0.002	0.321
	Equal variances not assumed			1.958	195.421	0.052	0.159	0.081	-0.001	0.320

The results of the independent samples t-test for the Self-Management areas—Adaptability, Achievement Drive, and Initiative—show that there are no significant differences between the experimental group and the control group. For Adaptability, even though Levene's test showed that the variances were not equal, the difference in averages was not significant (p = 0. 451), with only a small positive difference of 0. 067 In the same way, Achievement Drive did not show a significant difference (p = 0. 628), with a very small average difference of 0. 049 The Initiative subscale showed the strongest trend toward being important (p = 0. 052), with an average difference of 0. 159 However, the confidence interval went just above and

below zero, which means the result is not certain. Overall, the group that did the experiment had a bit higher average scores in these areas, but the differences were not big enough to matter. The area with the most promise for making a difference was Initiative.

Table 10.11 Descriptive Statistics for Social Awareness scale MICRO EQ

Group Statistics					
group		N	Mean	Std. Deviation	Std. Error Mean
social awarene ss	expt	107	-0.16	1.643	0.159
	control	102	-0.03	0.667	0.066

Table 10.11 presents descriptive statistics for the Social Awareness scale MICRO EQ. The experimental group (N=107) had a mean score of -0.16 with a standard deviation of 1.643, while the control group (N=102) had a mean of -0.03 and a standard deviation of 0.667. These results suggest a slight decline in social awareness in both groups, with the experimental group showing a marginally greater negative change and more variability in responses compared to the control group.

Table 10.12 Independent sample T test for Social Awareness scale MICRO EQ:

Independent Samples Test										
		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-taile d)	Mea n Diff eren ce	Std. Erro r Diff eren ce	95% Confidence Interval of the Difference	
									Low er	Upp er
social awarene ss	Equal variance s assumed	56.878	0.00 0	- 0.74 0	207	0.46 0	- 0.12 9	0.17 5	- 0.47 5	0.21 6
	Equal variance s not assumed			- 0.75 2	141. 351	0.45 3	- 0.12 9	0.17 2	- 0.47 0	0.21 1

Table 10.12 displays the results of the independent samples t-test for the Social Awareness scale MICRO EQ. Levene's test reveals substantial variations in variance (p < 0.001), indicating uneven variances between the experimental and control groups.
The t-test findings indicate no significant difference between the groups (p = 0.460), with a

mean difference of -0.129. The 95% confidence interval for the difference spans from -0.475 to 0.216, signifying that the disparity between the experimental and control groups is not statistically significant.

Table 10.13 Descriptive Statistics for Sub Scales of Social Awareness MICRO EQ:

Group Statistics						
group		N	Mean	Std. Deviation	Std. Error Mean
empathy	expt	107	-0.13	0.836	0.081
	control	102	-0.03	0.455	0.045
Service orientation	expt	107	-0.14	0.806	0.078
	control	102	0.09	0.425	0.042
organisational awareness	expt	107	0.11	0.839	0.081
	control	102	-0.09	0.447	0.044

Table 10.13 presents the descriptive statistics for the subscales of Social Awareness of MICRO EQ: Empathy, Service Orientation, and Organizational Awareness. The experimental group had a slight decrease in Empathy, with a mean of -0.13 (SD = 0.836), while the control group showed a smaller decline of -0.03 (SD = 0.455). In Service Orientation, the experimental group displayed a slight negative change (mean = -0.14, SD = 0.806), while the control group showed a moderate positive change (mean = 0.09, SD = 0.425). The experimental group had a slight improvement in Organizational Awareness, with a mean of 0.11 (SD = 0.839), while the control group experienced a minor decline, with a mean of -0.09 (SD = 0.447). The experimental group showed minor decreases in Empathy and Service Orientation, coupled with a little improvement in Organizational Awareness, while the control group displayed minimal changes across all subscales.

Table 10.14 Independent Sample T test for Sub Scales of Social Awareness MICRO EQ:

Independent Samples Test										
		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
empathy	Equal variances assumed	37.457	0.000	-1.081	207	0.281	-0.101	0.094	-0.286	0.083

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		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower	Upper
	Equal variances not assumed			-1.096	165.305	0.275	-0.101	0.093	-0.284	0.081
Service orientation	Equal variances assumed	41.983	0.000	-2.545	207	0.012	-0.228	0.090	-0.405	-0.051
	Equal variances not assumed			-2.579	162.236	0.011	-0.228	0.089	-0.403	-0.054
organisational awareness	Equal variances assumed	36.153	0.000	2.139	207	0.034	0.200	0.094	0.016	0.385
	Equal variances not assumed			2.168	163.361	0.032	0.200	0.092	0.018	0.383

Table 10.14 presents the outcomes of the independent samples t-tests for the subscales of Social Awareness MICRO EQ: Empathy, Service Orientation, and Organizational Awareness. The t-test for Empathy indicated no significant difference between the experimental and control groups (p = 0.275), with a minimal mean difference of -0.101. Conversely, Service Orientation demonstrated a notable difference (p = 0.011), with the experimental group displaying a more substantial negative change (mean difference = -0.228). Organizational Awareness exhibited a significant positive difference (p = 0.032), with the experimental group demonstrating an improvement compared to the control group (mean difference = 0.200).

Table 10.15 Descriptive Statistics for Relationship Management Scale MICRO EQ:

Group Statistics					
group		N	Mean	Std. Deviation	Std. Error Mean
relationship management	expt	107	9.56	6.120	0.592
	control	102	0.08	1.318	0.130

Table 10.15 delineates the descriptive statistics pertinent to the Relationship Management scale MICRO EQ. The experimental cohort (N = 107) manifested a mean score of 9.56 coupled with a standard deviation of 6.120, whereas the control cohort (N = 102) recorded a mean of 0.08 along with a standard deviation of 1.318. This observation suggests that the experimental cohort experienced a significant positive advancement in relationship

management, exhibiting greater score variability in contrast to the control cohort, which displayed no observable change.

Table 10.16 Independent Sample T test for Relationship Management Scale MICRO EQ:

Independent Samples Test										
		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
relationship management	Equal variances assumed	147.947	0.000	15.312	207	0.000	9.482	0.619	8.261	10.703
	Equal variances not assumed			15.651	116.272	0.000	9.482	0.606	8.282	10.682

Table 10.16 displays the results of the independent samples t-test for the Relationship Management scale MICRO EQ. Levene's test indicated a substantial variance disparity between the groups (p < 0.001). The t-test indicated a highly significant disparity between the experimental and control groups (p < 0.001), with a mean difference of 9.482. The 95% confidence interval for the difference spans from 8.261 to 10.703, signifying a significant positive alteration in Relationship Management within the experimental group relative to the control group.

The experimental group exhibited a markedly greater enhancement in Relationship Management compared to the control group.

Table 10.17 Descriptive Statistics for Sub scales of relationship Management MICRO EQ:

Group Statistics					
group		N	Mean	Std. Deviation	Std. Error Mean

developing others	expt	107	-0.19	0.892	0.086
	control	102	0.01	0.410	0.041
influence	expt	107	-0.22	0.965	0.093
	control	102	-0.04	0.370	0.037
communicatio n	expt	107	-0.18	0.867	0.084
	control	102	0.12	0.451	0.045

Table 10.17 displays the descriptive statistics for the subscales of Relationship Management, namely Developing Others, Influence, and Communication. The experimental group exhibited minor adverse alterations across all three subscales. In the context of Developing Others, the experimental group exhibited a mean of -0.19 (SD = 0.892), whereas the control group demonstrated a mean of 0.01 (SD = 0.410), indicating a negligible positive alteration. In Influence, the experimental group displayed a mean of -0.22 (SD = 0.965), suggesting a slight negative change, whereas the control group showed a mean of -0.04 (SD = 0.370), signifying a smaller decline. The experimental group had a mean of -0.18 (SD = 0.867) in Communication, while the control group demonstrated a slight positive shift with a mean of 0.12 (SD = 0.451). The experimental group demonstrated minor decreases across all subscales, while the control group noted slight enhancements in Developing Others and Communication, along with a minimal decline in Influence.

Group Statistics					
group		N	Mean	Std. Deviation	Std. Error Mean
conflict managem ent	expt	107	-0.01	0.841	0.081
	control	102	0.01	0.434	0.043
leadership	expt	107	0.08	0.675	0.065
	control	102	0.07	0.451	0.045
change catalyst	expt	107	-0.24	0.799	0.077
	control	102	-0.02	0.445	0.044

Table displays the descriptive statistics for the subscales Conflict Management, Leadership, and Change Catalyst. In Conflict Management, both the experimental and control groups exhibited negligible alterations, with the experimental group presenting a mean of -0.01 (SD = 0.841) and the control group a mean of 0.01 (SD = 0.434). Regarding Leadership, both cohorts experienced slight positive developments, with the experimental cohort achieving a mean of 0.08 (SD = 0.675) and the control cohort a mean of 0.07 (SD = 0.451). In the examination of Change Catalyst, the experimental cohort exhibited a marginal negative alteration (mean = -0.24, SD = 0.799), whereas the control cohort demonstrated an even lesser negative deviation (mean = -0.02, SD = 0.445). Both cohorts displayed insignificant variations across these subscales, with slight declines in Change Catalyst and modest

increases in Leadership; however, the experimental cohort exhibited greater variability in comparison to the control cohort.

Group Statistics					
group		N	Mean	Std. Deviation	Std. Error Mean
building bonds	expt	107	-0.16	0.702	0.068
	control	102	-0.07	0.404	0.040
teamwork and collaboration	expt	107	-0.07	0.939	0.091
	control	102	0.00	0.422	0.042

The descriptive statistics for the subscales Teamwork and Collaboration and Building Bonds are shown in the table. In Building Bonds, the experimental group had a mean of -0.16 (SD = 0.702), indicating a modest negative shift, whereas the control group had a smaller drop with a mean of -0.07 (SD = 0.404). The experimental group in Teamwork and Collaboration had a mean of -0.07 (SD = 0.939), which suggests a little negative shift, but the control group had a mean of 0.00 (SD = 0.422), which indicates that there was no change. Although both groups showed only little improvements in these subscales, the experimental group showed somewhat greater negative changes than the control group.

Table 10.18 Independent Sample T test for Sub scales of relationship Management MICRO EQ:

Independent Samples Test										
		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
developing others	Equal variances assumed	43.930	0.000	-2.033	207	0.043	-0.197	0.097	-0.388	-0.006
	Equal variances not assumed			-2.065	150.502	0.041	-0.197	0.095	-0.385	-0.008

		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower	Upper
influence	Equal variances assumed	88.893	0.000	-1.815	207	0.071	-0.185	0.102	-0.386	0.016
	Equal variances not assumed			-1.847	137.840	0.067	-0.185	0.100	-0.383	0.013
communication	Equal variances assumed	46.579	0.000	-3.066	207	0.002	-0.295	0.096	-0.485	-0.105
	Equal variances not assumed			-3.109	161.227	0.002	-0.295	0.095	-0.483	-0.108

Table 10.18 presents the results of an independent sample t-test for the subscales Developing Others, Influence, and Communication within the Relationship Management domain. The research on Developing Others revealed a significant difference between the experimental and control groups (t = -2.033, p = 0.043), with the experimental group showing a mean difference of -0.197. The results showed a pattern that was close to being important (t = -1. 815, p = 0. 071), but it didn't meet the required level to be considered significant at 0. 05The average difference for the experimental group was -0. 185On the other hand, communication showed a big difference (t = -3. 066, p = 0. 002), with the experimental group having an average difference of -0. 295The numbers show that the experimental group made bigger improvements in Developing Others and Communication than the control group. The difference in Influence was close to being important, but it wasn't clear.

Independent Samples Test										
		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
conflict management	Equal variances assumed	35.508	0.000	-0.205	207	0.837	-0.019	0.093	-0.203	0.165

		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower	Upper
	Equal variances not assumed			-0.208	160.270	0.835	-0.019	0.092	-0.201	0.162
leadership	Equal variances assumed	16.310	0.000	0.194	207	0.846	0.015	0.080	-0.142	0.173
	Equal variances not assumed			0.196	185.767	0.845	0.015	0.079	-0.140	0.171
change catalyst	Equal variances assumed	56.433	0.000	-2.481	207	0.014	-0.223	0.090	-0.401	-0.046
	Equal variances not assumed			-2.512	167.479	0.013	-0.223	0.089	-0.399	-0.048

The table presents the independent sample t-tests for the Conflict Management, Leadership, and Change Catalyst components within the Relationship Management domain. The study on Conflict Management indicated no significant difference between the two groups examined (t = -0.205, p = 0.837). The mean change was -0.019, indicating that both groups had comparable outcomes. Leadership demonstrated no significant difference (t = 0.194, p = 0.846), with a mean difference of 0.015, indicating no considerable variation among groups. Change Catalyst exhibited a notable difference (t = -2.481, p = 0.014), with the experimental group revealing a mean difference of -0.223, indicating that the experimental group underwent a more pronounced change in this domain relative to the control group.

Independent Samples Test										
		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
building bonds	Equal variances assumed	22.101	0.000	-1.131	207	0.259	-0.090	0.080	-0.248	0.067

		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower	Upper
	Equal variances not assumed			-1.145	170.858	0.254	-0.090	0.079	-0.246	0.065
teamwork and collaboration	Equal variances assumed	42.282	0.000	-0.736	207	0.462	-0.075	0.102	-0.275	0.125
	Equal variances not assumed			-0.748	148.725	0.455	-0.075	0.100	-0.272	0.123

The table shows the results of t-tests for the Building Bonds and Teamwork and Collaboration subcategories in Relationship Management. The study on Building Bonds showed that there was no big difference between the two groups, the experimental group and the control group (t = -1. 131, p = 0. 259)The average difference was -0. 090, which means both groups changed in similar ways. Similarly, teamwork and collaboration showed no important difference (t = -0. 736, p = 0. 462), with an average difference of -0. 075.This means there was no significant variation between the experimental group and the control group in this area.

MACRO Study Spiritual Quotient (SQ):

Table 11.1 Descriptive Statistics for MACRO SQ scale:

Group Statistics					
group		N	Mean	Std. Deviation	Std. Error Mean
Change in SQ	expt	107	4.38	16.318	1.578
	control	102	-0.75	12.024	1.191

Table 11.1 displays the descriptive statistics for the MACRO Spiritual Quotient (SQ) scale. The experimental group exhibited a mean change in SQ of 4.38, accompanied by a standard deviation of 16.318 and a standard error of the mean of 1.578. The control group exhibited a mean change of -0.75, accompanied by a standard deviation of 12.024 and a standard error of the mean of 1.191. The statistics reveal that the experimental group had a greater average change in SQ than the control group, however the variability was more pronounced in the experimental group.

Table 11.2 Independent Sample T test for MACRO SQ scale:

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
Change in SQ	Equal variances assumed	5.378	0.021	2.581	207	0.011	5.138	1.990	1.214	9.062
	Equal variances not assumed			2.600	194.812	0.010	5.138	1.976	1.240	9.036

Table 11.2 demonstrates that the experimental group's MACRO Spiritual Quotient (SQ) showed a markedly superior enhancement compared to the control group. The t-test for unequal variances was utilized since Levene's test revealed unequal variances (F = 5.378, p = 0.021). The experimental group demonstrated an average rise of 5.138 points, reflecting a significant difference in means (t = 2.600, df = 194.812, p = 0.010). The disparity exhibited a 95% confidence interval of 1.240 to 9.036, indicating a significant effect.

MICRO Study SQ Part 1:

Table 11.3 Descriptive Statistics for MICRO SQ scale Part 1

Group Statistics					
group		N	Mean	Std. Deviation	Std. Error Mean
Change in perceptive healer	expt	107	0.11	2.470	0.239
	control	102	0.15	2.913	0.288
Change in serenity	expt	107	0.55	2.852	0.276
	control	102	0.03	2.738	0.271
Change in enlightenment	expt	107	0.04	1.699	0.164
	control	102	-0.32	2.006	0.199

Table 11.3 displays descriptive statistics for alterations in the MICRO Spiritual Quotient (SQ) scale Part 1, which encompasses three subscales: Perceptive Healer, Serenity, and Enlightenment. The experimental and control groups exhibited comparable scores on the Perceptive Healer subscale (means = 0.11 and 0.15, respectively), with the control group

demonstrating marginally greater variability. The experimental group markedly exceeded the control group on the Serenity subscale, with a larger mean change (0.55 vs. 0.03). The experimental group had a marginal improvement in Enlightenment (mean = 0.04), while the control group showed a modest decline (mean = -0.32). The experimental group demonstrated enhanced outcomes, particularly in the Serenity subscale.

Group Statistics					
group		N	Mean	Std. Deviation	Std. Error Mean
Change in contentment	expt	107	-0.14	1.866	0.180
	control	102	0.26	1.955	0.194
Change in perseverance	expt	107	0.29	1.986	0.192
	control	102	0.50	1.795	0.178
Change in insightful	expt	107	0.10	1.966	0.190
	control	102	-0.14	1.623	0.161

Table displays descriptive statistics for Part 2 of the MICRO Spiritual Quotient (SQ) scale, encompassing the subscales of Contentment, Perseverance, and Insight. The control group surpassed the experimental group in Contentment (mean change = 0.26 vs. -0.14) and Perseverance (0.50 vs.0.29), with slightly less variability in Perseverance. The experimental group had a positive mean change in the Insightful subscale (0.10), whereas the control group demonstrated a minor decrease (-0.14). The control group demonstrated a more significant improvement in Contentment and Perseverance, while the experimental group revealed better advancement in Insightful growth.

Table 11.4 Independent sample T test for MICRO SQ scale Part 1

Independent Samples Test										
		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
Change in perceptive healer	Equal variances assumed	2.536	0.113	-0.094	207	0.926	-0.035	0.373	-0.770	0.700
	Equal variance			-0.093	198.194	0.926	-0.035	0.374	-0.773	0.703

		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower	Upper
	s not assumed									
Change in serenity	Equal variances assumed	1.435	0.232	1.349	207	0.179	0.522	0.387	-0.241	1.285
	Equal variances not assumed			1.350	206.990	0.179	0.522	0.387	-0.240	1.284
Change in enlightenment	Equal variances assumed	1.786	0.183	1.406	207	0.161	0.361	0.257	-0.145	0.867
	Equal variances not assumed			1.401	198.091	0.163	0.361	0.258	-0.147	0.869

Table 11.4 displays the outcomes of independent samples t-tests for the MICRO Spiritual Quotient (SQ) Scale Part 1 subscales—Perceptive Healer, Serenity, and Enlightenment—indicating no statistically significant changes between the experimental and control groups. The mean difference for Perceptive Healer was minimal (-0.035), with a p-value of 0.926 and a broad confidence range (-0.770 to 0.700). Serenity had a non-significant mean difference of 0.522 (p = 0.179, CI: -0.241 to 1.285), whereas Enlightenment similarly shown no significant difference (mean = 0.361, p = 0.161, CI: -0.145 to 0.867). The results indicate that the intervention did not produce measurable changes in these aspects of MICRO SQ.

Independent Samples Test										
		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
change_in_contentment	Equal variances assumed	0.045	0.832	-1.532	207	0.127	-0.405	0.264	-0.926	0.116
	Equal variances not assumed			-1.531	205.163	0.127	-0.405	0.265	-0.926	0.117

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change_in_persev erance	Equal variances assumed	0.717	0.398	-0.802	207	0.424	-0.210	0.262	-0.727	0.307
	Equal variances not assumed			-0.804	206.427	0.422	-0.210	0.262	-0.726	0.306
change_in_insight ful	Equal variances assumed	2.342	0.127	0.960	207	0.338	0.240	0.250	-0.253	0.733
	Equal variances not assumed			0.964	202.894	0.336	0.240	0.249	-0.251	0.731

The t-test outcomes for the MICRO Spiritual Quotient (SQ) Scale Part 2 subscales—Contentment, Perseverance, and Insightfulness—demonstrate no statistically significant changes between the experimental and control groups. The mean difference for Contentment was -0.405 (p = 0.127, CI: -0.926 to 0.116), indicating no significant effect. Perseverance produced a non-significant result with a mean difference of -0.210 (p = 0.424, CI: -0.727 to 0.307). Similarly, Insightfulness exhibited no significant difference, with a mean difference of 0.240 (p = 0.338, CI: -0.253 to 0.733). The results demonstrate that the intervention did not produce measurable changes across these subscales.

MICRO SQ study Part2:

Table 11.5 Descriptive Statistics for MICRO SQ scale Part 2:

Group Statistics					
group		N	Mean	Std. Deviation	Std. Error Mean
change_in_liberated	expt	107	0.88	5.549	0.536
	control	102	-1.06	5.667	0.561
change_in_self_trans formative	expt	107	0.18	2.491	0.241
	control	102	0.70	3.565	0.353
change_in_empower ment	expt	107	0.47	3.088	0.299
	control	102	-0.66	3.145	0.311

The descriptive statistics for Part 2 of the MICRO SQ Scale Part 2, which includes the subscales of Liberated, Self-Transformative, and Empowerment, are shown in Table 11.5. The experimental group demonstrated higher mean scores on all three subscales, signifying greater favourable changes compared to the control group. In the Liberated subscale, the experimental group exhibited a mean of 0.88, compared to -1.06 in the control group, demonstrating somewhat reduced variability. In the Self-Transformative category, the control

group exhibited a higher mean (0.70 compared to 0.18), but with larger variability, whereas the experimental group demonstrated more consistent scores. In the Empowerment subscale, the experimental group's mean (0.47) surpassed that of the control group (-0.66), exhibiting somewhat reduced variability and standard error. The experimental group demonstrated more consistent and favourable results across these subscales.

Group Statistics					
group		N	Mean	Std. Deviation	Std. Error Mean
change_in_profound_thinker &visionary	expt	107	0.17	2.553	0.247
	control	102	-0.38	3.588	0.355
change_in_blissful	expt	107	0.79	2.599	0.251
	control	102	-0.36	3.353	0.332
change_in_uprightness	expt	107	0.27	2.405	0.233
	control	102	0.17	3.273	0.324

Table 11.6 displays descriptive statistics on three supplementary subscales of the MICRO SQ Scale Part 2: Profound Thinker & Visionary, Blissful, and Uprightness. The experimental group exhibited superior mean scores across all three subscales compared to the control group, indicating more favourable improvements. The experimental group for Profound Thinker & Visionary achieved a mean score of 0.17, whereas the control group recorded a mean of -0.38, exhibiting less score variability. In the Blissful subscale, the experimental group's mean (0.79) significantly surpassed that of the control group (-0.36), exhibiting less variability. The experimental group demonstrated a slightly higher score in Uprightness (0.27 versus 0.17), along with a more restricted dispersion. The experimental group exceeded the control group in mean scores on all subscales and exhibited superior consistency, as indicated by lower standard deviations and standard errors.

Group Statistics					
group		N	Mean	Std. Deviation	Std. Error Mean
change_in_existential_clarity	expt	107	0.43	2.809	0.272
	control	102	0.10	3.367	0.333
change_in_clairvoyance	expt	107	0.25	1.894	0.183
	control	102	0.26	2.441	0.242

The table shows basic data about two parts of the MICRO SQ Scale Part 2: Existential Clarity and Clairvoyance. In the Existential Clarity section, the experimental group had a higher average score (0. 43) than the control group (0. 10), and their scores were more consistent.

This shows a small but good change for the group being tested. For clairvoyance, both groups had almost the same average scores (0.25 for the group being tested and 0.26 for the control group means their results were pretty similar. However, the experimental group had less variation in their scores (1. 894 compared to the control. 2441), which shows Increases reliability. The experimental group showed a small improvement in understanding their existence and had more consistent results in Clairvoyance, but the overall results for Clairvoyance didn't change much.

Table 11.6 Independent sample T test for MICRO SQ scale Part 2

Independent Samples Test										
		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
change_in_ liberated	Equal variances assumed	0.130	0.719	2.497	207	0.013	1.937	0.776	0.408	3.467
	Equal variances not assumed			2.496	206.014	0.013	1.937	0.776	0.407	3.468
change_in_ self_transfo rmative	Equal variances assumed	10.732	0.001	-1.224	207	0.223	-0.519	0.424	-1.354	0.317
	Equal variances not assumed			-1.213	179.779	0.227	-0.519	0.427	-1.362	0.325
change_in empowerm ent	Equal variances assumed	0.002	0.960	2.607	207	0.010	1.124	0.431	0.274	1.974
	Equal variances not assumed			2.606	206.090	0.010	1.124	0.431	0.274	1.975

Table 11.6 presents the results of independent samples t-tests for the MICRO SQ Scale Part 2 subscales: Liberated, Self-Transformative, and Empowerment. Significant discrepancies were observed in two of the three subscales. The experimental group demonstrated a significant

positive enhancement on the Liberated subscale (mean difference = 1.937, t = 2.497, p = 0.013) and in Empowerment (mean difference = 1.124, t = 2.607, p = 0.010), indicating that the intervention had a measurable and beneficial impact in both areas. No substantial difference was observed for Self-Transformative (mean difference = -0.519, t = -1.224, p = 0.223), suggesting equivalent results for both groups on that subscale.

Independent Samples Test										
		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
change_in_profound_thinker & visionary	Equal variances assumed	9.112	0.003	1.283	207	0.201	0.551	0.429	-0.296	1.397
	Equal variances not assumed			1.273	181.705	0.205	0.551	0.433	-0.303	1.404
change_in_blissful	Equal variances assumed	7.447	0.007	2.773	207	0.006	1.148	0.414	0.332	1.964
	Equal variances not assumed			2.757	190.335	0.006	1.148	0.416	0.327	1.969
change_in_uprightness	Equal variances assumed	9.058	0.003	0.264	207	0.792	0.104	0.396	-0.676	0.885
	Equal variances not assumed			0.262	185.016	0.794	0.104	0.399	-0.683	0.891

Table displays t-test outcomes for three subscales of the MICRO SQ Scale Part 2—Profound Thinker & Visionary, Blissful, and Uprightness. Only the Blissful subscale exhibited a statistically significant difference between the experimental and control groups (t = 2.773, p = 0.006), with the experimental group reflecting a more substantial positive change (mean difference = 1.148). No substantial effects were observed for the Profound Thinker & Visionary subscale (t = 1.283, p = 0.201, mean difference = 0.551) or Uprightness (t = 0.264, p = 0.792, mean difference = 0.104), indicating that the intervention did not significantly affect these domains. The results indicate a distinct effect of the intervention on participants' perception of joy.

Independent Samples Test										
		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
change_in_existential_clarity	Equal variances assumed	4.664	0.032	0.775	207	0.439	0.332	0.428	-0.512	1.176
	Equal variances not assumed			0.772	196.889	0.441	0.332	0.430	-0.516	1.180
change_in_clairvoyance	Equal variances assumed	5.306	0.022	-0.041	207	0.967	-0.012	0.301	-0.607	0.582
	Equal variances not assumed			-0.041	190.420	0.968	-0.012	0.303	-0.610	0.586

Table 11.8 displays the outcomes of the Independent Samples T-test for the final two subscales of the MICRO SQ Scale Part 2: Change in Existential Clarity and Change in Clairvoyance.
The t-test for Change in Existential Clarity indicated no significant difference between the experimental and control groups (t = 0.775, p = 0.439). Although there was a mean difference of 0.332, this difference was not statistically significant, suggesting that the experimental condition did not result in a notable enhancement in existential clarity relative to the control group.
Likewise, the results for Change in Clairvoyance indicated no significant difference (t = -

0.041, p = 0.967). The experimental group demonstrated no significant change in clairvoyance relative to the control group, with a mean difference of -0.012.

MACRO Study Quality of Life (QOL) Scale:

Table 12.1 Descriptive Statistics for MACRO QOL scale:

Group Statistics					
group		N	Mean	Std. Deviation	Std. Error Mean
change_in_ qol	expt	107	0.28	12.349	1.194
	control	102	-4.01	9.816	0.972

Table 12.1 presents descriptive statistics for the MACRO Quality of Life (QOL) scale, comparing the experimental and control groups. The experimental group (N = 107) exhibited a slight positive mean change in quality of life (0.28), while the control group (N = 102) had a negative mean change (-4.01). The standard deviations were significant in both groups, recorded at 12.349 for the experimental group and 9.816 for the control group, reflecting variability in responses, with standard errors of 1.194 and 0.972, respectively. The findings demonstrate an improvement in the quality of life for the experimental group and a decline for the control group; however, statistical analysis is required to determine the significance of the difference.

Table 12.1 Independent Sample T test for MACRO QOL scale:

Independent Samples Test										
		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
change_in_qol	Equal variances assumed	3.015	0.084	2.772	207	0.006	4.290	1.548	1.239	7.342
	Equal variances not assumed			2.787	200.591	0.006	4.290	1.539	1.255	7.326

The results of the independent samples T-test for the MACRO quality of life (QOL) index are shown in table 12.2.

The equality of variances between the experimental and control groups was supported at the

0.05 significance level by the p-value of 0.084 obtained from Levene's Test for Equality of Variances.

Assuming equal variances, the t-test yields a t-value of 2.772 and a degree of freedom (df) of 207. The two-tailed p-value of 0.006 falls below the 0.05 cutoff, demonstrating a statistically significant change in the quality of life between the experimental and control groups. The mean difference between the groups is 4.290, with a standard error of 1.548. The 95% confidence interval for the difference ranges from 1.239 to 7.342, signifying that the true mean difference between the groups lies within this interval.

As a result, the experimental group had a significantly greater enhancement in Quality of Life compared to the control group.

MICRO Quality of Life Study (QOL)

Table 12.3 Descriptive Statistics for MICRO QOL scale:

Group Statistics					
group		N	Mean	Std. Deviation	Std. Error Mean
Change_in_life_satisfaction	expt	107	-0.06	1.842	0.178
	control	102	-0.66	2.284	0.226
change_in_goal_and_motivation	expt	107	-0.06	2.118	0.205
	control	102	0.27	1.925	0.191
change_in_sprituality	expt	107	-0.02	1.933	0.187
	control	102	-0.60	2.222	0.220

Table 12.3 delineates the descriptive statistics for the MICRO Quality of Life (QOL) scale, emphasizing three principal dimensions: Change in Life Satisfaction, Change in Goal and Motivation, and Change in Spirituality. Regarding the alteration in Life Satisfaction, the experimental group exhibited a mean of -0.06 (SD = 1.842), whereas the control group demonstrated a mean of -0.66 (SD = 2.284). The standard error for the experimental group was 0.178, while for the control group, it was 0.226. The experimental group had a mean change in goal and motivation of -0.06 (SD = 2.118), whereas the control group had a mean of 0.27 (SD = 1.925), with standard errors of 0.205 and 0.191, respectively. The experimental group exhibited a mean change in spirituality of -0.02 (SD = 1.933), whereas the control group demonstrated a mean of -0.60 (SD = 2.222), with standard errors of 0.187 and 0.220, respectively. The statistics indicate that the experimental group underwent lesser variations in all three categories of quality of life compared to the control group.

Group Statistics					
group		N	Mean	Std. Deviation	Std. Error Mean
	expt	107	0.04	2.298	0.222

change_in_happine ss	control	102	-0.17	2.342	0.232
change_in_hopesa ndwishes	expt	107	-0.07	1.681	0.162
	control	102	-0.77	2.152	0.213
change_in_stress_r eduction	expt	107	-0.36	2.504	0.242
	control	102	-0.30	2.699	0.267

Table presents the descriptive statistics for supplementary dimensions of the MICRO Quality of Life (QOL) scale, notably addressing Change in Happiness, Change in Hopes and Wishes, and Change in Stress Reduction. In terms of Change in Happiness, the experimental group exhibited a mean of 0.04 (SD = 2.298), whereas the control group displayed a mean of -0.17 (SD = 2.342). The standard errors were 0.222 for the experimental group and 0.232 for the control group. The experimental group exhibited a mean change in Hopes and Wishes of -0.07 (SD = 1.681), whereas the control group demonstrated a mean of -0.77 (SD = 2.152), with standard errors of 0.162 and 0.213, respectively. In terms of Change in Stress Reduction, the experimental group exhibited a mean of -0.36 (SD = 2.504), whereas the control group had a mean of -0.30 (SD = 2.699), with standard errors of 0.242 and 0.267, respectively. The statistics indicate that the experimental group typically underwent less adverse change or even slight enhancement across various dimensions relative to the control group.

Group Statistics					
group		N	Mean	Std. Deviatio n	Std. Error Mean
change_in_F_D_A	expt	107	0.42	3.010	0.291
	control	102	-0.87	2.440	0.242
change_in_adjustment	expt	107	-0.07	2.356	0.228
	control	102	0.10	2.589	0.256
change_in_physical_wel l_being & self-care	expt	107	0.28	2.180	0.211
	control	102	-0.31	2.363	0.234

Table displays the descriptive data for the Change in F_D_A, Change in Adjustment, and Change in Physical Well-being & Self-care scales. In the context of Change in F, D, & A, the experimental group exhibited a mean of 0.42 (SD = 3.010), while the control group had a mean of -0.87 (SD = 2.440). The standard errors were 0.291 for the experimental group and 0.242 for the control group. For Change in Adjustment, the experimental group had a mean of -0.07 (SD = 2.356), whereas the control group had a mean of 0.10 (SD = 2.589), with standard errors of 0.228 and 0.256, respectively. In the realm of Change in Physical Well-being & Self-care, the experimental group demonstrated a mean of 0.28 (SD = 2.180), whereas the control group recorded a mean of -0.31 (SD = 2.363), with standard errors of 0.211 and 0.234, respectively. The results indicate that the experimental group generally exhibited a favourable change or enhancement across these dimensions in contrast to the control group, which demonstrated more adverse changes or diminished improvements.

Group Statistics					
group		N	Mean	Std. Deviation	Std. Error Mean
change in _effectiveness_of_m yself	expt	107	0.13	1.672	0.162
	control	102	-0.11	1.694	0.168
change_in_personal_ evolution	expt	107	0.04	2.248	0.217
	control	102	-0.59	2.410	0.239

Table displays the descriptive data for the Change in Effectiveness of Myself and Change in Personal Evolution measures. In the Change in Effectiveness of Myself measure, the experimental group exhibited a mean of 0.13 (SD = 1.672), whereas the control group displayed a mean of -0.11 (SD = 1.694). The standard errors were 0.162 for the experimental group and 0.168 for the control group. The experimental group exhibited a mean of 0.04 (SD = 2.248) on the Change in Personal Evolution scale, whereas the control group recorded a mean of -0.59 (SD = 2.410).The standard errors for the experimental group were 0.217, while for the control group, they were 0.239.

The findings reveal that the experimental group shown slight improvements in self-efficacy and personal development, whereas the control group saw somewhat negative changes, with the experimental group attaining superior outcomes in both domains.

Table 12.4 Independent Sample T test for MICRO QOL scale:

Independent Samples Test										
		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
Change_in_ life_satisfac tion	Equal variances assumed	7.527	0.007	2.098	207	0.037	0.601	0.286	0.036	1.165
	Equal variances not assumed			2.087	193.999	0.038	0.601	0.288	0.033	1.169
change_in_ goal_and_m otivation	Equal variances assumed	0.016	0.899	-1.179	207	0.240	-0.331	0.280	-0.883	0.222

		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower	Upper
	Equal variances not assumed			-1.182	206.535	0.239	-0.331	0.280	-0.882	0.221
change_in_sprituality	Equal variances assumed	3.098	0.080	2.014	207	0.045	0.579	0.288	0.012	1.146
	Equal variances not assumed			2.007	200.076	0.046	0.579	0.289	0.010	1.148

In Table 12.4, we show independent sample t-tests for three MICRO QOL variables: Life Satisfaction, Goal and Motivation, and Spirituality. Compared to the control group, the experimental group saw statistically significant gains in Spirituality (t = 2.014, p = 0.045) and Life Satisfaction (t = 2.098, p = 0.037). The experimental group demonstrated higher mean ratings for Life Satisfaction (0.60 against -0.66) and a smaller decline in Spirituality (-0.02 compared to -0.60), indicating a more advantageous result. However, there was no statistically significant difference between the groups for Goal and Motivation (t = -1.179, p = 0.240), suggesting similar effects in that domain. The intervention appears to have favourably influenced participants' perceived life satisfaction and spirituality.

Independent Samples Test										
		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
change_in_happiness	Equal variances assumed	0.510	0.476	0.636	207	0.526	0.204	0.321	-0.429	0.837
	Equal variances not assumed			0.635	206.071	0.526	0.204	0.321	-0.429	0.837
change_in_hopes and wishes	Equal variances assumed	7.339	0.007	2.627	207	0.009	0.700	0.266	0.175	1.225

		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower	Upper
	Equal variances not assumed			2.611	191.043	0.010	0.700	0.268	0.171	1.228
change_in_stress_reduction	Equal variances assumed	1.025	0.313	-0.142	207	0.887	-0.051	0.360	-0.761	0.658
	Equal variances not assumed			-0.142	203.927	0.887	-0.051	0.361	-0.762	0.660

An independent samples t-test was conducted to compare the experimental and control groups on three MICRO Quality of Life (QOL) subscales: happiness, hopes and wishes, and stress reduction. No significant alterations were detected in satisfaction (t = 0.636, p = 0.526) or stress alleviation (t = -0.142, p = 0.887), as both groups exhibited comparable outcomes in these areas. A significant difference was noted for hopes and wishes (t = 2.627, p = 0.009), with the experimental group demonstrating more favourable changes (mean difference = 0.700, 95% CI: 0.175 to 1.225). The findings demonstrate that the intervention effectively impacted participants' sense of optimism and aspiration; however, it did not significantly affect happiness or stress levels.

Independent Samples Test										
		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
change_in_F_D_A	Equal variances assumed	2.615	0.107	3.402	207	0.001	1.293	0.380	0.544	2.042
	Equal variances not assumed			3.419	201.857	0.001	1.293	0.378	0.547	2.039
change_in_adjustment	Equal variances es	1.028	0.312	-0.478	207	0.633	-0.163	0.342	-0.838	0.511

		F	Sig	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower	Upper
	assumed									
	Equal variances not assumed			-0.477	202.922	0.634	-0.163	0.343	-0.840	0.513
change_in_physical_well_being & self-care	Equal variances assumed	1.375	0.242	1.890	207	0.060	0.594	0.314	-0.025	1.214
	Equal variances not assumed			1.887	203.637	0.061	0.594	0.315	-0.027	1.215

An independent samples t-test was employed to evaluate the experimental and control groups on the supplementary subscales of the MICRO Quality of Life (QOL) scale: change in Family, Daily Activities (F_D_A), adjustment, and physical well-being & self-care. The experimental group (M = 0.42, SD = 3.010) exhibited a substantially higher score than the control group (M = -0.87, SD = 2.440), t (207) = 3.402, p = 0.001, indicating a statistically significant difference in the F_D_A subscale. The mean difference of 1.293 suggests that the intervention positively impacted participants' assessments of their familial and daily functioning. No notable difference was detected in adjustment change (t (207) = -0.478, p = 0.633), indicating that both groups had similar levels of change. The experimental group exhibited a trend toward improvement in physical well-being and self-care (M = 0.28, SD = 2.180) compared to the control group (M = -0.31, SD = 2.363), with a t-value of t(207) = 1.890 and a p-value of 0.060, indicating a near-significant difference.

Independent Samples Test										
		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
change in _effectiveness of_myself	Equal variances	0.185	0.668	1.025	207	0.306	0.239	0.233	-0.220	0.698

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		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower	Upper
	assumed									
	Equal variances not assumed			1.025	206.223	0.307	0.239	0.233	-0.220	0.698
change_in_personal_evolution	Equal variances assumed	2.492	0.116	1.941	207	0.054	0.626	0.322	-0.010	1.261
	Equal variances not assumed			1.938	204.189	0.054	0.626	0.323	-0.011	1.262

An independent samples t-test was conducted to assess the difference between the experimental and control groups on two MICRO QOL subscales: change in effectiveness of myself and change in personal development. The comparison of the efficacy of the self-subscale indicated no statistically significant difference between the experimental group (M = 0.13, SD = 1.672) and the control group (M = -0.11, SD = 1.694), t(207) = 1.025, p = 0.306. In the personal development subscale, the experimental group (M = 0.04, SD = 2.248) outperformed the control group (M = -0.59, SD = 2.410); however, this difference was not statistically significant at t(207) = 1.941, p = 0.054. At the standard significance threshold of 0.05, the data is inadequate to establish a conclusive effect, however it suggests a potential trend favouring the experimental group.

Analysis of Variance (Three-way Anova):

Anova for MQ scale:

Hypothesis:

Main Effects:

Gender

H01 (Null): There is no significant effect of gender on the Mental Quotient (MQ) Scale.

H11 (Alt): There is a significant effect of gender on the (MQ) Scale.

Age Group

H02 (Null): There is no significant effect of age group on the Mental Quotient (MQ) Scale.

H12 (Alt): There is a significant effect of age group on the Mental Quotient (MQ) Scale.

Group (Experimental vs. Control)

H03 (Null): There is no significant effect of group on the Mental Quotient (MQ) Scale.

H13 (Alt): There is a significant effect of group on the Mental Quotient (MQ) Scale.

Two-Way Interactions:

Gender × Age Group

H04 (Null): There is no interaction effect between gender and age group.

H14 (Alt): There is an interaction effect between gender and age group.

Gender × Group

H05 (Null): There is no interaction effect between gender and group.

H15 (Alt): There is an interaction effect between gender and group.

Age Group × Group

H06 (Null): There is no interaction effect between age group and group.

H16 (Alt): There is an interaction effect between age group and group.

Three-Way Interaction:

Gender × Age Group × Group

H07 (Null): There is no three-way interaction among gender, age group, and group on the dependent variable.

H17 (Alt): There is a significant three-way interaction among gender, age group, and group.

Table13.1 Between-Subjects Factors and Sample Sizes For MQ

Between-Subjects Factors		
		N
group	1	107
	2	102
Gender	1	91
	2	118
age _group	1	150
	2	59

Interpretation:

We have 3 Factors: Group (Experiment and Control), Gender (Male and female) and Age Group (17-18, 19-20-21).

Experiment Group is Coded as 1 and for Experiment Group we have 107 observations. Control Group is coded as 2 and for Control we have 102 observations.

In Gender Factor Male is Coded as 1 and we have 91 Males and Female is coded as 2 and we have total 118 females.

In Age Group age 17 and 18 is coded as 1 and age 19,20,21 is coded as 2 considering as one group.

Table13.2 Tests of Between-Subjects Effects for MQ

Tests of Between-Subjects Effects					
Dependent Variable:	Change in MQ				
Source	Type III Sum of Squares	df	Mean Square	F	Sig.
Corrected Model	288.658[a]	7	41.237	4.066	0.000
Intercept	44.505	1	44.505	4.388	0.037
group	29.849	1	29.849	2.943	0.088
Gender	113.873	1	113.873	11.228	0.001
Age group	3.784E-05	1	3.784E-05	0.000	0.998
group * Gender	80.631	1	80.631	7.951	0.005
group * age group	2.093	1	2.093	0.206	0.650
Gender * age group	14.744	1	14.744	1.454	0.229
group * Gender * age group	1.689	1	1.689	0.167	0.684
Error	2038.442	201	10.142		
Total	2396.000	209			
Corrected Total	2327.100	208			
a. R Squared = .124 (Adjusted R Squared = .094)					

Interpretation:

Three Way ANOVA model is significant with adjusted R square 0.094.

Gender had a statistically significant effect on the change in MQ as P Value is 0.001 which is less than 0.05.
This means males and females showed significantly different changes in MQ.

Group × Gender interaction is also significant as p value is 0.005 which is less than 0.05

This suggests the effect of being in the experimental vs. control group on MQ was different for males and females.

Group alone showed a marginal effect ($p = 0.088$) — not quite statistically significant at the 0.05 level but close.

This means there may be a difference in change in MQ between the experimental and control group, but it's not strong enough to confirm statistically.

Age group, and the other interaction effects (Group × Age Group, Gender × Age Group, and the three-way interaction) were not statistically significant ($p > 0.05$).
This means age group did not influence MQ change, nor did the combinations of age with group or gender.

Anova for EQ scale:

Hypothesis:

Main Effects:

Gender

H01 (Null): There is no significant effect of gender on the Emotional Quotient (EQ) Scale.

H11 (Alt): There is a significant effect of gender on the (EQ) Scale.

Age Group

H02 (Null): There is no significant effect of age group on the Emotional Quotient (EQ) Scale.

H12 (Alt): There is a significant effect of age group on the Emotional Quotient (EQ) Scale.

Group (Experimental vs. Control)

H03 (Null): There is no significant effect of group on the Emotional Quotient (EQ) Scale.

H13 (Alt): There is a significant effect of group on the Emotional Quotient (EQ) Scale.

Two-Way Interactions:

Gender × Age Group

H04 (Null): There is no interaction effect between gender and age group.

H14 (Alt): There is an interaction effect between gender and age group.

Gender × Group

H05 (Null): There is no interaction effect between gender and group.

H15 (Alt): There is an interaction effect between gender and group.

Age Group × Group

H06 (Null): There is no interaction effect between age group and group.

H16 (Alt): There is an interaction effect between age group and group.

Three-Way Interaction:

Gender × Age Group × Group

H07 (Null): There is no three-way interaction among gender, age group, and group on the dependent variable.

H17 (Alt): There is a significant three-way interaction among gender, age group, and group.

Table14.1 Between-Subjects Factors and Sample Sizes For EQ

Between-Subjects Factors		
		N
group	1	107
	2	102
Gender	1	91
	2	118
age _group	1	150
	2	59

We have 3 Factors: Group (Experiment and Control), Gender (Male and female) and Age Group (17-18, 19-20-21).

Experiment Group is Coded as 1 and for Experiment Group we have 107 observations. Control Group is coded as 2 and for Control we have 102 observations.

In Gender Factor Male is Coded as 1 and we have 91 Males and Female is coded as 2 and we have total 118 females.

In Age Group age 17 and 18 is coded as 1 and age 19,20,21 is coded as 2 considering as one group.

Table14.2 Tests of Between-Subjects Effects for EQ

Tests of Between-Subjects Effects					
Dependent Variable:	Change in EQ				
Source	Type III Sum of Squares	df	Mean Square	F	Sig.
Corrected Model	6206.742[a]	7	886.677	20.608	0.000
Intercept	3220.915	1	3220.915	74.860	0.000
group	3340.182	1	3340.182	77.632	0.000
Gender	425.452	1	425.452	9.888	0.002
Age group	0.186	1	0.186	0.004	0.948

group * Gender	432.138	1	432.138	10.044	0.002
group * age group	3.671	1	3.671	0.085	0.771
Gender * age group	15.900	1	15.900	0.370	0.544
group * Gender * age group	15.810	1	15.810	0.367	0.545
Error	8648.139	201	43.026		
Total	20030.000	209			
Corrected Total	14854.880	208			
a. R Squared = .418 (Adjusted R Squared = .398)					

Interpretation:

The Three-way ANOVA model is statistically significant as P value is less than 0.05 with Adjusted r square of 0.398.

Group (Experimental and Control) shows strong statistically significant effect on the change in Emotional Quotient EQ as P value is 0.000.
This means the experimental group and control group showed significantly different changes in their EQ scores.

Gender also has statistically significant effect as p value is 0.002 which is less than 0.05

Males and females showed significantly different changes in EQ.

The Group × Gender interaction is also statistically significant as *p value = 0.002*.

This suggests the impact of the Group on EQ differed by gender—in other words, the change in EQ from the Group (Experiment vs control) varied between males and females.

Age group, and the interactions Group × Age Group, Gender × Age Group, and Group × Gender × Age Group were not statistically significant (*p > 0.05*).

This means age did not significantly affect changes in EQ, either on its own or in combination with other factors.

Anova for SQ scale:

Hypothesis:

Main Effects:

Gender

H01 (Null): There is no significant effect of gender on the Spiritual Quotient (SQ) Scale.

H11 (Alt): There is a significant effect of gender on the (SQ) Scale.

Age Group

H02 (Null): There is no significant effect of age group on the Spiritual Quotient (SQ) Scale.

H12 (Alt): There is a significant effect of age group on the Spiritual Quotient (SQ) Scale.

Group (Experimental vs. Control)

H03 (Null): There is no significant effect of group on the Spiritual Quotient (SQ) Scale.

H13 (Alt): There is a significant effect of group on the Spiritual Quotient (SQ) Scale.

Two-Way Interactions:

Gender × Age Group

H04 (Null): There is no interaction effect between gender and age group.

H14 (Alt): There is an interaction effect between gender and age group.

Gender × Group

H05 (Null): There is no interaction effect between gender and group.

H15 (Alt): There is an interaction effect between gender and group.

Age Group × Group

H06 (Null): There is no interaction effect between age group and group.

H16 (Alt): There is an interaction effect between age group and group.

Three-Way Interaction:

Gender × Age Group × Group

H07 (Null): There is no three-way interaction among gender, age group, and group on the dependent variable.

H17 (Alt): There is a significant three-way interaction among gender, age group, and group.

Table15.1 Between-Subjects Factors and Sample Sizes For SQ

Between-Subjects Factors		N
group	1	107
	2	102
Gender	1	91
	2	118
age _group	1	150
	2	59

We have 3 Factors: Group (Experiment and Control), Gender (Male and female) and Age Group (17-18, 19-20-21).

Experiment Group is Coded as 1 and for Experiment Group we have 107 observations. Control Group is coded as 2 and for Control we have 102 observations.

In Gender Factor Male is Coded as 1 and we have 91 Males and Female is coded as 2 and we have total 118 females.

In Age Group age 17 and 18 is coded as 1 and age 19,20,21 is coded as 2 considering as one group.

Table15.2 Tests of Between-Subjects Effects for SQ

Tests of Between-Subjects Effects					
Dependent Variable:	Change in SQ				
Source	Type III Sum of Squares	df	Mean Square	F	Sig.
Corrected Model	5116.349[a]	7	730.907	3.758	0.001
Intercept	1359.675	1	1359.675	6.991	0.009
group	1868.431	1	1868.431	9.607	0.002
Gender	728.085	1	728.085	3.744	0.054
Age group	610.089	1	610.089	3.137	0.078
group * Gender	857.773	1	857.773	4.411	0.037
group * age group	146.316	1	146.316	0.752	0.387
Gender * age group	75.154	1	75.154	0.386	0.535

group * Gender * age group	3.156	1	3.156	0.016	0.899
Error	39090.417	201	194.480		
Total	44942.000	209			
Corrected Total	44206.766	208			
a. R Squared = .116 (Adjusted R Squared = .085)					

Interpretation:

The Three-way ANOVA model is highly statistically significant P value is less than 0.05 with Adjusted r square of 0.085.

Group (experimental vs. control) had a statistically significant effect on the change in SQ (*p = 0.002*).
This means the participants in the experimental and control groups showed significantly different changes in their SQ scores.

Gender showed a marginally significant effect (*p = 0.054*).
This suggests that males and females may have experienced different changes in SQ, but the evidence is just above the conventional 0.05 threshold, so it's not statistically confirmed.

The Group × Gender interaction was statistically significant (*p = 0.037*).

This implies the impact of Group (experiment vs control) on SQ varied by gender—that is, the effect of being in the experimental vs. control group depended on whether the participant was male or female.

The other interaction terms (Group × Age Group, Gender × Age Group, and Group × Gender × Age Group) were not statistically significant (*p > 0.05*).
This means there were no meaningful combined effects of age and group or gender on SQ changes.

Anova for QOL Scale:

Hypothesis:

Main Effects:

Gender

H01 (Null): There is no significant effect of gender on the Quality of life (QOL) Scale.

H11 (Alt): There is a significant effect of gender on the Quality of life (QOL) Scale.

Age Group

H02 (Null): There is no significant effect of age group on the Quality of life (QOL) Scale.

H12 (Alt): There is a significant effect of age group on the Quality of life (QOL) Scale.

Group (Experimental vs. Control)

H03 (Null): There is no significant effect of group on the Quality of life (QOL) Scale.

H13 (Alt): There is a significant effect of group on the Quality of life (QOL) Scale.

Two-Way Interactions:

Gender × Age Group

H04 (Null): There is no interaction effect between gender and age group.

H14 (Alt): There is an interaction effect between gender and age group.

Gender × Group

H05 (Null): There is no interaction effect between gender and group.

H15 (Alt): There is an interaction effect between gender and group.

Age Group × Group

H06 (Null): There is no interaction effect between age group and group.

H16 (Alt): There is an interaction effect between age group and group.

Three-Way Interaction:

Gender × Age Group × Group

H07 (Null): There is no three-way interaction among gender, age group, and group on the dependent variable.

H17 (Alt): There is a significant three-way interaction among gender, age group, and group.

Table16.1 Between-Subjects Factors and Sample Sizes For QOL

Between-Subjects Factors		
		N
group	1	107
	2	102
Gender	1	91
	2	118
age _group	1	150
	2	59

We have 3 Factors: Group (Experiment and Control), Gender (Male and female) and Age Group (17-18, 19-20-21).

Experiment Group is Coded as 1 and for Experiment Group we have 107 observations. Control Group is coded as 2 and for Control we have 102 observations.

In Gender Factor Male is Coded as 1 and we have 91 Males and Female is coded as 2 and we have total 118 females.

In Age Group age 17 and 18 is coded as 1 and age 19,20,21 is coded as 2 considering as one group.

Table16.2 Tests of Between-Subjects Effects for QOL

Tests of Between-Subjects Effects					
Dependent Variable:	Change in qol				
Source	Type III Sum of Squares	df	Mean Square	F	Sig.
Corrected Model	2568.132ᵃ	7	366.876	3.036	0.005
Intercept	157.207	1	157.207	1.301	0.255
group	659.642	1	659.642	5.459	0.020
Gender	277.384	1	277.384	2.295	0.131
Age group	45.461	1	45.461	0.376	0.540
group * Gender	880.405	1	880.405	7.285	0.008
group * age group	0.448	1	0.448	0.004	0.951
Gender * age group	48.347	1	48.347	0.400	0.528
group * Gender * age group	2.372	1	2.372	0.020	0.889
Error	24289.590	201	120.844		
Total	27545.000	209			
Corrected Total	26857.722	208			
a. R Squared = .096 (Adjusted R Squared = .064)					

Interpretation:

The Three-way ANOVA model is highly statistically significant P value is less than 0.05 with Adjusted r square of 0.085.

Group (experimental vs. control) had a statistically significant effect on the change in QOL (*p = 0.02*).
This means the participants in the experimental and control groups showed significantly different changes in their QOL scores.

Effect of Gender is Insignificant for QOL Scale.

The Group × Gender interaction was statistically significant (*p = 0.008*).

This implies the impact of Group (experiment vs control) on QOL varied by gender—that is, the effect of being in the experimental vs. control group depended on whether the participant was male or female.

The other interaction terms (Group × Age Group, Gender × Age Group, and Group × Gender × Age Group) were not statistically significant ($p > 0.05$).
This means there were no meaningful combined effects of age and group or gender on QOL changes.

An overview of the MQ, EQ, SQ, and QOL Three-Way ANOVA results:

 1. The MQ, EQ, SQ, and QOL models are all statistically significant ($p < 0.01$).

2. EQ, SQ, and QOL are significantly impacted by the group (control vs. experimental), while MQ is unaffected.

 3. Gender has a marginally significant impact on SQ but a considerable impact on MQ, EQ, and QOL.

 4. Age group exhibits a minor effect on SQ but no substantial major effect on any scale.

 5. Across all four scales, the Group × Gender interaction is substantial, suggesting that gender affects treatment results.

 6. Gender × Age and Group × Age are not significant two-way interactions.

 7. For every scale, there is no discernible three-way interaction (Group × Gender × Age).

8. Age group alone or in interaction doesn't contribute significantly to score changes.