Influence of Spiritual intelligence on Happiness and Well being: A Review

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Abstract

Mental health is an ineluctable topic of conversation during unprecedented pandemic or natural disasters. Studies show that improving Spiritual intelligence (SI) can improve everyone’s mental health. Problem-solving, meaning and purpose in life, overall well-being, resilience, and good intrapersonal and interpersonal relationships are all areas where spiritual intelligence can be employed. As Spiritual Intelligence is a key part of every human being, it focuses on numerous good results. SI is sometimes known as a spiritual quotient. Spiritual intelligence has an inevitable role in the life of every individual. It influences all stages of existence and increases mental health for one’s personal and professional progress. SI is also a helpful tool for a healthy lifestyle since it helps people to cope with stressful situations and recover from traumatic events. This article concludes that students, employees, and professionals need spiritual intelligence training to deal with challenging situations. Self-awareness and spiritual intelligence can be nurtured through mindfulness, psychotherapy, yoga, meditation, and psychoeducation. The necessities of psychological interventions are unavoidable in this present pandemic situation. Many research studies stress the importance of mental health and the need for appropriate mental health interventions.

Keywords: Spiritual intelligence, SI’s positive outcomes, individual’s wellbeing, mental health, covid 19 pandemic

Introduction

Anyone who wishes to have a peaceful life must understand the importance of mental health because it is an inevitable aspect of everyone’s life. Often studies are concerned with good mental health, and in recent years positive mental health has gained much relevance. One of the possible reasons for the growing emphasis on mental health is simply its role in bringing down positive outcomes among the members of society. Behind the importance of mental health is its positive outcome for the people and society. Mental health is essential for living a happy and peaceful life and needs to take national and international planning and decisions (Aliabadi et al., 2021). It is essential to be mentally prepared, not fall into serious mental health issues, but at the same time to be resilient. Everyone struggles to balance their lives amidst pandemics and other natural calamities followed by injuries and trauma. It applies to all sessions of people worldwide despite cultural and social differences. Therefore, positive mental health is an immediate need of time, and it can attain by enhancing spiritual Intelligence. We are obligated to enhance our spiritual Intelligence (SQ) to live the high-quality standards of existence as spiritual beings going through human experience (Singh & Sinha, 2013). World health organization (WHO) (2020) had concerned about mental health issues. New measures like self-isolation and quarantine are expected to impact people’s daily duties, habits, and livelihoods, increasing loneliness, anxiety, frustration, insomnia, excessive alcohol and drug use, self-harm, and suicidal tendencies. Pandemic situation predicts high mental health issues (Kumar & Nayar, 2021; Banna et al.,2022), which is now visible. Mental health promotion strives to promote people’s well-being and quality of life by developing individual skills, resources, and
psychological capabilities and boosting social values (Jané-Llopis et al., 2005).

A high level of Spiritual Intelligence gives a deeper meaning and purpose in life, which would lead them to be highly resilient people. SI also has a high capacity in fostering positive mental health. It is not spirituality nor concerned with religion; however, it takes spirituality and Intelligence and forms a new construct (Amram et al., 2008). It is a sort of self-discovery and learning. It allows the mind to be open and self-questioning to better understand the inner and intra relationships. It gives a space for existential thinking and self-awareness. This could be attained by training oneself through various practices like yoga, meditation, psychological therapies, and technics. All these constitute the development of spiritual Intelligence. High spiritual intelligence aids in daily living, which helps in problem-solving. Amidst this pandemic, SI reduces mental health issues and helps to live everyday life healthily.

**Spiritual intelligence and positive outcomes**

**Spiritual intelligence**

The inner life of mind and spirit and its link to exist in the world is the focus of spiritual Intelligence. It means the ability to comprehend existential questions in-depth and to see into numerous levels of awareness. It is more than a person’s mental capacity. The word spiritual is derived from the Latin root “Spirits,” meaning “breath,” alluding to the breath of life. It entails broadening our horizons and cultivating our awe, respect, and gratitude capacity. It is the ability to see the sacred in the mundane, feel the energy of life, experience the delight of being present, and keep one’s integrity. Spiritual Intelligence is both an unconscious component of oneself and the ability to connect with one’s sole purpose in life. It encourages people to think outside the box, think humbly, act meaningfully, and solve problems from a broad perspective to solve the problems they face on a daily basis. It is the most advanced intellect, allowing a person to think beyond the apparent. Authors have varied perspectives on it. According to Emmons (2000), Spiritual Intelligence helps in adaptive problem solving, leading people to attain a healthy mental state. Spiritual Intelligence is one of the numerous types of Intelligence that can be developed relatively and independently. Spiritual Intelligence necessitates the integration of the mind and spirit’s inner existence with the outside life of worldly activities and a variety of means of knowing. Inquiry, practice, and questing are all a great help to develop it. Spiritual experiences may also contribute to its development, depending on the setting and integration strategies used. Zohar, Marshall, and Marshall (2000) explained: “spiritual intelligence is access to the use of meaning, vision, and value in the way we think and the decision we make.” Spiritual Intelligence has been shown to improve people’s physical and mental well-being. It entails having a sense of purpose and mission in life, a sense of holiness, a more balanced sense of values, and believing in the improvement of the world. This Intelligence is a set of abilities, capacities, and spiritual resources that lead to flexibility and, as a result, improved mental health in people. According to Halama and Strizensec (2004), Spiritual Intelligence is “knowledge of the sacred.” Wolman (2001) demonstrated spiritual Intelligence as the “human capacity to ask the ultimate question about the meaning of life and to simultaneously experience the seamless connection between each of us and the world in which we live.” It can be better understood with the combination of intelligent quotient (IQ) and Emotional Quotient (EQ) (Zohar, 2012). Thus, SI can be developed through practice and explained as love, wisdom, service, and making spiritual decisions that promote psychological well-being and overall healthy human development (Vaughan, 2002). As a result, spiritual Intelligence is a process anyone can engage in at any age. The importance of spiritual Intelligence comes to its relevance when we think of its positive outcomes. Studies prove that there are high positive outcomes with increasing spiritual Intelligence among all age people. It focuses on cognitive restructuring and behavior modification through interventions, which mainly help people cope with the trauma they may face in the future. It also elevates SQ by embracing holistic therapies and developing a holistic approach to life (Seena & Sundaram, 2018).

**Health care workers**

The rising body of research on spiritual intelligence offers new light on the value of spiritual self-awareness and training as a means of improving service quality and lowering stress on healthcare workers. When establishing educational programs aimed at better-prepared professionals, those in charge of healthcare professional programs should keep this in mind (Pinto & Pinto, 2020). As per studies, there was a considerable linkage between Spiritual quotient (SQ) and self-compassion (Zarrinabadi et al., 2020). Spiritual Intelligence’s (SI’s) critical existential thinking and transcendental consciousness characteristics
The positive behavior of employees would improve by an increase in SI, which could lead to the betterment of the organization (Pakdaman & Balideh, 2020). It can construct a balanced and harmonious relationship among organizational employees (Ramachandaran et al., 2017) and helps to increase resilience (Khosravi & Nikmanesh, 2014). Components of spiritual intelligence would bring positive outcomes to employees’ lives and the organization (Mahmood et al., 2018). Studies also suggest that human resource managers and leaders need to understand spiritual intelligence and work satisfaction (Koražija et al., 2016). Employers bear a considerable financial burden from depressed employees. According to research evidence, worker depression appears to have an immense impact on productivity losses, including increased absenteeism and short-term incapacity, higher turnover, and poorer performance at work (Goetzel et al., 2002). One of the primary reasons for sickness absence and work incapacity is mental health issues (Nielsen et al., 2012; Hamouche, 2020).

Ways to alter the system to better support employees with functional limitations linked to mental health concerns. It should be promptly examined when considering police and emergency service personnel (Kyron et al., 2021). The pandemic stresses lead hotel personnel to difficulties functioning, and their overall performance suffers (Karatepe et al., 2021). The impacts on mental health indices and cognitive ability were overwhelmingly positive, but there were mixed results for recuperation and restoration, as well as psychophysiological indicators of health and life and job happiness (Gritzka et al., 2020). Employees’ fear of COVID-19 is strongly connected with their psychological discomfort and effective work performance (Sasaki et al., 2020). All these studies reflect employees’ poor mental health conditions in various sectors. It needs to be rectified with good mental health strategies. Being able to discern the real meaning of events and circumstances and make work meaningful may help them be happy in their work environment. In this spiritual intelligence development process, therapy or counseling may be beneficial. Counseling may be viewed as a process that supports one in recognizing and practicing spiritual intelligence in life (Ronel, 2008).

Teachers and Students

A responsible teacher respects the expectations of students, institutions, and society while upholding the standards of their respective roles. Teachers and schools are expected to serve new skills and knowledge today. It also explores the new challenges teachers face in today’s diverse world. Personal values can enable a teacher to design an integrated teaching strategy. The most crucial topic in psychology is student mental health, one of instructors’ and trainers’ primary responsibilities is to provide good mental health, and the instructors need to be well prepared. It means teachers’ mental health is as important as the student’s. Spiritual intelligence training leads to increased life satisfaction among teachers (Magesh & Amaldoss, 2013). The quality of work-life was influenced by the high level of Spiritual Intelligence (Nurmaini et al., 2021). Improvement in spiritual intelligence has a relationship between self-esteem and adolescents’ mental health, so an increase in SI can promote a decrease in psychosocial problems among adolescents (Arif, 2015). SI instructions enhance students’ resilience and responsibility (Javadi Nejad et al., 2019).
and enhance persons’ mental wellbeing (Ajele et al., 2021). Students' mental health affected during covid 19 require help from society, schools, colleges, and families (Cao et al., 2020). In this situation. Spiritual intelligence plays a significant role in the life of a student. In particular, the focus on the spiritual quotient improves spiritual intelligence practices. Anyone with practice can attain it because spiritual intelligence is considered developmental (Ronel, 2008), resulting in effective, ethical choices (Arsang-Jang et al., 2020). Teachers’ spiritual intelligence was associated with job satisfaction (Yahyazadeh-Jeloudar, 2012) and plays an essential role in influencing students’ quality of life (Bolghan-Abadi et al., 2014). Spiritual intelligence and mental health relate significantly among students (Pant & Srivastava, 2019). According to experimental studies, as a novel psychological construct, spiritual intelligence training has been shown to reduce psychological disasters and increase the professional level of mental health among high school students (Charkhabi et al., 2014). Students’ mental health needs to be taken care of because they build society and nation. A high level of mental health is associated with creativity, academic progress, productivity, positive thinking, positive social relationship, and improved physical health. Spiritual intelligence could be improved through group counseling. Counseling is highly suggestible to conduct mental health awareness training in schools and colleges to build good mental health for teachers and students. A transactional analysis training intervention significantly improved married students’ perceptions of spiritual intelligence (Zhang & Wang, 2018). It touches the way we think, feel and act in our environment because it involves our emotional, psychological, and social wellbeing. Similarly, it determines how they deal with day today problems with highly effective solutions.

**COVID-19 Pandemic**

COVID-19 influenced everyone immensely, affecting all people economically, socially, physically, and psychologically (Patnaik & Maji, 2020). This is evident in many research findings, especially in all the COVID-19-related studies. There is an emergency to find a practical solution to these conditions for its pernicious effects on the mental health. However, India, with her high seething population, it is not easy to manage the mental health of everyone. Many mental health professionals are hand in hand working with the medical health department in addition to other mental health centers. Frustration and Boredom could be one reason for people to become stressed. The limited social and physical contact made the people more stressed as well. People living in poverty find it hard to procure a square meal, which becomes frustrating and disappointing. The isolation and quarantine pushed them to feel loneliness. Fear of contracting the virus is another major reason for people turning anxious and petrified. Financial instability leads to another fear. Lack of financial support always led the people to take extreme steps in their life, and especially losing a job was a helpless situation.

People commit suicide due to starvation and lack of resources to sustain their livelihood. So, this spiritual intelligence will become relevant and needed to prevent these serious mental health issues. SI deals with meaning and purpose in life. Studies establish that mental health strategies are aids in the reduction of the number of suicide cases. (Sher, 2020). Understanding the crisis, several Western countries have introduced a crisis intervention handbook as a practical guide to tackle the present situation (Newgass & Schonfeld, 2015). An overall development could be complex, but it calls for immediate attention to focus on intervention programs during this increased disease condition and psychological issues. This situation not only affects the individual but also society as a whole. Good mental health, emotional wellbeing, and psychological functioning are required for everyone during the COVID-19 pandemic outbreak (Mukhtar & Mukhtar, 2020).

The percentage of infected healthcare workers is high (Neto et al., 2020), and given observed high rates of sadness, anxiety, insomnia, and distress, unique treatments to enhance mental wellbeing in healthcare workers exposed to COVID-19 must be undertaken right away, with women, nurses, and frontline workers, in particular, needing special attention (Lai et al., 2020). Work-related stress is a possible source of concern for health professionals. It has been connected to anxiety in COVID-19 patients, including many clinical activities, depression in the face of countless deaths, long work shifts with the most diverse unknowns, and demands in COVID-19 patient care. Coronavirus generates uncertainty, so health professionals suffer or have suffered from anxiety (Murray & Sherwood, 2020). Covid-19 has had a harmful influence on people all over the world. In addition to the obvious physical symptoms in infected individuals, it has wreaked havoc on public mental health.
Discussion and Conclusion

SI has contributed to improving everyday living, and it is developmental. An increase in spiritual intelligence always leads to good mental health. This training is practical for all categories of people in all stages, and the positive outcome is reduced anxiety, depression, phobia, and an increase in wellbeing and resilience. SI can help feel more fulfilled, have a more profound sense of meaning, and have a better sense of purpose. It can transform negative ideas and emotions into positive ones. Increased resilience resulting from SI training leads to feelings of happiness and contentment in the aftermath of any situation. These findings contribute to our culture’s positive energy and mental health, including wisdom, integrity, joy, peace, creativity, compassion, and love. Resiliency is the ability to adjust positively in the face of adversity or risk. People with resiliency have an easier time dealing with life’s issues and feel more in control of their lives. Individuals, groups, and social levels can all benefit from increased resilience. The necessity for building competence through interventions is emphasized in resiliency, which focuses on positive adaptation and achievement. According to the conclusions of the above research papers, spiritual intelligence greatly improves mental health. Psychological interventions are beneficial almost in all areas such as health care, organization, and school. Spiritual intelligence intervention could help society as a whole. However, only a few spiritual intervention studies have been carried out so far, mainly undertaken outside of India.

In this spiritual intelligence development process, therapy or counseling may be beneficial. All these can be viewed as a procedure that supports one in developing spiritual intelligence based on the concept of spiritual intelligence and the description of the various aspects. In reality, mainstream research data reveals that spiritual intelligence training and other mental health training such as mindfulness training, meditation, yoga, and psychotherapy are required to cope with mental health concerns. Practice from an early age would be a better choice for living a meaningful life, and this would raise our mental capacity to become resilient and live a satisfying life.

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