

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

Received: 11 December 2021
Revision Received :08 May 2022
Accepted :18 June 2022
DOI:10.56011/mind-mri-112-202214

*Stiliya Jos K
**Navya Pandey

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

*Research Scholar, Department of Psychology, Christ University, Bangaluru, Karnataka, India
**Assistant Professor, Department of Psychology, Christ University, Bangaluru, Karnataka, India

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 Strizenec (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

significantly impact the caring behaviors of humans (Kaur et al., 2015). SI aids healthcare providers in developing total spiritual care capacities, thus improving patient satisfaction with care, less anxiety, fewer depressive symptoms during treatment, shorter hospital stays, and a higher quality of life. (Riahi et al., 2018; Khoshdeli et al., 2020). Increased Spiritual intelligence can help reduce depression, stress, spontaneous abortion, complicated pregnancies (Moafi et al., 2021) phobic and paranoid ideation (Charkhabi et al., 2014). SI can reduce the fear of childbirth in pregnant women and increase happiness (Abdollahpour & Khosravi, 2018). Pregnant women experience fear (Fuglenes et al., 2011) So, helping pregnant women to increase their spiritual intelligence does help the health care workers to conduct smooth deliveries. The studies reflect that increased spiritual intelligence practices can control daily and clinical-related issues. Spiritual intelligence practices need to be associated with mental health practices. Workshops based on Spiritual intelligence education can help nurses become better satisfied with the job (Heydari et al., 2017). The caring behavior of nurses had influenced by spiritual intelligence (Asmi et al., 2020). So basically, a high spiritual intelligence would give the capacity to care and accept and accustom to all the changing situations in a positive approach. Because job stress is situational and can fluctuate and rise over time, nurse managers must regularly train for spiritual intelligence practices (Mahmoudirad & Bagherian, 2015).

Organization employees

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)

124/ Influence of Spiritual intelligence on Happiness ...

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-19Pandemic

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.

References

- Abdollahpour, S. & Khosravi, A. (2018). Relationship between spiritual intelligence with happiness and fear of childbirth in Iranian pregnant women. *Iranian Journal of Nursing and Midwifery Research*, 23(1), 45–50. https://doi.org/10.4103/ijnmr.IJNMR_39_16
- Ajele, W. K., Oladejo, T. A., Akanni, A. A. & Babalola, O. B. (2021). Spiritual intelligence, mindfulness, emotional dysregulation, depression relationship with mental well-being among persons with diabetes during COVID-19 pandemic. *Journal of Diabetes & Metabolic Disorders*. <https://doi.org/10.1007/s40200-021-00927-8>
- Aliabadi, P. K., Zazoly, A. Z., Sohrab, M., Neyestani, F., Nazari, N., Mousavi, S. H., Fallah, A., Youneszadeh, M., Ghasemiyan, M. & Ferdowsi, M. (2021). The role of spiritual intelligence in predicting the empathy levels of nurses with COVID-19 patients. *Archives of Psychiatric Nursing*, 35(6), 658–663. <https://doi.org/10.1016/j.apnu.2021.10.007>
- Amram, Y., & Dryer, C. (2008, August). The integrated spiritual intelligence scale (ISIS): Development and preliminary validation. In *116th Annual Conference of the American Psychological Association* (pp. 1-46). Boston, MA: American Psychological Association.
- Arif, A. (2015). Spiritual Intelligence, Self-Esteem and Mental Health Status among the School Going Adolescents. *Indian Journal of Positive Psychology*, 6(3), 233–237. <https://doi.org/10.15614/ijpp/2015/v6i3/147185>
- Arsang-Jang, S., Khoramirad, A., Pourmarzi, D. & Raisi, M. (2020). Relationship Between Spiritual Intelligence and Ethical Decision Making in Iranian Nurses. *The Journal of Humanistic Psychology*, 60(3), 330–341. <https://doi.org/http://dx.doi.org/10.1177/0022167817704319>
- Asmi, Y., ... R. K.-J. of & 2020, undefined. (2020). The Effect of Emotional Intelligence and Spiritual Intelligence on Nurses Caring Behaviours with The Leadership Style Over Intervening Variable. *Kemalapublisher.Com*, 4(5). <http://www.kemalapublisher.com/index.php/JoMA/article/view/481>
- Banna, M. H. A., Sayeed, A., Kundu, S., Christopher, E., Hasan, M. T., Begum, M. R., ... & Khan, M. S. I. (2022). The impact of the COVID-19 pandemic on the mental health of the adult population in Bangladesh: a nationwide cross-sectional study. *International Journal of Environmental Health Research*, 32(4), 850-861.

126/ Influence of Spiritual intelligence on Happiness ...

- Bolghan-Abadi, M., Ghofrani, F., & Abde-Khodaei, M. S. (2014). Study of the spiritual intelligence role in predicting university students' quality of life. *Journal of religion and health, 53*(1), 79-85.
- Cao, W., Fang, Z., Hou, G., Han, M., Xu, X., Dong, J. & Zheng, J. (2020). The psychological impact of the COVID-19 epidemic on college students in China. *Psychiatry Research, 287*(March), 112934. <https://doi.org/10.1016/j.psychres.2020.112934>
- Charkhabi, M., Mortazavi, A., Alimohammadi, S. & Hayati, D. (2014). The Effect of Spiritual Intelligence Training on the Indicators of Mental Health in Iranian Students: An Experimental Study. *Procedia - Social and Behavioral Sciences, 159*, 355–358. <https://doi.org/10.1016/j.sbspro.2014.12.387>
- Emmons, R. A. (2000). Is spirituality an intelligence? motivation, cognition, and the psychology of ultimate concern. *International Journal of Phytoremediation, 21*(1), 3–26. https://doi.org/10.1207/S15327582IJPR1001_2
- Fuglenes, D., Aas, E., Botten, G., Øian, P. & Kristiansen, I. S. (2011). Why do some pregnant women prefer cesarean? The influence of parity, delivery experiences, and fear. *American Journal of Obstetrics and Gynecology, 205*(1), 45.e1-45.e9. <https://doi.org/https://doi.org/10.1016/j.ajog.2011.03.043>
- Goetzl, R. Z., Ozminkowski, R. J., Sederer, L. I., & Mark, T. L. (2002). The business case for quality mental health services: why employers should care about the mental health and well-being of their employees. *Journal of occupational and environmental medicine, 320-330*.
- Gritzka, S., MacIntyre, T.E. Dörfel, D., Baker-Blanc, J.L., & Calogiuri, G. (2020). The effects of workplace nature-based interventions on the mental health and well-being of employees: a systematic review. *Frontiers in psychiatry, 323*.
- Halama, P., & Strizenec, M. (2004). Spiritual, Existential or Both? Theoretical Considerations on the Nature of higher intelligence (Discussion). *Studia Psychologica, 3*(46), 239-253.
- Hamouche, S. (2020). COVID-19 and employees' mental health: stressors, moderators and agenda for organizational actions. *Emerald Open Research, 2*.
- Heydari, A., Meshkinyazd, A. & Soudmand, P. (2017). The Effect of Spiritual Intelligence Training on Job Satisfaction of Psychiatric Nurses. *Iranian Journal of Psychiatry, 12*(2), 128–133. <https://www.proquest.com/scholarly-journals/effect-spiritual-intelligence-training-on-job/docview/1899935161/se-2>
- Jané-Llopis, E., Barry, M., Hosman, C. & Patel, V. (2005). Mental health promotion works: a review. *Promotion & Education, Suppl 2*(Cdc), 9–25. <https://doi.org/10.1177/10253823050120020103x>
- Javadi Nejad, A., Heidari, A., Naderi, F., Bakhtiyar Pour, S. & Hafezi, F. (2019). Effectiveness of Spiritual Intelligence in Resilience and Responsibility of Students. *International Journal of School Health, 6*(3). <https://doi.org/10.5812/intjsh.86677>
- Karatepe, O. M., Saydam, M. B., & Okumus, F. (2021). COVID-19, mental health problems, and their detrimental effects on hotel employees' propensity to be late for work, absenteeism, and life satisfaction. *Current Issues in Tourism, 24*(7), 934-951.
- Kaur PhD, D., Sambasivan PhD, M. & Kumar PhD, N. (2015). Impact of emotional intelligence and spiritual intelligence on the caring behavior of nurses: a dimension-level exploratory study among public hospitals in Malaysia: ANR. *Applied Nursing Research, 28*(4), 293. <https://doi.org/http://dx.doi.org/10.1016/j.apnr.2015.01.006>
- Khoshdeli, Z., Malekzadeh, M., Nooryan, K., Afroughi, S. & Zoladl, M. (2020). Effect of Spiritual Intelligence Training on the Anxiety of Medical Sciences Students; a Randomized Clinical Trial Study TT -. *J-Clin-Care-Skill, 1*(3), 115–120. <https://doi.org/10.52547/jccs.1.3.115>
- Khosravi, M. & Nikmanesh, Z. (2014). Relationship of spiritual intelligence with resilience and perceived stress. *Iranian Journal of Psychiatry and Behavioral Sciences, 8*(4), 52–56.
- Koražija, M., Žižek, S. Š., & Mumel, D. (2016). The relationship between spiritual intelligence and work satisfaction among leaders and employees. *Našegospodarstvo/Our economy, 62*(2), 51-60.
- Kumar, A. & Nayar, K. R. (2021). COVID 19 and its mental health consequences. *Journal of Mental Health, 30*(1), 1–2. <https://doi.org/10.1080/09638237.2020.1757052>

- Kyron, M. J., Ridders, W., Page, A. C., O'Brien, P., Bartlett, J., LaMontagne, A., & Lawrence, D. (2021). Prevalence and predictors of suicidal thoughts and behaviours among Australian police and emergency services employees. *Australian & New Zealand Journal of Psychiatry*, 55(2), 180-195.
- Lai, J., Ma, S., Wang, Y., Cai, Z., Hu, J., Wei, N., Wu, J., Du, H., Chen, T., Li, R., Tan, H., Kang, L., Yao, L., Huang, M., Wang, H., Wang, G., Liu, Z. & Hu, S. (2020). Factors associated with mental health outcomes among health care workers exposed to coronavirus disease 2019. *JAMA Network Open*, 3(3), 1–12. <https://doi.org/10.1001/jamanetworkopen.2020.3976>
- Magesh, P. & Amaldoss, J. A. (2013). A study on the effect of spiritual intervention on spiritual intelligence and life satisfaction among teachers. *Indian Journal of Positive Psychology*, 4(4), 584–587. <http://search.proquest.com/docview/1614019299?accountid=14648>
- Mahmood, A., Arshad, M. A., Ahmed, A., Akhtar, S. & Khan, S. (2018). Spiritual intelligence research within human resource development: a thematic review. *Management Research Review*, 41(8), 987–1006. <https://doi.org/10.1108/MRR-03-2017-0073>
- Mahmoudirad, G. & Bagherian, F. (2015). Effects of spiritual intelligence training on nurses' job stress. *Quarterly Journal of Nursing Management*, 4(1), 69–79. <https://www.sid.ir/en/journal/ViewPaper.aspx?id=524305>
- Moafi, F., Momeni, M., Tayeba, M., Rahimi, S., & Hajnasiri, H. (2021). Spiritual intelligence and post-abortion depression: a coping strategy. *Journal of Religion and Health*, 60(1), 326–334. <https://link.springer.com/article/10.1007/s10943-018-0705-0>
- Mukhtar, S. & Mukhtar, S. (2020). Mental Health and Psychological Distress in People with Diabetes during COVID-19. *Metabolism: Clinical and Experimental*, 108, 154248. <https://doi.org/10.1016/j.metabol.2020.154248>
- Murray, J., & Sherwood, H. (2020, March 13). Anxiety on rise due to coronavirus, say mental health charities. *The Guardian*. <http://www.theguardian.com/world/2020/mar/13/anxiety-on-rise-due-to-coronavirus-say-mental-health-charities>
- Neto, M. L. R., Almeida, H. G., Esmeraldo, J. D. ar., Nobre, C. B., Pinheiro, W. R., de Oliveira, C. R. T., Sousa, I. da C., Lima, O. M. M. L., Lima, N. N. R., Moreira, M. M., Lima, C. K. T., Júnior, J. G. & da Silva, C. G. L. (2020). When health professionals look death in the eye: the mental health of professionals who deal daily with the 2019 coronavirus outbreak. *Psychiatry Research*, 288(April), 2–4. <https://doi.org/10.1016/j.psychres.2020.112972>
- Newgass, S. & Schonfeld, D. J. (2015). School crisis intervention, crisis prevention, and crisis response. In *Crisis intervention handbook: Assessment, treatment, and research* (4th ed.). <http://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2015-02419-014&login.asp&site=ehost-live&scope=site>
- Nielsen, M. B., & Einarsen, S. (2012). Outcomes of exposure to workplace bullying: A meta-analytic review. *Work & Stress*, 26(4), 309-332.
- Nurmaini, N., ... K. W.-J. of & 2021, undefined. (2021). Work Life Quality Role as A Variables of Knowledge Mediation, Spiritual Intelligence, And Attitudes Towards Nurse Performance in Applying Patient Safety (SKP). *Kemalapublisher.Com*, 5(1). <http://www.kemalapublisher.com/index.php/JoMA/article/view/534>
- Pakdaman, M. & Balideh, M. (2020). The study of the effect of psychological capital and spiritual intelligence on the performance of individuals: A review study. *Archives of Pharmacy Practices*, 11, 126–136.
- Pant, N., & Srivastava, S. K. (2019). The impact of spiritual intelligence, gender and educational background on mental health among college students. *Journal of religion and health*, 58(1), 87-108.
- Patnaik, N. M. & Maji, S. (2020). Psychological Issues and Stress on People in the Purview of COVID-19 Pandemic Lockdown. *Food and Scientific Reports*, 1(May), 36–40.
- Pinto, C. T. & Pinto, S. (2020). From spiritual intelligence to spiritual care: A transformative approach to holistic practice. In *Nurse Education in Practice* (Vol. 47). <https://doi.org/10.1016/j.nepr.2020.102823>
- Ramachandaran, S. D., Krauss, S. E., Hamzah, A. & Idris, K. (2017). Effectiveness of the use of spiritual intelligence in women academic leadership practice. *International Journal of Educational Management*, 31(2), 160–178. <https://doi.org/10.1108/IJEM-09-2015-0123>

128/ Influence of Spiritual intelligence on Happiness ...

- Riahi, S., Goudarzi, F., Hasanvand, S., Abdollahzadeh, H., Ebrahimzadeh, F. & Dadvari, Z. (2018). Assessing the Effect of Spiritual Intelligence Training on Spiritual Care Competency in Critical Care Nurses. *Journal of Medicine and Life*, 11(4), 346–354. <https://doi.org/http://dx.doi.org/10.25122/jml-2018-0056>
- Ronel, N. (2008). The experience of spiritual intelligence. *The Journal of Transpersonal Psychology*, 40(1), 100–119.
- Sakurai, A., Sasaki, T., Kato, S., Hayashi, M., Tsuzuki, S. I., Ishihara, T., ... & Doi, Y. (2020). Natural history of asymptomatic SARS-CoV-2 infection. *New England Journal of Medicine*, 383(9), 885-886.
- Seena, N. S. & Sundaram, S. (2018). The efficacy of psycho-spiritual intervention on emotional intelligence, spiritual intelligence and psychological resilience among maltreated juvenile girls. *Indian Journal of Health and Well-Being*, 9(1), 125–130. <https://lavasallibrary.remotexs.in/scholarly-journals/efficacy-psycho-spiritual-intervention/docview/1992818884/se-2?accountid=38885%0Ahttp://web.a.ebscohost.com.proxy.lib.ohio-state.edu/ehost/pdfviewer/pdfviewer?vid=1&sid=debcc537-ceb9-4479-a379-13e35a>
- Sher, L. (2020). The impact of the COVID-19 pandemic on suicide rates. *Qjm*, 113(10), 707–712. <https://doi.org/10.1093/QJMED/HCAA202>
- Singh, M. P., & Sinha, J. (2013). Impact of spiritual intelligence on quality of *International Journal of Scientific and Research Publications*, 3(5), 1-5.
- Vaughan, F. (2002). What is spiritual intelligence? *Journal of Humanistic Psychology*, 42(2), 16–33. <https://doi.org/10.1177/0022167802422003>
- Wolman, R. (2001). *Thinking with your soul: Spiritual intelligence and why it matters*. Richard N. Wolman, PhD.
- Yahyazadeh-Jeloudar, S., & Lotfi-Goodarzi, F. (2012). What is the relationship between spiritual intelligence and job satisfaction among ma and bateachers?. *International Journal of Business and Social Science*, 3(8).
- Zarrinabadi, Z., Isfandyari-Moghaddam, A., Erfani, N. & Soltani, M. (2020). Formulating a structural model of self-compassion based on the spiritual intelligence of the students of medical library and information sciences in Iranian Universities of Medical Sciences. *Journal of Education and Health Promotion*, 9(1), 31. https://doi.org/http://dx.doi.org/10.4103/jehp.jehp_422_19
- Zhang, K. & Wang, D. (2018). The efficacy of a transactional analysis training program for married university students' spiritual intelligence: A randomized controlled study. *NeuroQuantology*, 16(6), 105–111. <https://doi.org/10.14704/nq.2018.16.6.1315>
- Zohar, D. (2012). *Spiritual intelligence: The ultimate intelligence*. Bloomsbury publishing.
- Zohar, D., Marshall, I., & Marshall, I. N. (2000). *SQ: Connecting with our spiritual intelligence*. Bloomsbury Publishing USA

