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## Spiritual Intelligence and Quality of Life: A brief review

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### Abstract

*Quality of life is a phrase that covers all areas of life. Every human being wants a comfortable life, but in the present scenario, very few people are satisfied with their life because most of the people suffered from some kind of mental, social and physical problems that affect their quality of life. There is a misconception about spirituality, most of the people defined spirituality in a religious perspective, but in this study, spirituality defined as a non-religious term. And spiritual intelligence, that term is coined by Danah Zohar, she said that it is an ultimate intelligence. Therefore, the purpose of this study to review and examine the effect of spiritual intelligence on the person's quality of life. And how is spiritual intelligence useful in improving the quality of a person's life. In order to fulfill the purpose of this study, we selected the study from 2003 to 2016. In this study, it was found that there is a positive and significant correlation between the spiritual intelligence and quality of life. This paper contains discussions, conclusions, and suggestions for future research.*

**Keywords:** Spirituality, Spiritual intelligence, Quality of life.

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### Introduction

Since the beginning of humanity, a man's effort has been to achieve a prosperous, happy and peaceful life. In order to improve the quality of his life, the illusion inspired him primarily to collect wealth. The belief that physical property alone will bring happiness and respectability leads to disillusionment albeit, the materialistic pursuit is a reality. Over the past few years, since the world is growing rapidly in the direction of learning and awakening and beginning to increase dependency on spirituality in different degrees quality of life Quality of life should not be confused with the concept of standard of living, which is based primarily on income.

The quality of life is defined by the World Health Organization as the assessment of the quality of human quality of life and how a person perceives their

life under the influence of the cultural system in which a person lives. Physical development is associated with psychological and social development. Therefore, aspects of the development of human development have an impact on one another, and spiritual effect can also see on each other, and both are affected by physical health. It is an approach that says causality is a cycle in human systems.

### **Spirituality**

Spirituality is derived from the Latin word "*spiritus* ", which means breathing. Spirituality is built in the aspect of human nature and the essence of our existence is that it attracts the attention of many theorists Sources of all thoughts, feelings, values, and behavior.

Spirituality is a vague word that some circles it is gaining attention in a new era, which was in the clouds of the clouds earlier, though traditional usage of spirituality would focus religion as the source and expression of 'true'. Recently, the word spirituality has also come to catch a non-religious meaning, referring to the tendency to try for those values and purposes which the person feels is ultimately meaningful. Therefore, both religious and non-religious forms can be expressed which can eventually be seen as important and whatever is beyond and seen through the thoughts, ideas and thoughts of its essence, thoughts, feelings and the tendency of guiding behavior can be called spirituality.

### **Spiritual intelligence -**

The term "spiritual intelligence" is coined by Danah Zohar in 1997 and introduce the idea in her book *Rewiring the corporate brain*. An Australian author, Ken O'Donnell also introduced the term "spiritual intelligence" in the same year (1997).

Spiritual intelligence is central and most fundamental of all the rationalists or intelligence because it becomes as the source of guidance for others, it is an integrated intelligence, which combines our rational and emotional intelligence. Spiritual intelligence combines the structure of spirituality and intelligence within a new structure (Emmons, 1999).

A person with a high spiritual intelligence not only gives proper reactions to a particular situation or situation but also tells why he is in that position and how he can improve the situation. Zohar, Danah (2000), believes that "Spiritual intelligence gives us the ability to discriminate; it gives us a moral sense, the ability to temper

harsh rules with understanding and compassion, and the ability to comprehend and understand the boundaries of compassion."

Wigglesworth, Cindy (2012), defines spiritual intelligence as "the ability to behave with wisdom and compassion, while maintaining inner and outer peace, regardless of the situation".

Brewer, Park, dr. (2008) says that "Spiritual intelligence is available to everyone-yet but only a handful of people take advantage of it."

### **A neurological ingredient of spiritual intelligence -**

Recently, neurologist studies have shown that certain brain activities are linked to spiritual experiences, therefore Spirituality is effective in some parts of the human brain, one of which is the temporal lobe behind the temporal field. Neurologists call this area 'God spot' because its artificial stimulus reflects spiritual matters like God, religious talk, dedication, sacrifice, charity etc. Therefore, it is believed that there is spiritual intelligence in humans, the Institute of Knowledge of Perdido in the United States explained six skills for spiritual intelligence, in which compassion, divine, intellect, listening ability, faith in God, commitment and faith.

### **A model of spiritual intelligence –**

This viable model is proposed by the King (King, 2008; King & DeCicco, 2009). He defined spiritual intelligence as a set of mental abilities which contribute awareness, integration and adaptive application of the nonmaterial and transcendent aspects of one's existence, leading to such outcomes as deep existential reflection, enhancement of meaning, recognition of a transcendent self, and mastery of spiritual states of one's existential capacities. By reviewing extensive literature king suggests four main components of spiritual intelligence.

- (a) **Existential Critical Thinking:** Recently, it is argued that critical existential thinking can be applied to any life issue, as an object or event can be viewed in relation to one's existence.
- (b) **Personal Meaning Production:** The ability to obtain personal meaning and purpose from all physical & mental experiences, including the capacity to create and master (i.e., live according to) a life purpose.
- (c) **Transcendental Awareness:** This component involves the ability to perceive transcendent dimensions of the self (e.g., a transcendent self), of others, and of the physical world (e.g., non-materialism, interconnectedness). Csikszentmihalyi (1993) also referred to the transcendent self, describing

successful individuals as transcendent who “move beyond the boundaries of their personal limitations by integrating individual goals with larger ones, such as the welfare of the family, the community, humanity, the planet, or the cosmos”

(d) **Conscious State Expansion:** The last component of the current model is the ability to enter the spiritual states of consciousness (e.g., pure consciousness, cosmic consciousness, unity) Self-discretion.

According to the traditional norms for intelligence, spiritual knowledge performs very well. The above model satisfies the basic criteria: Spiritual intelligence represents a set of mental abilities, as opposed to behavior or experiences.

### **Quality of life -**

The quality of life can only be described and measured in individual words and depends on the current lifestyle, past experience, the hope of future, dreams, and ambitions. The quality of life must include all areas of life and keep in mind the experience and effect of the account. Illness and treatment can be said to be a good quality of life. When a person's expectations are met with matching and experience. Changes in the quality of life and in normal circumstances can vary slightly from the priorities and targets of one person should be realistic and therefore it is expected to change with time and modify according to age and experience to improve the quality of life, it is necessary to try, between expectations and aspirations, and what exactly is it. Therefore, the objective is to try to help people reach the goals they have set for themselves. It is a good ' , therefore the quality of life is usually expressed in the context of satisfaction, happiness and fulfillment and the ability to cope with a situation. This definition emphasizes the importance of personal development.

Quality of life covers all areas such as physical health (pain and restlessness, sleep and rest, energy and fatigue, mobility of daily life, dependence on medicinal substances and therapeutic support ability) psychological (positive feelings, thinking, Learning, memory, and concentration self-esteem physical image and format negative emotions spirituality/religion / personal beliefs) social relationship (personal relationships, social support) environment ( Freedom, physical safety and security Home environment Financial resources Health and social care: accessibility and quality Opportunities for acquiring new information and skills) All these factors, directly and indirectly, affect the quality of a person's life.

### **Spiritual intelligence and quality of life: A review of existing literature**

In the present era, the research of spirituality has attracted the attention of many researchers and psychologists, so that in modern theories researchers can be focused on spirituality, for example, Pant and Srivastava (2014), initiated the study on the "Effect of spiritual intelligence on mental health and quality of life among college students". The study was conducted on 50 Under Graduate and Post Graduate college students in Haridwar, Uttarakhand. The aim of the study was to examine the level of spiritual intelligence, mental health and quality of life the findings of the study revealed that spiritual intelligence and mental health are correlated significantly; there is a significant relationship between spiritual intelligence and quality of life. Research has shown that people with a good tendency for spirituality have less declination towards suicide and it has been informed that they feel more improvement and less feeling of suppression (Bekelman et al., 2007; McClain et al., 2003). Research done with men and women and without university education should have a significant positive relationship between religious orientation, which reduces mental disorder and increases self-esteem. Researchers have shown that there is a positive relationship between mental health and spiritual intelligence (Moallemi et al, 2010).

The nurses with more SQ feel happiness higher than those who have lower spiritual intelligence. There is a positive significant relationship between the nurses and spiritual intelligence and their happiness (Faribors Bagheri et al., 2010). In some studies, it is found that employees' spiritual intelligence and work satisfaction are positively correlated. Spiritually intelligent employees are more consistent with themselves, happier, and more deeply integrated and harmonious (George, 2006). Spiritual intelligence and profitability are not mutually exclusive; in fact, integrating ethics and spiritual values into the workplace can lead to higher productivity and profitability, happier employees, and more honest relationships with customers and can help build the organization's reputation

Jafari et al. (2011), found that there is an important role of spiritual well-being and hope in life satisfaction and mental adjustment of cancer affected patient. Fitzpatrick (2006), Husseinian, Tabatabaei, and Ravaei (2011, 1902), in line with these studies, claimed that saying prayers and doing muscular relaxation exercises have positive effects on mental health and the quality of desirable life of human being.

## **Discussion and conclusion**

The research discussed here was selected because they used to be the most recent and reliable method. The aim of this study to review that how spiritual intelligence improves the quality of a person life. We only included those studied which have been done from 2003 to 2016. On the basis of earlier studies, it is found

that spiritual intelligence enhances the quality of life of a person. It is also found that spiritual intelligence does not improve only one aspect of quality of life, but it also helps to improve all domains of quality of life. Some studies suggest that a person with high spiritual intelligence will be excellent for compatibility and individual performance at their workplace. Because spiritual intelligence gives the ability to solve problems and achieve life goals and help lead to better adaptation.

Spirituality indicates a spectrum of notable results, including better mentality, and physical condition, a lower rate of death, and consequently the high quality of life. In fact, meaningless events can be said to be meaningful that a painful experience gives the opportunity to face the thoughts and beliefs related to that experience. And helps in confronting it through an emphasis on the positive dimensions, which improve the physical and mental conditions (Moallemi, Raghibi, and Salari, 2009).

Most people are frightened of the belief that being spiritual means, we should engage in the physical world, the near and the dear ones, and move forward in the mountains or forests and in the strict daily routine of prayer and meditation. It is far from the truth that being spiritual lead to someone is preventing the person from adopting the normal life of a householder. However, Research has proposed that spiritual beliefs, practices, and commitments should be linked to positive results such as psychological and physical health/welfare; marital satisfaction and stability; Positive Interactive Performance / Work; and better / better quality of life. Therefore, based on research we can say that it is a misconception among people that being spiritual affect a person normal life of household, instead of it, on it is found that spiritual beliefs and values enhance person's spiritual intelligence which gives us a better quality of life compare to those who have less believe on spirituality.

Park et al. (2011), found that people who have high levels of spirituality most likely to be happy and satisfied with finances and are least likely to be psychologically distressed. On the other hand, some studies reveal that there is no important relationship between religious welfare and depression. There is a negative relationship between the personal and relevant level of religious and tobacco, the use of alcohol and marijuana, among American high school students. Moalemi et al (2010) in their research proved the positive and significant relationship between spiritual intelligence and mental health among the students at the Sistan and Baluchistan University. Also, in this research, mental health as one of the aspects of quality of life had a positive significant relationship with spiritual intelligence. Kliewer and Murrelle (2007) revealed in their study that personal

belief in God affected on reducing the substance abuse among Central American countries adolescents.

People seek to achieve a good quality of life but in present time due to change in lifestyle, they suffer from some psychological and physiological problems. So spiritual intelligence can help to improve their quality of life. Because it gives us abilities to solve problems and discriminate the situations and make us creative. Spiritual intelligence can be improved by training and meditation. McGuire defined spiritual intelligence: the ability to act with awareness and compassion while maintaining health and inner and outer peace (tolerance), regardless of the situation. In fact, spiritual intelligence is an innate human intelligence that can grow like any other bits of intelligence, it can be described and measured. And spiritual intelligence increases flexibility and self-consciousness through which people become more tolerant in the hardship of life.

Finally, on the basis of previous studies, we can conclude that there is a positive and significant relationship between spiritual intelligence and quality of life. But in some studies, it found that there is a negative relationship between religion and mental health, mental health is one of the domains of quality of life. After reviewing the studies, it found that there is some gap in studies like generalization problem because the study was done on a limited sample or in a particular organization. In another study, it found that self-reported method has been used that can affect the result.

### **Suggestions for future researchers**

A lot of research has been done on spiritual intelligence and quality of life, but after reviewing the studies, it is found that very little research has been done in the Indian context. Because most research has done in foreign countries (Iran, Baluchistan, US etc.). Therefore, there is a need to research the Indian population. Other suggestions are that most studies focus on two domains of quality of life (physical health and mental health) with spiritual intelligence, hence research in the future can be done on other aspects of quality of life such as social relation and environmental health (Physical safety and security housing financial resource) and can see the relationship between spiritual intelligence. On the basis of above research, it has been found that there are some training and meditation programs through which the spiritual intelligence can be improved, and it will be useful to enhance the quality of the quality of the person.



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