

SPIRITUAL INTELLIGENCE AND EMOTIONAL INTELLIGENCE

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Abstract- Emotional intelligence is primarily focused on recognizing and managing emotions, while spiritual intelligence is focused on recognizing and connecting with the deeper dimensions of human experience. Emotional intelligence (EQ) is crucial to success in both professional and personal life, it may be the most vital quality of all and emotional intelligence is the critical for interpersonal communication, not only in the personal relationships but also in the business world. Spiritual intelligence is a higher dimension of intelligence beyond the ego that has access to the mature qualities and advanced capabilities of the true self in the form of wisdom, compassion integrity, joy, love and peace. Spiritual is all about being godly in thinking and acting, the other hand, being emotional is all about being human in thinking and acting and emotional is the normal state of mind, anybody can be emotional at a given point in time. A soul is an emotional and spiritual connection between two people; it can be performed through relationships and interactions with certain individuals such as family members, friends and even pets. Human intelligence is commonly accepted as a ratio of rational and logical knowledge and gain success high logical intelligence.

Keywords- Emotional intelligence, Spiritual intelligence, Psychological effects and positive effects.

INTRODUCTION

Emotional intelligence involves understanding ones emotions and addressing them in a healthy way that honors all concerned, spiritual intelligence lifts this awareness to a higher levels, to a place where we can connect with our divine nature and the truth that unities us all. Emotional intelligence can help individuals develop greater self-awareness, which is a key component of spiritual intelligence. Spiritual intelligence strengthens spiritual and religious beliefs, establishing good qualities, other hand, emotional intelligence can improve social relationships, control emotions and help individual progress towards perfection. It reinforces inner peace and provides a sense of connection to a force greater than ourselves. The analysis results shows that there is a positive relationship between spiritual intelligence and emotional intelligence with leadership, Emotions motivate future behaviors because emotions prepare our bodies for immediate action, influence thoughts and can be felt. Impact of emotional intelligence and spiritual intelligence area provides evidence of numerous positive effects including strong positive influence on performance. Emotional intelligence (EI) is the ability to manage both your own emotions and understand the emotions of people around you and spiritual intelligence as the human capacity to ask questions about the ultimate meaning of life and the integrated relationships. Emotional intelligence (EI) is considered distinct from IQ of traditional intelligence quotient, correlate spiritual intelligence and empathy is important because they have been found to have a positive relationship, spiritual and emotional connection refers to the relationship between ones spiritual well-being and their emotional state. Spiritualities basic three type- spiritual individualism, spiritual collectivism and spiritual dialogue, positive emotion includes compassion, gratitude and forgiveness. Emotion is four branches- perception of emotion, use of emotion to facilitate thinking, understanding emotion and management of emotion. Spiritual intelligence and emotional intelligence were the predictors for life satisfaction, respectively and psychological well-being.

EMOTIONAL INTELLIGENCE

Emotional intelligence refers to the ability to manage both your own emotions and understand the emotions of people around you. Love is happiness at its most intense, it is the most positive perhaps the purest emotion we can feel. There are five key elements to EI- self-awareness, self-regulation, motivation, empathy and social-skills. Emotions are reaction that human beings experience in response to events or situations, strong influence on our daily lives, happy, angry, sad and frustrated. Emotions are complex psychological states that involve three distinct components- subjective experience, psychological response and behavioral or expressive response. Emotions are conscious mental reactions subjectively experienced as strong feelings usually directed toward a specific object and typically accompanied by physiological and behavioral changes in the body. Emotions prepare us for behavior, when triggered; emotions orchestrate systems such as perception, attention, inference, learning, memory, goal choice, physiological reactions and behavioral decision making. Emotional intelligence affects social complexities of the workplace, lead

and motivate, serious health problems, uncontrolled stress raises blood pressure and mental health. Self-awareness is the ability to recognize and understand your own emotions, critical emotional intelligence skill it also includes being aware of the effect of your actions, mood and emotions on other. Self-regulation tends to be flexible and adapt well to change and good at managing conflict and diffusing tense or difficult situations. Social-skills such as active listening skills, verbal and nonverbal communication skills and persuasiveness allow you to build meaningful relationships, these skills are important in the workplace as well, social skills to build relationships and connection with employees. Empathy involve the ability to sense, understand and share the feelings and emotions, engage in a cause such as a community project, listen to other people. Motivation is emotionally intelligent are motivated by things beyond external rewards like fame, recognition and acclaim Emotional intelligence is widely recognized as a valuable skill that helps improve communication, problem-solving and relationships within the workplace. The four domains of emotional intelligence- self-awareness, self-management, social-awareness and relationship-management. Perception, expression and control of emotional intelligence involve appraising and expressive emotions of both oneself and others. Emotional expression particularly on those expressions that are most immediate, evident and typically most spontaneous or automatic and facial expression of emotion. The behavioral expression of emotion also includes conscious and unconscious gestures, postures and mannerisms. Expression of profound love many people would say goes on for a lifetime, verbal expressions are of particular interest, experiential structure of emotion, feelings and social structure of emotion.

SPIRITUAL INTELLIGENCE

Spiritual intelligence is defined as the human capacity to ask questions about the ultimate meaning of life and the integrated relationship between us and the world in which we live, spiritual intelligence is a higher dimension of intelligence beyond the ego that has access to the mature qualities and advanced capabilities of the true self in the form of wisdom, compassion, joy, love and peace. The four dimensions of spiritual intelligence- critical existential thinking, transcendence and supremacy, self-meaning and the condition of the realized awareness. It enhance emotional intelligence promotes resilience creativity and innovation improves decision-making, encourages personal growth and development, develops a global mindset and fosters positive relationships. Five components of spiritual intelligence- capacity for transcendence, ability to enter into heightened spiritual states of consciousness, invest everyday activities events, relationships with a sense of the sacred and utilize spiritual resource. Spiritual intelligence has been limited explored in education, wisdom and compassion, internal and external peace and love with peace in our hearts. Spiritual intelligence defines measurable aspects of the quality of our spirituality in being and action. Behaviors associated with overall wellness including volunteering being positive and optimistic, contributing to society, connecting with others and feeling a sense of belonging self-care. Spiritual intelligence is our capacity for developing vision and value, role our beliefs and awareness, vision, mission and projection. Deeper feelings in certain moments but also helps us in our everyday personal and work-life, change your lifestyle, modify behavior, purify your mind and develop spiritual awareness. Spiritual intelligence is related to the skills to use divine aspects goals and problem-solving, internal ability, external ability, spiritual intelligence can develop a constructive trait and enable one to make use of the capability to face danger and anger.

PSYCHOLOGICAL EFFECTS

Spiritual intelligence including conscious state expansion, personal meaning production, transcendental awareness and critical existential thinking, ability to act with wisdom and compassion, while maintaining inner and outer peace, area of humanistic psychology that focuses on the exploration of the nature, causes, varieties and effects of higher. Emotionally intelligent are highly conscious of their own emotional states, frustration or sadness to something more subtle. Increase acceptance, decrease negative emotions and relationships, health and well-being is universal human need and is particularly important for patients with long-term illnesses, satisfaction of psychological and spiritual needs is particularly important in the face of chronic or fatal diseases, physiological arousal, psychological appraisal and subjective experiences. Spiritually integrated psychotherapy involves the therapist, include the clients spirituality, religious and mental health. Emotional intelligence skills are abilities that allow for better personal well-being and interpersonal relationships; self-awareness allows people to consider the many different factors that contribute to their emotions, creating a sense of purpose and meaning that helps to deal with challenging life situations, spirituality is considered as an aspect of the human experience, often as a tool to enhance resilience in the face of adversity and as a compass for navigation of fulfilled life. Emotional intelligence is better self-motivation and better communication skills, better decision-making skills, cope with academic stress. Emotional intelligence has been found to be correlated to lower psychological distress, lower depression and strongly to lower anxiety. Spiritual practice can have considerable antidepressant effects due to the associated increase in serotonin and dopamine. Emotional intelligence and spiritual intelligence are common develop a interpersonal competences, understanding of emotions is closely related to good attitudes as humility, thankfulness and forgiveness.

POSITIVE EFFECTS

Emotions have a strong influence on our daily lives, decisions based on happy, angry and bored, social groups, health and well-being, happy moods, psychological well-being is used to emotional health and overall functioning, gratitude is a positive emotion that involves being thankful and appreciative and is associated with several mental and physical health benefits. Pride is related to positive emotion, may feel pride in others, serenity is being peaceful and calm, build relationships reduce team stress and improve job satisfaction. Spiritual intelligence helps individuals develop resilience, ability to bounce back from setbacks and challenges, spiritual wellness include having compassion, the capacity for love and forgiveness, fulfillment and altruism. Emotional intelligence employees will learn to manage their feelings so they can express them firmly and effectively, spiritual intelligence allows a person to think creatively, sightedness, even change rules and based on spiritual values, psychological well-being through some components or specific processes such as emotional processes. Emotional intelligence are better able to recognize patterns and alter our behaviors to better handle our own emotions, positive emotions joy, gratitude, interest and love. Emotional development involves learning, feeling and emotions, human attributes and traits, EI seems to have both a positive and negative side, emotional element consider successfully coach teams, manage stress and collaborate with others. Spiritual development pertains to the exploration of our spiritual identity, quality of the vehicle, facilitates psychological growth and contributes to higher levels psychological health. Spiritual intelligence is a mental intelligence that helps a person to develop himself completely through the creation of possibilities for positive values, high level of awareness, able to deal with suffering and pain. Emotional intelligence is an integral part of positive psychology, human performance, happiness and well-being, allows you to empathize, communicate effectively and self-socially aware, self-reflection. Emotional intelligence is essential for understanding yourself as well as successfully navigating your social-world, women tend to score higher than men on measure of emotional intelligence, gender stereotypes of men and women,

CONCLUSION

EI and spiritual are interlinked to each other and have a positive impact on psychological as well as physical health and also play a better role in context of education and organization. Emotional intelligence is a crucial components of effective leadership, understanding and managing your emotions as well as being aware of others feelings can help enhance relationships, strengthen, increase accountability and communication skills. Spiritual intelligence which helps to fulfill the potentialities of the individual's abilities through the non-cognitive virtues to prepare them to solve the everyday problems for life creatively and constructively in the new situation of the socio-psycho-physical. Spiritual needs are those needs whose satisfaction causes the persons spiritual growth and make the person a social and communication with god. Social and emotional skills are related to communication skills and the ability to form connections with people. Emotional and spiritual intelligence can be inspired for expanding the theory of intelligence, especially spiritual intelligence that is still under positive link.

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