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## *Golden Research Thoughts*

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# Golden Research Thoughts

**GRT**

## EXPLORING THE RELATIONSHIP OF SPIRITUAL INTELLIGENCE WITH MENTAL HEALTH AMONG ADOLESCENTS

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### ABSTRACT

The study was conducted to enquire and explore the mental health of the adolescents. Mental health is not merely important but essential for survival as social being Adolescence is the most influence period of human growth and development. 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 and finally mental health and quality of life are correlated significantly with each other among college students. Spiritual intelligence leads to a new insight into self and increasing self-confidence. It also helps to own a stable self, increase anxiety and concerns and communicate with others more

deeply.

**KEYWORDS** :Spiritual intelligence and Mental Health.

### INTRODUCTION:

The key to a sound mental health is in actualizing individual and collective thinking, feeling and choosing potentials related to our minds, hearts and wills. All three are important to individual, community and institutional development, health and well-being. Students have enormous potential, much of it unrealized and unknown. Their physical, psychological and spiritual capacities continue to develop and unfold as they extend the frontiers of knowledge and possibility. As human health, development, productivity, research and their benefits continue to evolve, the technical, intellectual and moral life of humanity progresses. We prosper when our spiritual nature influences how we think, feel and choose. It can direct our minds, hearts and wills in healthy ways.

Adolescence mental health play a vital role in every place and without adolescent's mental

strength cannot do any performance in his/her life. Maintaining a healthy attitude involves not only the physical health, psychological development, the shape of the good moral character and the cultivation of the perfect personalities of majorities of students but also the overall quality of the talents, for the full realization of higher education goals and the smooth progress of modernization construction and progressive development of society. If the student is spiritually intelligent, she/he can manage the spiritual traits of his/her students in order to provide balanced environment in the classroom. Sense of self, empathy, kindness, intuition, motivation, awareness, social skills, forgiveness, reconciliation, dedication are some of the major components of spiritual intelligence. All these aspects are very much needed for the development of suitable qualities among students. This study is very relevant in this competitive globalized world where, ideally, 'Might is Right' only, is heard everywhere. This study would throw light into ultimately, student's personality development in the fields of spiritual identities intelligences.

This study can be beneficial in the field of school education, child development, human development and our society. The findings will be useful for administration, meaning thereby, the principals should organize such programmes which develop and increase spiritual intelligence, altruism which will promote good mental health among students so that they may give better performance as children's mental health is strongly related to their academic achievement. Thus, it can be said that the study of spiritual intelligence, altruism and academic achievement are quite important as it enable human beings to respond appropriately to a variety of situations and to experience compassion, benevolence, and kindness which will push aside the negative emotions which will help to maintain a sound mental health.

**OBJECTIVES**

To study the mental health of adolescents in relation to Spiritual Intelligence.

**HYPOTHESES:**

There is no significance difference in mental health of adolescents in relation to spiritual intelligence.

**VARIABLE:**

Independent Variable: Spiritual Intelligence,  
Dependent Variable: Mental Health.

**SAMPLE**

The sample for the present study is 1000 students of higher secondary classes of Co-Ed and Single sex schools. The sample design has been presented in the following table –

<b>Group</b>	<b>Boys</b>	<b>Girls</b>	<b>Total</b>
Co-Ed	125	125	<b>250</b>
Single Sex	125	125	<b>250</b>
<b>Total</b>	<b>250</b>	<b>250</b>	<b>50</b>

**TOOLS**

Some important tools which have been used in the present research work are:

- Spiritual Intelligence Scale – P. Santosh Dhar and Upinder Dhar
- Mental Health Scale - Dr. (Smt.) Kamlesh Sharma

**DELIMITATIONS**

The present research has been conducted only on the students of higher secondary classes of Co-Ed and Single sex schools affiliated to either M.P. Board of Secondary Education or Central Board of Secondary Education located under the jurisdiction of Jabalpur city.

Comparative results of mental health of boys/ girls /students together in relation to spiritual intelligence

Gender	Spiritual Intelligence	N	Mean	S.D.	C.R.	‘P’ Value
Boys	High	103	245.51	8.90	31.43	<0.01
	Low	182	208.81	10.41		
Girls	High	86	245.38	9.37	49.73	<0.01
	Low	273	150.68	26.67		
Students (Boys & Girls)	High	189	245.46	9.09	66.47	<0.01
	Low	488	154.28	26.54		

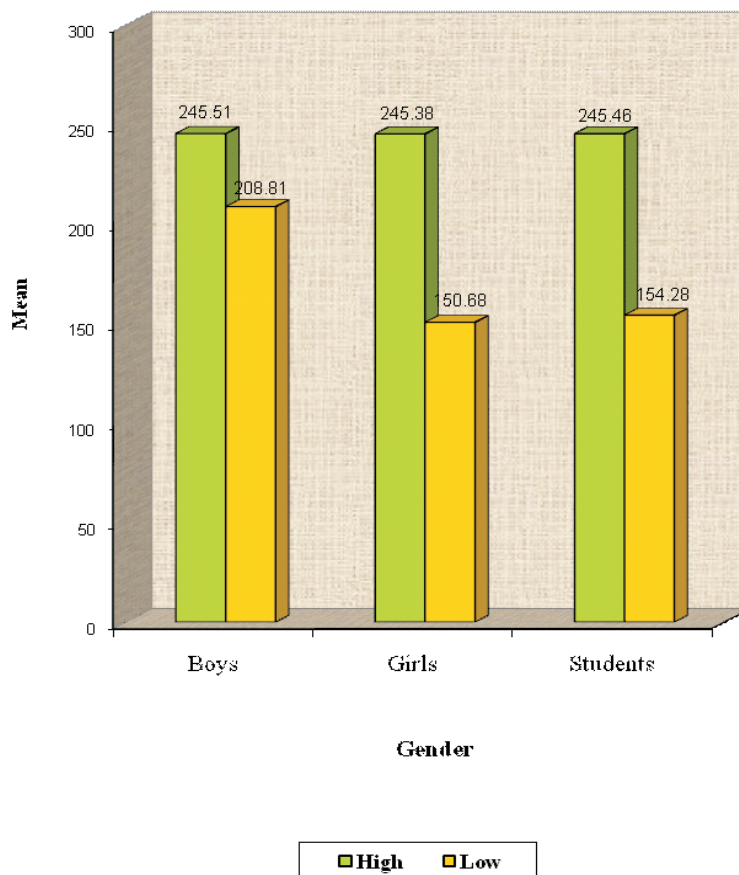
- Degree of freedom – 283 Minimum Value at 0.05 Level – 1.97  
Minimum Value at 0.01 Level – 2.60
- Degree of freedom – 357 Minimum Value at 0.05 Level – 1.97  
Minimum Value at 0.01 Level – 2.59
- Degree of freedom- 675 Minimum Value at 0.05 Level – 1.96  
Minimum Value at 0.01 Level – 2.59

From the above table it is clear that there is impact of spiritual intelligence on mental health of boys, girls and students. The values of CR’s are 31.43, 49.73 and 66.47 respectively, which are statistically significant at 0.01 level of confidence.

The results show that there is a positive impact of spiritual intelligence on mental health. Those groups of high spiritual intelligence have better mental health in comparison to those with low spiritual intelligence. Thus from the above table it can be inferred that spiritual intelligence has a role in determining mental health of students.

**Graph**

**Graphical presentation of results of mental health of boys/ girls /students together in relation to spiritual intelligence**



**CONCLUSIONS**

**From the analysis and discussion of the results the following conclusions have been drawn:-**

There is impact of spiritual intelligence on mental health of boys, girls and students. The values of CR's are 31.43, 49.73 and 66.47 respectively, which are statistically significant at 0.01 level of confidence. The results show that there is a positive impact of spiritual intelligence on mental health. Those groups of high spiritual intelligence have better mental health in comparison to those with low spiritual intelligence. Thus from the above table it can be inferred that spiritual intelligence has a role in determining mental health of students.

**SUGGESTIONS-**

- It is recommended that educational centers should apply recreational, counseling, and sports programs in order to enhance their students' mental health and hence their educational performance.



- Life skill education and life skill training programs to promote the mental health among adolescence so the government should add life skill education method and training program in current education system.
- Ngo's should conduct the community level camp about how to identify mental health and related problems and can be made aware of the methods to enhance their mental health status.
- The social worker should conduct case study research in community based that will show in-depth outcome of the mental health status of adolescence.
- Teachers should develop programs and approaches to promote mental health.

### EDUCATIONAL IMPLICATIONS

The present situation of the world is more pathetic and chaotic than the past. People are becoming more and more selfish and thus the great values have been misinterpreted or forgotten. Due to his greediness and selfishness, man works for himself without considering his fellow beings. Problematic situations are dealt in a strange way. Emotional outbursts and suicides or homicides are becoming more and more common. In such a miserable situation of lack of emotional stability and lack of spiritual values, only education can bring about a change. And for education to perform its role, some relevant educational research & try out is a must. The present study explores and discovers the key areas for development of teachers with regard to both the emotional and spiritual values/areas. Teachers with higher spiritual intelligence would be in a position to produce ideal citizens. Mental Health was found different at different levels of Spiritual Intelligence. Also there is a significant positive correlation between Mental Health and Spiritual Intelligence. Thus Mental Health level of senior secondary students can be made better by improving their Spiritual Intelligence level. For the purpose the effective techniques such as meditation, religious instructions etc. for improving Spiritual Intelligence can be used.

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