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## DEVELOPING SPIRITUAL QUOTIENT AND MANAGEMENT: NEED OF THIS CENTURY

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**Abstract:-**As we all know that today's adolescents face a lot of challenges and opportunities during this age of Google world. to scale back their stress and improve their well-being is incredibly necessary issue. non secular Intelligence incorporates a vital influence on the standard of life and success for Adolescents in 21st century that has to be understood.

**Keywords:**Adolescents, Emotional Intelligence, non secular Intelligence, Stress.

### INTRODUCTION

In the 21st century there are unit three main explosions; population explosion, explosion of data and in conclusion the explosion of aspirations. throughout such times, it's become terribly tough for North American country to exist and live our life with success. Especially, today's adolescents are becoming affected thanks to these changes and face much higher levels of stress. tutorial performance is simply one in every of the various challenges Janus-faced by adolescents. The adolescence is thought to own its own distinctive set of issues throughout that high levels of stress gets manifested in kind of emotional tensions, suicide, rebelliousness, quality, non- conformity and defiance.

A medical study by Roemmichet all (2011) suggests that stress is also connected to sickness in those that develop sure vessel stress reactivity. Haralson et al (2008) claimed that by participating in health promotion activities adolescents will improve their sense of well-being associated with stress as a result of is that this amount of life stress could be a psychological agent that influence physical and emotional well-being. Rinju martyr, Baby Shari (2012) found that low emotional intelligent cluster was high in stress and high emotional intelligent cluster had low stress. atomic weight is play vital role in stress management and in physical and psychological well-being.

The a lot of talked ideas currently in scientific discipline area unit IQ, EQ and SQ, in line with Nathawat's (2001) easy definition "a shut scrutiny of those ideas can recommend North American country that IQ is vital for entrance in instructional establishments, atomic weight is important for fulfillment in life and SQ is beneficial for meaning life." deeming western authors like DanahZohar associate degreed Ian Marshall they emphasizes that IQ and atomic weight area unit an integral a part of SQ, non secular intelligence is being given a lion's share because it is that the most vital attribute of folks whereas IQ and atomic weight area unit viewed as integral a part of SQ. The scientific and psychology proof for SQ has been place forth by distinguishing a God-spot or a God quotient (GQ) within the human brain. (Persingers M and Ramchandran,V.S 1990). The impact of non secular intelligence play vital role to resolve the issues Janus-faced by adolescents.

### ADOLESCENCE AND PRESENT SCENARIO

Adolescence is that the stage of fast amendment of Associate in Nursing individual's physical, mental, social, ethical and religious outlook. throughout this era the body goes though revolutionary changes.

Physical changes and development in a young adult area unit closely connected with emotional, mental and social development. Adolescence is additionally the stage once youth extend their relationships on the far side folks and family and area unit intensely influenced by their peers and therefore the outside world generally. If intellectual, emotional and religious intelligence level is high in adolescents they'll ready to deal completely with all the aspects of stress and matters associated with physical psychological and emotional well. this is often conjointly a follow of the National policy of Education NCERT's National programme framework (NCF) 2005 to guide the school's programme across the country that recognized adolescence education as an impotent space at school education.

It is surprising to notice that thirty percent of Indian population (327 million individuals) is within the age bracket of 10-24(WHO 2007) The population of adolescents within the age bracket 15-24 years is twelve.4crores (124,846,890). Out of the twelve.4crores youth during this age bracket, 6.56crores (65,632,877) area unit males, while 5.92crores (59,213,981) area unit females.within the age bracket of 15-19 years area unit ten.02crores, out of that five.4crores (53,939,991) area unit males and four.6crores (946,275,899) area unit females (census of Asian nation 2001). way forward for nation is counting on adolescents and their well –being and thence the causes of stress during this amount of life area unit burning problems for all people.

According to national survey of kid and adolescent well being (NSCAW) 1997-2013, adolescences well-being depends on the capability of their family to nurture and look after them. The overwhelming majority (86%) of adolescent United Nations agency have received a report of kid abuse or neglected stay in home following a abuse investigation. This survey is showing the important image of adolescent stress and their well-being.

Stress may be a psychological agent that influences physical and emotional well-being (Lazarus & folkman 1984). in step with (reddy.poornima2011) there's a major negative relationship between emotional intelligence and stress. however wait there's a lot of, currently we've got non secular intelligence (SQ) whereas psychological feature Intelligence (IQ) permits U.S. to suppose and Emotional intelligence (EQ) helps U.S. relate non secular intelligence (SQ) permits U.S. to try to to each these items throughout times of speedy modification. intelligence quotient & equivalent were comfortable in a very comparatively static world. SQ provides the linkage in times of parading shift and chaos. Those with high SQ have the capability to question and suppose creatively, modification the foundations, work effectively in dynamical things by twiddling with the boundaries, break through obstacles and being innovative. SQ Encourages U.S. to check the largest image to be co-creator of the globe within which we have a tendency to live. therefore within the age of adolescence all 3 intelligence play a very important role. For the higher way forward for our nation our adolescents SQ is a lot of foreign then intelligence quotient and equivalent.

## ADOLESCENT'S IQ, EQ AND SQ

Adolescence is that the stage of development between childhood and adulthood representing the amount throughout that someone becomes biologically adult however doesn't achieves emotional maturity. this era is known with dramatic changes within the body, beside developments in a very person's scientific discipline and tutorial career. Generally, there's a proper age of maturity.

### Cognitive Intelligence (IQ)

Cognitive intelligence is that the intellectual ability to reason, have logic, to read, analyze, order and write. For doing these our brain uses the modern cortex and doesn't use the emotional center of the brain

### Emotional Intelligence (EQ)

According to Slovey& Mayer (1990) Emotional intelligence may be a sort of social intelligence that involves the flexibility to watch one's own emotions, to discriminate among them and to use the data to guide one's thinking and actions.

According to Goleman – Hay/McBer analysis for fulfillment at the best levels, in leadership positions, emotional competency accounts for just about the complete advantage.

As we know, it's not the best people who area unit the foremost triple-crown or the foremost consummated in life. we have a tendency to most likely recognize that individuals World Health Organization area unit academically good and nonetheless area unit socially inept and unsuccessful at work or in their personal relationships. Intellectual intelligence or intelligence quotient isn't enough on its own to achieve success in life. intelligence quotient will facilitate U.S. get into faculty however it's equivalent that may facilitate U.S. manage the strain and emotions of sitting our final exams.

### The Four Branches of Emotional Intelligence

- 1.Salovey and Mayer: planned a model that known four various factors of feelingly intelligence: The perception of emotion, the power to reasoning mistreatment emotions, the power to know feeling and also the ability to manage emotions.
- 2.Perceiving Emotions: the primary step in understanding emotions is to accurately understand them. In several cases, this would possibly involve understanding nonverbal signals like visual communication and facial expressions.
- 3.Reasoning with Emotions: consequent step involves mistreatment emotions to push thinking and psychological feature activity. Emotions facilitate prioritise what we tend to concentrate and react to; we tend to respond showing emotion to things that garner our attention.
- 4.Understanding Emotions: The emotions that we tend to understand will carry a good style of meanings. If somebody is expressing angry emotions, the observer should interpret the reason for their anger and what it'd mean.
- 5.Managing Emotions: the power to manage emotions effectively may be a key a part of emotional intelligence. regulation emotions, responding fitly and responding to the emotions of others ar all vital facet of emotional management.

**Table 1: Five Dimensions of Emotional Intelligence**

Dimension	Definition	Hallmarks
<b>Self-Awareness</b>	The ability to recognize and understand our moods, emotions and drives, as well as their effect on others.	Self-confidence. Realistic self-assessment. Self-deprecating sense of humor.
<b>Self-Regulation</b>	The ability to control or redirect disruptive impulses and moods. The tendency to suspend judgment – to think before acting.	Trustworthiness and integrity. Comfort with ambiguity. Openness to change.
<b>Motivation</b>	A passion to work for reasons that go beyond money or status. A tendency to pursue goals with energy and persistence.	Strong drive to achieve Optimism, even in the face of failure. Organizational commitment.
<b>Empathy</b>	The ability to understand the emotional makeup of other people. Skill in treating people according to their emotional reactions.	Expertise in building and retaining talented teachers. Cross-cultural sensitivity. Service to students and society.
<b>Social Skill</b>	Proficiency in managing relationships and building networks. An ability to find common ground and build rapport.	Effectiveness in leading change. Persuasiveness. Improved communication between students and teachers.

EQ is actually a large collection of skills. Goleman and Richard Boyatzis have recently grouped these skills into 4 quadrants.

**Table 2: Quadrants of EQ Skills as Presented by Goleman and Richard Boyatzis**

Self Awareness	Other Awareness
• Emotional self-awareness.	• Empathy.
• Accurate self-assessment.	• Organizational Awareness.
• Self-confidence.	• Service Orientation.
Self Management	Relationship Skills
• Emotional Self-Control.	• Developing others.
• Transparency. (honest/trustworthy)	• Inspirational Leadership.
• Adaptability.	• Influence.
• Achievement orientation.	• Change catalyst.
• Initiative.	• Conflict management.
• Optimism.	• Teamwork and collaboration.

The analysis done by Goleman and Boyatzis shows that knowingness skills should be developed before the others will develop. This is sensible if we tend to take into account Emotional knowingness. If I don't understand once I am angry however am i able to have Emotional Self Control? however am i able to have fellow feeling for your anger? however am i able to handle conflict appropriately? analysis on equivalent has left little doubt that these skills area unit very important for private, academic and skilled success for the scholars further as for lecturers. equivalent is supplement to SQ. equivalent & SQ area unit equally necessary for college kids and lecturers. Emotional intelligence, once applied to the work, involves the capability to effectively understand, express, perceive and manage emotions in a very skilled and effective manner at work (Palmer and Stough 2001) Emotional Intelligence involves the power to understand, accurately appraise, and categorical emotions, the power to access or generate feelings after they facilitate thoughts; the power to grasp emotions and emotional data and intellectual growth.

The term Emotional Intelligence encompasses the subsequent 5 characteristics and skills - Self awareness, Mood management, Self- motivation, fellow feeling and Managing relationships.

Following factors area unit used to identity emotional intelligence - self awareness, empathy, self motivation, emotional stability, managing relations, integrity, self development, moral principle, commitment and selfless behavior. Spiritual Intelligence (SQ)

According to Emmons (2000) the adaptive use of religious info to facilitate everyday drawback finding and goal attainment is as called religious intelligence. in keeping with Wigglesworth (2002) religious intelligence is that the ability of people to behave showing wisdom and compassion whereas maintaining inner and outer peace, in spite of matters. in keeping with Sir Leslie Stephen Covey (2004) religious intelligence is that the central and most basic of all the intelligences, as a result of it becomes the sources of steerage for the others.

**Five elements of religious intelligence area unit as follows:**

- The capability to transcend the physical and material.
- The ability to expertise heightened states of consciousness.
- The ability to sanctify everyday expertise.
- The ability to utilize religious resources to resolve issues.
- The capability to be virtuous.

Spiritual intelligence is that the set of talents that people use to use, manifest and embody religious resources, values and qualities in ways in which enhances their daily functioning and well-being (Amram 2000). On the analysis of 5 elements mentioned on top of Wigglesworth (2002) have developed twenty one elaborate skills of religious intelligence.



## INTER-RELATIONSHIP BETWEEN EQUIVALENT AND SQ

This simplest model describes four core intelligences. It shows a pyramid to demonstrate the only sequence of development. This can be a really straightforward model that is useful to imagine relation between development of kid and development of intelligence (Wigglesworth 2006).



**Figure 1: Vertical Stacking Display of Multiple Intelligences**

The idea of this model is that as babies we have a tendency to 1st specialize in dominant our bodies. Then our linguistic and abstract skills develop (“IQ”) that square measure a key focus of our faculty work. we have a tendency to do some early development of relationship skills, except for several folks emotional intelligence (“EQ”) becomes attention space solely later after we understand we want to boost – sometimes supported feedback in work relationships. non secular intelligence (“SQ”) usually becomes attention later – as we start to go looking for which means and raise “is this all there is?”

SQ and equivalent weight square measure associated with one another. i feel we want some basics of equivalent weight to even with success begin our non secular growth. some extent of emotional awareness and sympathy is a crucial foundation. Then, as our non secular growth unfolds, there would be a strengthening of equivalent weight skills – which might additional reinforce and assist the expansion of SQ skills.

Every teacher and student ought to have awareness regarding this Model and relation between equivalent weight and SQ in order that they'll use this data for the accomplishment in their life. The word non secular comes from the latin root “Spirits” which implies “breath” concerning the breath of life. It involves gap our hearts and cultivating our capability to expertise awe, reverence and feeling. it's the flexibility to ascertain the sacred within the standard, to feel the poignancy of life, to know the passion of existence and to give ourselves. Its aim is to motivate bigger love and compassion for all folks and living things its effect: sensible physical and mental state.

## CONCLUSIONS

By reviewing earlier researches it's found that each variables stress and well-beings of adolescent's students square measure negatively co-related with one another and it's conjointly suffering from ratio, EQ and SQ. Reviewing the literature showed that, non secular intelligence will improve with coaching. Adolescence is a crucial amount for non secular intelligence coaching and feeling as a subscale in SQ has ability to extend that fortuitously, several people have represented specific exercises to push feeling.

As a form of intelligence, spirituality extends the psychologist's conception of spirituality and permits its association with rational psychological feature processes like goal accomplishment and downside resolution. The non secular intelligence provides a general basis for the individual to be ready to think about his seeking for goals and which means in life, and to maneuver in the direction of the aims that square measure in person purposeful. It aids the individual in directive his/her issues to the broader image and in focusing, consciously, his/her activities in a very context that's wider.

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