

A Study of Spiritual Intelligence and Psychological Well-being among College Students. Zaki Akhtar* and Ghazala Shaheen**

Abstract

The purpose of the pose study was investigated to the spiritual intelligence and psychological well-being among college students. The purposive sampling method acting was used in this study. The total sample consisted 80 students (40 of male and 40 of female) selected from the Jamshedpur city. Spiritual intelligence self-report inventory developed by King and psychological well-being scale developed by Sisodia and Choudhary were used to measure the spiritual intelligence and psychological well-being, respectively. The result shows that significantly gender differences in the levels on spiritual intelligence and psychological well-being. Result also shows that female have better spiritual intelligence and psychological well-being than male.

Keyword : spiritual intelligence, psychological well-being, college students.

Spiritual intelligence -citizenry that are spiritually intelligent have highly-developed suspicion and deeper intellect of the globe, citizenry, and events thought and thought trust. surviving in the easiness of the spirit, they are also able to reduce selfishness through and through their have internal spontaneousness and that is able of observant things beyond the common prejudices and philosophy that regulate our workaday life. This is not at all around any occult or Para psychological element. It is around trust and courage, around simple concentrated what barrier as mainly to our mind and spirit. Spiritual intelligence is the feeling that comes from the innocence of the spirit and the bottom of faith, gives us a calm soul and body. It accessible in to farther brave judgment, for accurate activity. Spiritual intelligence is thing with that we approaching the issue of definition and life attitude. By applying the intelligence, we lay our activity and our lives into a higher, wealthy, and more essential setting. Spiritual intelligence is the brilliance with that we estimation in case a particular action or a few life directions is more essential than another. It is the element for the right working of the rational intelligence and emotional intelligence. Rational intelligence benefits us to learn sure system. For exemplar, emotional intelligence grants me to understanding the locality in which I am and to action within the barrier of position. i.e. to have the position advantage me, my spiritual intelligence among me to inquire in case I need to-be in that position at any rate. I rather diversity the position and build something more valuable? I prompt me to request why these methods survive. Spiritual intelligence shows me that the method that survive can turn, and such method do not know whether it is computers or animals.

Peoples are basically spiritual livings because they request questions: who I am, what is the context of my esprit, what is the worth of my discomfort, where I am, where I am going, etc with all the holding of human beings, with it an existential-spiritual element. Today all civilized skills that may be determine and emphasized, but the human conduct things that we

cannot calculate and we will not able to work on it. It's his spiritual element example spiritual intelligence. The belief of "spirit" appears out from the hebraical word "ruah", and enlightened, it's called as "spirits". That's why SQ known as spiritual intelligence. The spirit considered as an impulsive effort or a life-giving foundation that breathes life. Existence is not a thing that we can capture, for our eyes it 'sun seeable, but the eyes of spirit openly look and realize it. The Bible said that lord, after making man, voiceless in his spirit. By this soul we build, bring to life, moreover launching the society. That's why soul is "sacred discomfort" that remains us always creating things that are new and even more acceptable for upcoming generation. Spiritual intelligence is things that are familiar to us irrespective of our gender, age, race, and religious spiritual intelligence is the speech that we are talking about. Spiritual intelligence has "programmed" as how we are, but, it is also gives us the advantage of reprogramming. With spiritual intelligence, we grown up, change, and open our potency. Spiritual intelligence is allowing us to find experiential difficulty. It grant a "deeper" meaning of life through which we can depend on it when we are grab up in the issue of lord and evil, living and dying, with huge causes of distress and unhappiness. In the relation level, we aim to operate this difficulty aside from privately with regard to the spiritual level, we comforted for this, we find out what has been awake subconsciously with us in a long time. Psychological well-being: It's impressive to quickly assess a simple well-being before a psychological well-being blossoms. One of the most important goals, for which each person and society strive, is psychological well-being. The word describes the object in good condition. The phrase "psychological well-being" is frequently used to describe a specific type of uprightness, such as living in a pleasant environment or being deserving of respect. being capable of handling life, living it up, etc. For psychological well-being, a lot of words have been used that are interchangeable and similar, such as "happy," "satisfaction," "positive effect," "positive mental health," and "quality of life."

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