

Impact of Emotional Intelligence and Spiritual Intelligence on Happiness with Mediating Effect of Mental Well-Being

Trapti Tak ¹,

¹, PHD Research Scholar, Department of management studies JECRC University, Jaipur, Rajasthan, India

¹Corresponding author: Trapti Tak,

Dr. Manish Sharma ²

², Assistant Professor, Faculty of Management, Department of Management Studies JECRC University, Jaipur, Rajasthan, India

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Abstract

The present paper reveals life skills Covid-19 pandemic- the unwelcome guest of our country has an impact on the happiness of college going students. Many factors such as their social life, family income, and academic infrastructure and so on took a new shape. These putting together resulted in myriads of emotions, testing their mental well-being and questioning their pursuit of happiness. The situation though hapless, made the students work on their management of emotions and urged them to dive deeper into spirituality. Emotional intelligence, spiritual intelligence together with mental well-being is seen to promote happiness. Therefore, the purpose of the study was to investigate the relationship among these constructs with respect to college students in India. The study was done through purposive sampling technique using closed ended weighted mean, Pearson correlation, regression and Sobel's mediation analysis were used for the study. Emotional intelligence, spiritual intelligence, mental well-being and happiness were significantly correlated. Mental well-being showed a mediation effect towards the relationship between emotional and spiritual intelligence in promoting happiness.

Keywords: Emotional Intelligence, Spiritual Intelligence, Mental Well-being, Happiness, Mediating effect.

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Introduction

It was during the nationwide lockdown in India (March-June 2020) wherein irrespective of the field, the humans encountered the most unexpected happenings; taking a toll on their emotional balance and mental well-being. It was witnessed unanimously across age groups. The pursuit of happiness was way beyond the fulfilment of materialism. This made them turn inward searching for answers in the field of spirituality which has long been touted as the doorway to happiness. As cited by Chan & Siu (2016), there exists a huge multidimensional reality and that physical reality, in which human beings live, is embedded within it and the conscious pursuit of personal and community well-being. Noble (2000). Emotional

Intelligence (EI) The Intelligence quotient may help an individual get good grades but it is the Emotional quotient that helps them deal with life. According to Pangestu (2019), emotional intelligence is an individual's expertise in encouraging oneself, surviving failure, controlling emotions, and controlling mental states. It is the ability to perceive, understand, manage and use emotions to facilitate thinking (Mayer and Salovey, 1993; Mayer, et al., 2000). Spiritual Intelligence (SI) “Without, I go only to come down. Within, I go only to rise above.”- Swami Chinmayananda. Spirituality helps us tune our minds to the inner Self of Consciousness. Spiritual Intelligence is the capacity to integrate the body, mind and intellect and then transcending beyond them. It is about living in harmony with the universe, realizing the Supreme Oneness. Wolman (2001) defined spiritual intelligence as “the human capacity to ask ultimate questions about the meaning of life, and to simultaneously experience the seamless connection between each of us and the world in which we live.”

Mental Well-Being And Happiness: General Overview

Mental Well-being (MWB) and Happiness Mental health is an on-going process, not a port of call. MWB is all about the ability to cope with the ebb-and-flow of life. A genuinely happy life requires the fulfilment of a broad range of conditions, including physical and mental well-being (Bugiulescu, 2019). Happiness is defined in terms of life satisfaction (Keyes, 1998). According to Well-being theory and PERMA Model (Seligman, 2011, 2002), Happiness includes Positive Emotions, Engagement, and Meaning. Well-being builds on these and adds to its Positive Relationships and Accomplishment.

Review Of Literature, Slr

“A study of relationship between Spiritual Intelligence, Emotional Intelligence and Mindfulness on cognitive flexibility among higher secondary students” was conducted by G.Umamageswari and Dr. Kalai (2020). This paper proved the influence of spiritual intelligence, emotional intelligence and mindfulness over cognitive flexibility of 1,200 higher secondary students in Jaipur district. It was quantitative correlational research and the statistical tools used were Ttest, ANOVA, Pearson Correlation, Multiple Regression and Structural Equation Modelling (SEM). Indira Sharma and Ajit Upadhyaya (2019), in their research paper “Impact of Spiritual Intelligence and Emotional Intelligence on Learning with mediating effect of Curiosity” assessed 111 students of Gwalior region. In this study, Regression analysis was applied to measure the causal relationship between these variables. The outcome disclosed that there was a positive and significant impact of Spiritual intelligence and Emotional intelligence on learning and curiosity had a mediating effect. In the article on “Approaches of Happiness and Well-being in Psychology” by Cristina (2019), the author accepts Seligman’s theoretical model of well-being which in his opinion helps one to understand the elements which contribute to well-being and what people can do to maximize each element to reach a life full of happiness. Roxana Omar Dev et al, (2018) in their study. “Emotional Intelligence, Spiritual Intelligence, Self-Efficacy and Health Behaviours: Implications for Quality Health” investigated the relationship between emotional intelligence, spiritual intelligence and self-efficacy on health behaviours among 400 undergraduate university students in Malaysia. Pearson Correlation and Structural Equation

Modelling were used to explore relationships between these aspects. The results revealed that emotional intelligence and self-efficacy showed a partial mediation effect towards the relationship between spiritual intelligence and promoting health behaviour. According to Arcidiacono & Di Martino (2016), subjective well-being tends to see happiness as the result of personal efforts and achievements.

Research Gap

For the university students, the pandemic was indeed a hard pill to swallow. The online classes were strenuous, the social life was held off, and the sources of entertainment were limited- all affecting their pursuit of happiness. Limited research has been done using EI, SI, MWB and Happiness constructs together. Driven by the circumstances and inputs received, the purpose of the study was to investigate the relationship among emotional intelligence, spiritual intelligence and happiness with mental well-being, a mediating factor among college students of Jaipur city. This would help the academicians focus on coaching their students to be emotionally intelligent and help them uplift themselves spiritually. The conceptual model is developed as below.

Research Objectives

Objectives

1. To analyze the relationship among Emotional Intelligence, Spiritual Intelligence, Mental Well-Being and Happiness.
2. To study the impact of the Emotional Intelligence and Spiritual Intelligence on mental well being and Happiness.
3. To examine the mediating effect of Mental Well-Being between the intelligences and Happiness.

Research Methodology

Primary data was collected through a structured and standardised questionnaire from 247 students from private colleges India., selected using purposive sampling method. The four main instruments used for data collection were the modified questionnaire of The Assessing Emotions Scale (TAES) by Schutte (2009), The Spiritual Self-Report Inventory (SISRI) by King and DeCicco (2009), Warwick Edinburgh Mental Well-being Scale (WEMWBS) and Subjective Happiness Scale (SHS). The statistical tools used were percentage, correlation, regression analysis and Sobel mediation analysis. 6. Limitations 1. This study was conducted amongst the UG and PG students of colleges in India only. Hence the results may not be completely generalizable. 2. Only two intelligences i.e., EI and SI were used to test this model.

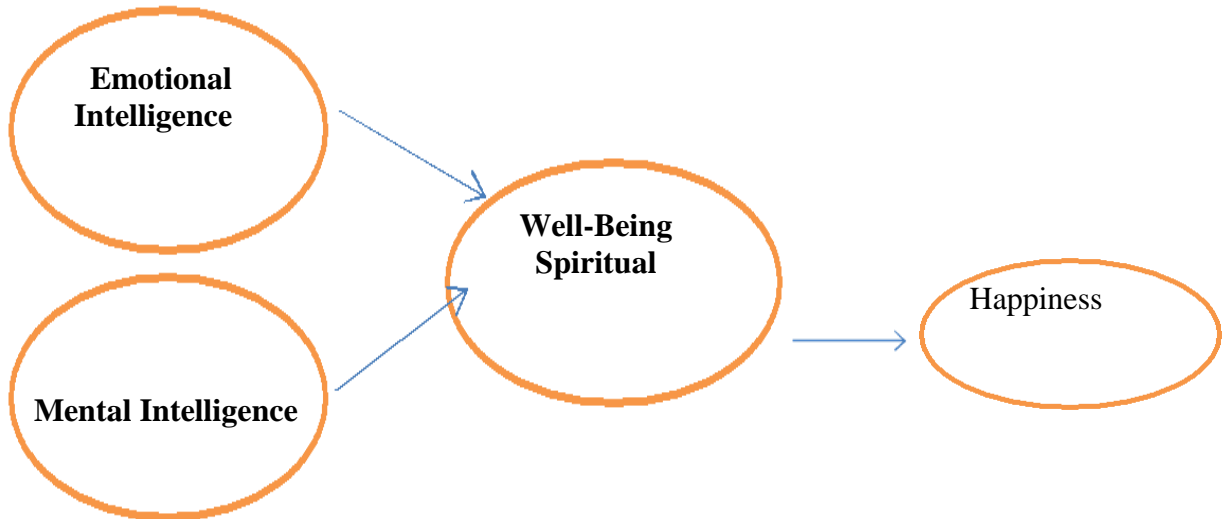


Figure 1. Intelligence-Happiness Model

Data Analysis and Interpretation Demographics from the responses received, 19.8 percent are male and 80.16 percent are female. 19.02 percent are pursuing their PG and 80.97 percent are pursuing their UG. 67.61 percent are of age group 17 upto 20 and 32.38 percent are in the age group of 20 upto 23. 23.88 percent stay in joint family and 76.11 percent stay as nuclear families. Inferential Analysis This part of the study determines the relationships among Emotional Intelligence, Mental Well-being and Happiness; Spiritual Intelligence, Mental Well-being and Happiness through Correlation analysis. For this purpose, the weighted mean of these constructs were calculated. The overall weighted mean score of EI was 4.21 and that of SI was 3.96 indicating that the respondents of age group 17-23 have a high Emotional and Spiritual Intelligence. The overall weighted mean score of MWB was 3.97, resulting in the respondents agreeing to their mental well-being. The overall weighted mean of the 4 statements measuring Happiness was 3.42 indicating that the respondents have agreed about their state of happiness during the pandemic.

$$\text{Happiness} = 1.895 (\text{constant}) + 0.384 (\text{Well-being})$$

There is a strong and a positive impact on Happiness by Mental Well-being.

The next part of the study is to determine the impact of Emotional Intelligence and Spiritual Intelligence on Happiness through Regression analysis.

Table 1 . Impact of relationships – EI and SI on Happiness

Variables	Unstandardized Coefficients		Standardized Coefficients	t value	P value
	B	Std. Error	Beta		
Constant	1.625	0.452	-	3.593	0.000
EI	0.502	0.139	0.291	3.616	0.000

SI	-0.081	0.102	-0.064	-0.794	0.428
Multiple R value	0.255				
R Square value	0.065				

a. Dependent variable: Happiness

The Co-efficient of Determination (R^2) is 0.065 indicating that 6.5 % of the variation in Emotional Intelligence and Spiritual Intelligence towards Happiness is explained by the estimated SRP that uses the two independent variables. Emotional Intelligence is significant at 1% level but Spiritual Intelligence is statistically insignificant.

Happiness = 1.625 (constant) + 0.502 (Emotional Intelligence) - 0.081 (Spiritual Intelligence) Among

the two intelligences, the most important independent variable that impacts Happiness is Emotional Intelligence (0.502). The probable reason for Spiritual Intelligence being lenient towards significance on Happiness could be that the Higher Educational institutions do not provide any platform for quenching their quest of spiritual thirst. Ironically, as we move up the ladder of material success, the importance given to develop upon our spiritual values diminishes. Another reason could also be that due to virtual classrooms and online classes, the screen time has increased magnanimously, preventing the students from engaging in any non-academic activities.

To confirm the mediating effect of Mental Well-being, Sobel test was applied. The results of which are depicted below.

Table 2. Mediating effect of Mental Well-being.

Relationship between variables	Sobel Test			
	Values	Test Statistic	Standard Error	P Value
EI \square WB	a= 0.699 S(a)= 0.079	3.397	0.064	0.00
WB \square H	b= 0.309 S(b)= 0.084			
SI \square WB	a= 0.699 S(a)= 0.079	4.580	0.063	0.00
WB \square H	b= 0.309			

Conclusion

The results of Sobel test were significant, as the P value was 0 (Sobel,1982). This infers that Well-being is a mediating variable between Emotional Intelligence and Happiness and also between Spiritual Intelligence and Happiness.

Implications of the Study

During these stressful times, students should stay connected with their peers and discuss their problems with them. Taking efforts in developing family bonds will also yield positive results. They should read more motivational books and listen to inspiring talks which would help them gain the emotional stability. College professors should address the importance of having spiritual inclination. It builds the capacity to handle life's challenges with composure. For better mental well-being, both spiritual and emotional growth is essential.

Scope for Further Study

1. Other types of intelligences such as Social intelligence, Intellectual intelligence, and so on can be tested.
2. A wider geographical area could be covered.

This study was done on the undergraduate and post graduate students of Jaipur city. Weighted Mean, Correlation and Regression analysis was applied to test and establish the relationship between the independent variables and dependent variable. The results indicated that there exists a significant relationship between Emotional Intelligence and Happiness. The relationship between Spiritual Intelligence and Happiness, though insignificant has a strong significant relationship with Well-being as a mediating effect. The findings indicated that individuals who possess a better mental well-being are happier in life and mental well-being is significantly related to both Emotional Intelligence and Spiritual Intelligence.

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