



## Impact of Spiritual Intelligence and Happiness on Mental Health among Adults

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**Abstract-** The present research was conducted to analyze the impact of spiritual intelligence and happiness on mental health among adults. The quantitative research design was used to find the role of spiritual intelligence and happiness on mental health among adults and a questionnaire was developed to conduct this research. Convenient sampling techniques were used and the sample consisted of adults (n=400) taken from Multan and their age range was between 25 to 55 years old. The Spiritual Intelligence Report Inventor SISRI-24 scale was used which devolved by King (2008), the Subjective Happiness scale used to measure happiness which was developed by Lyubomirsky & Ross (1997) and the Mental Health Inventory (MHI) was used in the present study which was developed by Veit and Ware (1983). However, statistical analysis revealed there is an association between spiritual intelligence and happiness among adults. Results revealed that spiritual intelligence dimensions with mental health dimensions occur negatively correlate among adults. Results also showed a negative correlation between happiness and mental health among adults and the results expose that there is a notable impact of spiritual Intelligence on mental health among adults. Further, the result also shows that there is an impact of happiness on mental health among adults.

**Keyword:** anxiety, depression, happiness, mental health, spiritual intelligence

### I. INTRODUCTION

Intelligence is defined as the ability to manage cognitive complexity (Sternberg, 2000). As defined in Webster's Dictionary, intelligence includes the ability to understand, to apply knowledge, to use reason skillfully, and to manipulate one's environment (Vaughan, 2002). The view that intelligence comprises many different abilities is supported by current trends in neurology and cognitive psychology. Spirituality is an awareness of life that enables us to think about life, who we are, and where we come from (Mahmood et al. 2018). The reason why the construct of spirituality is considered as intelligence is based on some scientific observations and findings that the application of specific patterns of thoughts, emotion, and behaviors discussed under religion and spirituality, in daily life can lead to an increase in the individual's adaptation and well-being (Faribors, Fatemeh & Hamidreza, 2010). Spiritual intelligence mixes the concepts of spiritual and intelligence in a new concept, and it is the intelligence that makes whole and gives integrity. It is the intelligence to ask a fundamental question.

Spiritual intelligence is a human capacity to ask questions about the meaning of life and the world where we live (Srivastava, 2016). Spiritual intelligence is a full picture of human intelligence which increases the human ability to connect to a higher power and a sacred entity. Those who have a higher level of spiritual intelligence are more flexible and self-conscious and have a holistic attitude to the existence and hardships of life. Spiritual intelligence includes various methods that can coordinate innate life and the spirit with external life and it may lead to happiness and improvement of life quality (Hossein et al. 2010).

Spiritual intelligence is a better measurement of intellect that initiates the potentiality and capability of the genuine nature (or the soul), inside the procedure of knowledge, kindness, honesty, desire, affection, inspiration, and harmony (Joy, 2013). Moreover, spiritual intelligence is a clear image of human intelligence which enlarges the human capability to get attached with high power and a sacred. However, those who have a high level of spiritual intelligence are more workable and uncomfortable and have an entire attitude to live with the hardship of life (Pant & Srivastava, 2019). It also shows the overall perspective about the

desirability of happiness and its judgment to show how much a person loves his/her life (Raisi et al. 2013). There are four dimensions of spiritual intelligence which are discussed below.

**Critical Existential Thinking:** Existential thinking tends to the capacity that functions as a severe element in observation to creation of life, actuality of things, the existing universe, time, area, and other metaphysical experiential troubles. Further critical existential thinking may include the potential that could contemplate the non-existential matters that are present in one's existence.

**Personal Meaning Production:** All the physical and intellectual experiences are linked with capability and the purpose that may include the purposive life standard or lifestyle that an individual tends to create according to his capacity.

**Transcendental Awareness:** The ability to become aware of transcendent dimension /patterns of the self and others, and of the physical global throughout states of recognition, observed by the ability to become aware of their courting to one's self and the bodily.

**Conscious State Expansion:** A potential-1 in conscious state expansion includes a refined and improved state of consciousness that might include pure attention, a proper cohesion process, and a sense of oneness. Further personal discretion and different other states such as deep contemplation, prayer, and much more could be included in it.

The spiritual path is a metaphor for the development of spiritual qualities including spiritual intelligence (Fagley, & Adler, 2012). Followed with commitment and integrity, a path can lead from the bondage of unconsciousness to spiritual freedom, from fear and defensiveness to love and compassion, and from ignorance and confusion to wisdom and understanding (Grzeda, 2019). The goal of the path may be described by a term such as enlightenment, awakening, inner peace, or self-realization.

Happiness has been defined as a lasting, complete, and justified satisfaction with life as a whole (Feldman, 2008). According to Fisher (2010), happiness includes the belief that one is getting the important things one wants, as well as certain pleasant effects that normally go along with this belief. Happiness has also been conceptualized as a positive inner experience, the highest good, and the ultimate motivator for all human behaviors and as the degree to which an individual judges the overall quality of his or her life as a whole favorably (Bekhet, Aauszniewski, & Nakhla, 2008). Happiness has also been defined as the preponderance of positive affect over negative affect with a distinct focus on the affective evaluation of one's life situation (Hofmann et al. 2014).

According to Hills and Argyle (2001), happiness is a multidimensional construct comprising both emotional and cognitive elements. Three main components of happiness have been identified: frequent positive effect or joy, a high average level of satisfaction over a period, and the absence of negative feelings such as depression and anxiety. Life events models propose that levels of happiness can fluctuate substantially over time (Delle Fave et al. 2011). Therefore, these models look to major positive and negative life events to account for changes in happiness. This perspective suggests that happiness is the sum of many small pleasures.

Mental health refers to cognitive, behavioral, emotional, social, and psychological well-being (Keyes & Lopez, 2009). It is all about how people think, feel, and behave and also helps to determine how people handle stress, relate to others, and make choices. People sometimes use the term "mental health" to mean the absence of a mental disorder. According to the World Health Organization, "Mental health is a state of well-being in which an individual realizes his or her abilities, can cope with the normal stresses of life, can work productively, and can make contributions her community." The WHO stressed that mental health is "more than just the absence of mental disorders or disabilities." Peak mental health is about not only avoiding active conditions but also looking after ongoing wellness and happiness. Moreover, in 2017, an estimated 11.2 million adults in the US, or about 4.5% of adults, had a severe psychological condition, according to the National Institute of Mental Health (NIMH) (Le et al. 2020).

Vaughan (2002) has emphasized that spiritual intelligence associate with mental health in general, although some forms of spirituality may be dysfunctional or sick. When spiritual beliefs promote denial

and rejection and lead to fear and conflict, they can be destructive and seriously problematic. Emmons (2000) argued that one of the factors contributing to such positive outcomes may be that having a spiritual orientation to life protects people from undesirable and no adaptive behaviors such as destructive, social, or even personal behavior. Kirby, Coleman, and Daley (2004) in their study found that spirituality also reduces the negative effects of older people.

Those with higher spiritual intelligence are benefiting from several capacities, for instance, they have the power to cope with stress, change the threats of life into opportunities, and finally, have a better mental health status (Arnout, 2020). Recent studies have shown that spirituality can be used for the treatment of infertile couples, help them to deal with the problems caused by frustration, and enhance the effectiveness of the treatment. Spiritual intelligence is the adaptive use of spiritual information to facilitate the process of problem-solving and to achieve personal goals. Spirituality increases people's capacity to tolerate the stresses of life and motivates people to make more efforts to find solutions to problems (Robinson et al. 2016).

Roy (2020) regarded emotional intelligence as experienced abilities to achieve better understanding and knowledge. Spiritual Intelligence can say all those things that we believe and the beliefs and norms, beliefs and values of the activities that we show (Jacob et al. 2010). Personal beliefs play a vital role in various fields, especially the promotion and provision of mental health plays. Mental health plays an important role in ensuring the effectiveness of every community and plays (Solgi, Nabavi, & Safara, 2018). Jacob et al. (2010) pointed out that with increasing spiritual intelligence, happiness levels are also increased. The study carried out by Safaeian and Esmaeilinasab (2014) showed that spiritual intelligence was related to coping styles.

Also, physical exercise can be effective in promoting mental health and other research has shown that the practice of religious beliefs among athletes than non-athletes (Shiah et al. 2015). This study is also in line with other research is the relationship between athletes and non-athletes in spiritual intelligence and psychological testing. The findings of the study conducted by Mathew, Shetty, and Nair (2020) expressed that there was a relationship between spiritual intelligence and occupational stress. Also, the study of Khosravi and Nikmanesh (2014) showed that there is a positive relationship between spiritual intelligence and stress.

## II. METHODOLOGY

### *Population and Sampling*

This research is quantitative and the population of this study consisted of adults and the N = 400 taken from different areas of Multan. The convenient sampling technique was used to select the sample size. The sample was consisting of adults their age range between twenty-five years old to fifty-five years old. Data were taken from different areas of Multan. Ages range was between 25 to 55 years. Along with instruments, a demographic information sheet was attached to know about the demographical variables (age, gender, education, marital status, income).

### *Instruments*

This research was done on three scales. The first scale was the Spiritual Intelligence scale developed by D. King (2008), the second scale was Subjective Happiness developed by Lyubomirsky and Ross (1997), third was Mental Health Inventory developed by Viet and Ware (1983).

**Spiritual Intelligence Scale** was developed by King (2008) and contains 24 items which are sub-divided into 4 subscales: 1 = Critical Existential Thinking (CET), the sum items were 1, 3, 5, 9, 13, 17, 21 and the total 7 items were in the range of 0-28; 2 = Personal Meaning Production (PMP), the sum items were 7, 11, 15, 19, 23 and the total 5 items were in the range of 0-20; 3 = Transcendental Awareness (TA), the sum items were 2, 6, 10, 14, 18, 20, 22 and the total 7 items were in the range of 0-28; 4 = Conscious State Expansion (CSE), the sum items were 4, 8, 12, 16, 24 and the total 5 items were in the range of 0 - 20.

**Subjective Happiness Scale** was developed by Lyubomirsky & Ross (1997) and it contains four items, two items ask the suspects to distinguish themselves using both complete rating and the ratings relative to squint, although the other two items provide a complete explanation of happiness and unhappy personal and ask defendants to expand with each assuming describe them. The score on each item computed as the mean of each item on the Likert scale, 1= very unhappy person, 2 = not a very happy person, 3 = less unhappy person, 4 = cannot say, 5 = less unhappy person, 6 = happy person, and the 7 = very happy person. According to this scale, the Subjective Happiness has been validated in 14 studies with a total of 2,732 participants and the result specifies that this scale has huge internal stability which has been firm covering samples.

**The Mental Health Inventory (MHI)** is a widely accepted measure of overall emotional functioning developed by Veit and Ware (1983) for the Rand Health Insurance Experiment. It enfolds a vast range of negative and positive emotions, not just psychopathology. The 18-item version of the MHI is reasonably brief, reliable, and preserve. Most items are self-explanatory

### III. RESULTS AND DISCUSSION

**Table 1: Correlation between Spiritual Intelligence and Happiness among Adults**

Scale	Happiness	CT	PMP	TA	CSE
Happiness	1	.183**	.221**	.148**	.207**
CT		1	.440**	.527**	.442**
PMP			1	.525**	.592**
TA				1	.400**
CSE					1

Note: n = 400, P\*\* < 0.01, SI = Spiritual Intelligence Scale, CT = Critical Existential Thinking, PMP = Personal Meaning Production, TA = Transcendental Awareness, CSE = Conscious State Expansion

Table 1 shows that there is a positive correlation between spiritual intelligence and happiness among adults. Results showed that there is positive relationship is found among happiness and critical existential thinking (.183\*\*), a significant positive relationship is found among health and personal meaning production (.221\*\*), results revealed that there is positive relationship is found among health and transcendental awareness (.148\*\*), a significant positive relationship is found between health and conscious state expansion (.207\*\*)

**Table 2: Correlation between Spiritual Intelligence Dimension and Mental Health Dimensions among Adults**

Scale	CT	PMP	TA	CSE	MHA	MHD	MHC	MHP
CT	1	.440**	.527**	.442**	.048*	.018	.028	-.101*
PMP		1	.525**	.592**	.144**	.169**	.129**	-.147**
TA			1	.400**	.051	.024	.088	-.078
CSE				1	.120*	.189**	.058	-.096
MHA					1	.516**	.156**	-.184**
MHD						1	.234**	-.059
MHC							1	.306**
MHP								1

Note: n = 400, P < 0.05, Spiritual Intelligence Scale; CT = Critical Existential Thinking, PMP = Personal Meaning Production, TA = Transcendental Awareness, CSE = Conscious State Expansion, MHI = Mental Health Inventory scale, MHA = Anxiety sub-scale, MHD = Depression sub-scale, MHC = Behavior control sub-scale, MHP = Positive effect sub-scale.

Table 2 shows that there is negative correlation between spiritual intelligence dimensions, CT = Critical Existential Thinking, PMP = Personal Meaning Production, TA = Transcendental Awareness, CSE = Conscious State Expansion and Mental Health dimensions, MHA = Anxiety sub-scale, MHD = Depression sub-scale, MHC = Behavior Control sub-scale, MHP = Positive Effect sub-scale among adults. Results revealed that there is a negative correlation between CT and MHP (-.101), a negative relationship is found

between PMP and MHP (-.149), results also shows that there is a negative correlation between TA and MHP (-.078), a negative relationship also finds between CSE and MHP (-.096), results indicate that there is a negative correlation between MHA and MHP (-.184), a negative relationship is found between CSE and MHP (-.096).

**Table 3:** Correlation between Happiness and Mental Health Dimension among Adults

Scale	MHA	MHD	MHC	MHP	Happiness
MHA	1	.516**	.156**	-.184**	.171**
MHD		1	.234**	-.059	-.188**
MHC			1	.306**	.085
MHP				1	-.193**
Happiness					1

Note:  $n = 400$ ,  $P < 0.05$ , Mental Health Inventory scale; MHA = Anxiety sub-scale, MHD = Depression sub-scale, MHC = Behavior control sub-scale, MHP = Positive effect subscale.

Table 3 shows that there is a negative correlation between happiness and Mental health dimensions, MHA = Anxiety sub-scale, MHD = Depression sub-scale, MHC = Behavior control sub-scale, MHP = Positive effect sub-scale among adults. The result shows that a significant relationship is found in happiness and anxiety sub-scale (.171\*\*), a negative relationship is found among happiness and depression sub-scale (-.188\*\*), the result indicates that there is significant relationship is found in happiness and behavior control sub-scale (.085) and the result further shows negative relationship in Happiness and positive effect sub-scale (-.193\*),

**Table 4:** Regression Analysis showing Impact of Spiritual Intelligence on Mental Health among Adults

Predictor	B	Std. Error	Beta	T	P
(constant)					
Spiritual Intelligence	.053	.034	.078	1.553	.000

Note:  $R = .078$ ,  $R^2 = .006$ , adjusted  $R^2 = .004$ ,  $F = 2.412$ ,  $P < 0.05$

Table 4 above shows the impact of spiritual intelligence on mental health among adults and the p value is less than 0.001 proving that spiritual intelligence has least impact on mental health among adults.

**Table 5:** Regression Analysis showing Impact of Happiness on Mental Health among adults

Predictor	B	Std. Error	Beta	T	P
(constant)					
Happiness	.221	.110	.100	2.05	.000

Note:  $R = .100$ ,  $R^2 = .010$ , adjusted  $R^2 = .008$ ,  $F = 4.059$ ,  $P < 0.05$

Table 5 shows the impact of happiness on mental health among adults and the p value is less than 0.005 proving that happiness has significant impact on mental health among adults.

According to the result of Table 1, there is a relationship between spiritual intelligence and happiness among adults. The finding is according to a previous study conducted by Faribors, Fatemeh, and Hamidreza (2010), who reported that a positive correlation was found between spiritual intelligence and happiness. However, the results of Table 2 show a negative correlation between spiritual intelligence and mental health among adults. The findings are according to a previous study conducted by Ebrahimi et al. (2012), who reported that negative correlation found between spiritual intelligence and mental health.

The result of the Table 3 shows that there is a negative correlation between happiness and mental health among adults and the findings are according to Dhanwanti Yadav (2016) which was conducted on the role of spiritual intelligence in happiness and mental health. The results further showed that happiness was positively correlated with spiritual intelligence when depression and anxiety were negatively correlated and there is a significant impact of spiritual intelligence on mental health among adults (Table 4), and there is also a significant impact of happiness on mental health among adults (Table 5).



#### IV. CONCLUSION

Spiritual intelligence and happiness were positively correlated among adults. Spiritual intelligence and mental health were negatively co-related among adults. Spiritual intelligence can reduce the mental health problems like depression and anxiety. Because spiritual intelligence enhances well-being and a person's inner life of thoughts and spirits with outer lifestyle. As well as happiness can play an important role to overcome depression and anxiety. Happiness and mental health negatively co-relate among adults according to the results of the study. Spiritual intelligence and happiness positively are co-related while depression and anxiety are negatively co-related. Meanwhile, there is an impact of spiritual intelligence and happiness on mental health among adults.

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