

## Impact of Emotional, Cognitive & Spiritual Intelligence on Quality of Life: Giving Inner Peace

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**Abstract-** It was believed in the former era of the twentieth century that an individual high on emotional intelligence (IQ) will succeed in his life. Later, in mid 1990s, a hypothesis was propounded that an individual high on emotional intelligence (EQ), IQ being the same, has greater chances of successful life, for he is empowered with the capability to manage his own as well as others' emotions better. Towards the end of the century, it was recommended that spiritual intelligence (SI), also spiritual quotient (SQ), is the ultimate intelligence, significant for smooth functioning of IQ and EQ. Spiritual Intelligent(SI) allows individuals to be inventive, to modify the tenets and to adapt to the circumstances, giving us the ability to differentiate.

Employing SQ, one is capable to differentiate between 'right' and 'not right' in the given structure of a society or any situation, heeding to inner voice. Our brains are hard-wired for actuation and use of SI, however the majority of the individuals allow our brain and mind to remain submissive, missing out the enhanced QoL.

Quality of life (QoL or QQ) is visioned differently by different individuals, depending on their ideal system. Life is extremely vast canvas, encompassing, major aspects, being health (physical, emotional and spiritual, mental,) , job / occupation finances, social well-being, family, reputation etc. Quality of life is influenced by application of human intelligences like IQ, EQ and SQ in various angles.

Supported by the research of a few renowned authors on spiritual intelligence and emotional intelligence, this paper is aimed at examining the impact of emotional and spiritual intelligence on quality of life.

**Keywords-** IQ, EQ, SQ, QoL or QQ

### INTRODUCTION

Since the beginning of mankind, an individual's try has been to lead a prosperous, upbeat and quiet life. In interest of enhancing his personal satisfaction, illusions provoked him to essentially hoard riches. The conviction that materialistic belongings alone will convey satisfaction and respectability prompts dissatisfaction yet; materialistic interest will be a reality. The world is now moving quickly towards a realistic learning and arousing and starting to depend on spirituality in various degrees A wonderful life must be driven through accomplishing a harmony in the middle of materialism and deep sense of being (spirituality).

### Multiple Intelligences

A per Cindy Wigglesworth (2012), Intelligence is defined as:

"Intelligence is made up of three parts: nature, nurture and results. Intelligence is an innate potential (nature) that is brought into form through practice (nurture / effort) and

results in adeptness or appropriately reasoned, behavior or choice". Howard Gardner proposed the theory of multiple intelligence. He characterizes intelligence as "an ability to build effective products or offer a service that is valued within one or more cultural settings. The potential for finding or creating solutions for problems, which involve gathering new knowledge".

Howard Gardner proposed that an individual is empowered with various intelligences. Each individual has a unique combination. The following are the nine intelligences, given in Table 1.

**Table 1 : Multiple Intelligences**

(a)	Bodily / kinesthetic
(b)	Logical / mathematical
(c)	Linguistic
(d)	Musical rhythmic
(e)	Spatial
(f)	Intrapersonal
(g)	Interpersonal
(h)	Naturalist
(i)	Existential

Danah Zohar, a physicist and philosopher claims that there are numerous intelligences but all of our possibly infinite intelligences can be linked to one of the three basic neural systems in the brain and all the intelligences are actually variations of the basic intellectual intelligence (IQ), emotional intelligence (EQ) and spiritual intelligence (SQ) and associated neural arrangements.

While intellectual intelligence is all about thinking, emotional intelligence is about feeling and spiritual intelligence is about being.

### **Cognitive/Intellectual Intelligence (IQ)**

This intelligence was discovered in the early era of 20th century. It is logical, rational, rule-bound, diagnostic intelligence that can be tested with Stanford-Binet Intelligence Scales. IQ was taken as a signpost of individual's competence. Earlier it was believed that higher a person's IQ, higher the abilities but it is true no longer with other intelligences impacting the abilities of a man. Brewer, Mark, Dr (2008) endorses that people who successfully tackle the big issues of life are not always the ones blessed with great mental aptitude. These achievers possess something that is superior to sheer intellect.

### **Emotional Intelligence (EQ)**

Goleman, Daniel (1998) referred to emotional intelligence as - the capacity or ability to understand one's own emotions as well as the emotion of other individuals and proceed suitably in accordance with those emotions. EQ is all about emotive thinking, habit bound, pattern-recognizing which lets you get promoted in your respective job. Many individuals who are book smart but in short of emotional intelligence end up working for people who have lower IQs than they but who excel in emotional intelligence skills.

An overall approach of emotional intelligence was proposed in 1990 by two psychologists,

Peter Salovey, at Yale, John Mayer, defining emotional intelligence in terms of being able to monitor and regulate one's own and others' feelings, and to use feelings to guide thought and action.

Goleman, Daniel has highlighted the following five emotional competencies (the term emotional competency includes both social and emotional competencies):-

**(a) Self-awareness:** Knowing what we are feeling at that time, and using those options to pilot our decision making; having a realistic assessment of our own abilities and a well-grounded sense of self-confidence.

**(b) Self-regulation:** Handling our emotions so that they facilitate rather than interfere with the task at hand; being conscientious and delaying gratification to pursue goals; recovering well from emotional distress.

**(c) Motivation:** Using our deepest preferences to move and guide us toward our objectives, to aid us to take actions and compete to improve, and to proceed in the face of obstacles and frustrations.

**(d) Empathy:** Sensing what individuals are perceiving, being able to handle their viewpoint, and cultivating relationships and attunement with a wide mixture of people.

**(e) Social skills:** Handling emotions in relationships well and accurately reading social situations and networks; interacting smoothly; using these skills to persuade and guide, effectively settling conflicts, for cooperation and teamwork.

## Spiritual Intelligence (SQ)

Webster's encyclopedia describes **spirit** as "the animating or vital principle: that which gives life to the physical organism in contrast to its material elements: the breath of life".

Wigglesworth, Cindy (2012) defines **spirituality** as - the innate human need to be connected to something larger than our own selves. It is considered to be sacred and spiritual or of exceptional nobility. This innate desire for that connection transcends any particular faith or tradition. It does not require a belief in a divinity by any explanation, nor does it inhibit faith in God or Spirit or the divine.

Wigglesworth, Cindy (2012) gave a definition of **spiritual intelligence** as "the ability to behave with wisdom and compassion, while maintaining inner and outer peace, regardless of the situation".

SQ is the integral and most important of all the intelligences, because it becomes the source of guidance for others, being an integrating intelligence, linking our rational and emotional intelligences.

A man with high SQ not only responds appropriately in a particular situation or circumstance, but he also analyses as to why he is in that situation and how can better that situation. High SQ enables a person to operate above the limits. Zohar,

Danah (2000) believes that--SQ gives us the ability to differentiate. It provides us our moral

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sense, power to temper rigid rules with understanding and compassion and an equal ability to see when compassion and understanding have their limits”.

Brewer, Mark, Dr. (2008) states that “the spiritual intelligence is available to everyone- yet only a handful of people ever take advantage of it.

### **EQ, IQ, SQ and the Brain**

Neurologically SQ is distinct from IQ and EQ. Whereas IQ and EQ are localized in contradictory bisections, SQ is related with the activation of the whole brain. SQ is the capacity to understand the meaning, vision & value of life .The capability for SQ is already fitted in the mind, however continuous effort is needed to trigger it. The operational mode of varied Qs is different. IQ is processed in serial mode, EQ in parallel mode, and SQ is processed in synchronous mode. Bowell, Richard A. (2005) reinforces the studies bringing out that IQ is extremely linear. One intellect cell firing to another cell to form a sensory tract is called synaptic transmission and is the basis for the explicit philosophy of IQ. EQ is different to IQ. It weaves associative patterns. Context, memory, comparison, appropriateness- these are the EQ characteristics.

### **Functioning of IQ, EQ and SQ**

Ideally, all the three Qs should work together and support one another and the brains and minds are designed accordingly. Each one of the Q has its own strength, and they can function distinctly. An individual need not be low or high in all Qs concurrently. While one individual may be low in IQ but high in EQ and SQ, another may be low in EQ but high in IQ and SQ. There can be blend of Qs with varying measures.

### **Development of Intelligences**

We are born with basic wiring for each of these three intelligences. Though intellectual intelligence is important, EI and SI can be polished with the aid of proper training. Although wiring for emotions and spirituality are inherent in everyone but it's not necessary for all of us to be emotionally and spiritually intelligent. In majority of the people, EQ and SQ are strongly interconnected with age, i.e. these intelligences incline to increase as an individual gets older. But none can assure you concerning the development of these intelligences. Not everyone gets better at EQ and SQ intelligence with age. People do have the capacity to enhance EQ and SQ with age but it does not occur by itself and needs efforts to increase these intelligences.

In most cases, SQ takes maximum time to develop. A person needs to constantly work to commence the journey to raise SQ. As SQ starts to grow, EQ also develops, which in turn supports improvement of SQ. A certain measure of EQ is important for SQ to grow. SQ enhances EQ and virtuous cycle is formed.

People with high SQ feel more fulfilled, finding deeper meaning and purpose of their lives. They operate from positivism, put in their best efforts, deriving joy in helping others and improving the society by using a higher dimension of intelligence. SQ makes an individual use their IQ and EQ in a better way, thus, adding worth to others' lives.

### **Spirituality and the Myths**

Most of the people are overwhelmed with the notion that embracing spirituality would impel us to denounce the material world, near and dear ones, and proceed to mountains or jungles and

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engage in rigorous routine of praying and meditating the entire day. But this is not true. Nothing prevents from embracing spirituality while leading a normal life of a house holder.

### **Commencing Spiritual Journey**

Awareness to awakening kindles the desire to engender a shift in our views. People may slowly and gradually shift from mundane way of life to a sacred and spiritual life. Brian Draper ,an author, propose that - embarking on a spiritual journey leads us becoming more fully human, it is tempting to dream 'big' and it is good to want to change the world single-handedly; and change will only come about when we begin to demonstrate the positive benefits in our own lives. So we need to change our own world first. It is better to start small and change something - than to dream so big that you change nothing.

### **Spiritual Values**

Buzan, Tony (2001) and Switzer, Bob (2011) emphasize that certain spiritual values are manifested in the behavior of people who enhance their SQ to a varied extent. Certain significant spiritual values are thankfulness, empathy, forgiveness, modesty, etc. If a person adopts and practices these spiritual values and rituals, there will be a tremendous growth in human conscience and self realization which means that for human beings their inner freedom will be as much important as their external freedom.

### **Religion and Spirituality**

**Cindy Wigglesworth**, the author of SQ21, characterizes religion as “a specific set of beliefs and practices, usually based on sacred text, and represented by a community of people”.

Some people may be high on SQ by following certain religious beliefs and procedures, others may also be high on SQ by being agnostic. Contrarily, many people, although they may be following religious beliefs, can be low on SQ.

Brian Draper (2009) believes that “overly religious people are not the most spiritual ones.” An optimistic correlation between Spiritual Intelligence and religion may or may not exist.

Zohar, Danah (2000) professes that “conventional religion is an externally imposed set of rules and beliefs. Basically, it is inherited from monks and preachers and sacred books, or engrossed through the ancestors and conventions. Spiritual Intelligence is actually an internal, inborn ability of the human minds .

Spiritual intelligence is the soul's intelligence. It is that intelligence with the help of which we can heal ourselves and with which we make ourselves whole. SQ is not culture- dependent or value dependent. SQ is prior to all specific value and to any given culture. It is prior to any form of religious expression that it might take. SQ makes religion possible (perhaps essential), but it does not depend upon religion”.

Sponville, Andre Comte (2006) has logically argued that-

People can do without religion but they cannot do without empathy, reliability and love. Nor can they do without spirituality. Agnostics have as much strength as every individual has, then, why would they be less concerned in spiritual life? Being an atheist by no means leads to being amnesiac. Humanity is one: both religion and irreligion are part of it; neither is sufficient unto themselves. Spirituality is far too important a matter to be left to fundamentalists”.

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Bowell, Richard A. (2005) has drawn a distinction among the three Qs stating that “IQ is the intelligence that try to interpret the “what”, EQ is the intelligence that try to interpret the “how”, and SQ is the intelligence that try to interpret the “why” of things.

### **Quality of Life (QoL)/ Inner Peace**

As per Wikipedia([http://en.wikipedia.org/wiki/Quality\\_of\\_life](http://en.wikipedia.org/wiki/Quality_of_life)), the quality of life(QoL) refers to general wellbeing of individuals and humanity. QoL is used in a broad range of perspectives. Quality of life and standard of living are purely different concepts. Standard of life is mainly based on income. And standard indicators of QoL take into account not only monetary things and job perspectives, but also mental and physical health, education, recreation and fun time, and social rapport.

Quality of Life (QoL) is relatively a newer concept in the field of Organisational Behaviour. QoL is complex to describe, as it is impacted by a number of factors which themselves may be non specific, interconnected and to some degree overlapping and mutually dependent. QoL also means scale of excellence of one’s life that contributes to benefit to the person himself and the society at large. QoL is yet to receive due care and awareness.

Motives are arranged along a hierarchy. Those needs which have the greatest potency at any given time dominate behavior, affect quality of one’s life and demand satisfaction.

QoL of a person rely upon the fulfillment of needs and motives throughout one’s life.

QoL can be classified into two aspects and both these aspects directly or indirectly affect the QoL of a person:-

(a) Satisfactory conditions include factors such as:-

- (i) Group cohesiveness.
- (ii) Sharing of each other’s experiences and problems.
- (iii) Helping attitude.
- (iv) Absence of conflict among members or type of relationship .
- (v) Absence of mental and physical illness.

(b) Satisfying conditions. Include factors such as:-

- i. A sense of belongingness.
- ii. Presence of positive attitude.
- iii. Subjective feelings of physical, mental, psychological, social and spiritual well-being.
- iv. Absence of unhappy experiences.

### **Spiritual Intelligence: Inner Peace**

Antonio Damasio, a neurologist who has studied the links between cognitive & emotional intelligence, believes that spirituality is the ‘glue’ that holds together our conscious intellect and our intelligent action:

1. Spiritually is what we use to solve problem of meaning & value.
2. It helps us to place our action and our lives in a wider and richer context.
3. It is our compass, helping us to live at a deeper level attaining inner peace.
4. It is what connects us to all people & living things, our families, our society and the whole world.

In today's materialistic and highly competitive world, a man seems to be losing his identity. He does not know which direction to choose to. Today's hi-tech world had put a lot of pressure on him that he does not want to see other alternatives of development & survival. This materialistic world has made a person machine who forgot his true character and real needs with which he was born. The feeling of spirituality, Inner peace and self realization are far away from him. He tangled himself in the race of more money making, more growth in their career and job, competition, higher status etc. Breathe a moment, give a chance to yourself for self-reflection to achieve inner peace. You may feel some kind of spiritualism not only with your career and job, but with your mind and soul. It provides you the privilege to open your mind for a stress free and carefree way of life.

### **Nurturing Of SQ to attain Inner Peace**

Since SQ directly influences QoL, it is essential that to live a we live a pleasing and satisfying life, one needs to enhance their SQ because that is the underpinning factor. The brain is wired for SQ but it remains dormant and needs to be activated. It takes effort and time to develop SQ but it is worth the effort realizing its benefits. Some of the methods available are discussed in the succeeding text.

(a) **Meditation.** Several methods are available for meditation. One may choose that suits him the best. If much time cannot be invested in meditation, duration of 20 minutes is considered good. Sri Sri Ravi Shankar claims that a person who meditates daily is physically, mentally, emotionally and spiritually fit and healthy.

(b) **Prayers.** For those who believe in God, prayer is very vital tool of spiritual practice. Prayer includes respect, love, pleading and faith. When a person prays, he/she feels that he has relieved himself from all the tensions and now God will help him in getting the task done. Prayer reduces worry and enhances contemplation.

(c) **Tools to Empower.** One may choose any tool to enhance his SQ and QoL, for it will lead him to satisfying and meaningful life. One such tool is Reiki. **Reiki** is a very simple and easy - to - learn technique for better life and pleasant experiences.

(d) **Observance of Spiritual Values / Qualities.** A dual approach may be of enormous benefit for spiritual seekers. One, SQ may be enhanced by the techniques stated above and then manifest the spiritual values in day to day behavior. Second, consciously practise the spiritual values / qualities in everyday life and enhance the SQ, thus heading towards an optimistic righteous spiral.

### **CONCLUSION**

Unlike I.Q, which computers have, and E.Q which exists in higher creatures, S.Q is distinctively human and the most elemental of the three (Zohar & Marshall 2001). It is linked to inner peace, an issue very much at the front of people's mind. S.Q gives the capacity to understand the meaning, vision & value of life. It permits us to dream & do one's best. It highlights

our goals, objectives and dreams and design our actions appropriately. It is this spirit what makes us real human.

It is the intelligence with which human address and solves problems of meaning & value, the intelligence with which we can place our actions and ourselves in a broader, meaningful context. It is considered to be the ultimate intelligence. We have an urge to see our lives in some better way, in some meaningful context, be it work, job, career, family, society, or religious structure or the whole world itself. It takes us beyond the present time and ourselves. SQ allows a person to be creative, rule-maker, rule-breaker, transformative thinker. S.Q. works out of the brains centre and integrates all our intelligence. S.Q makes us the fully rational, emotional and spiritual human beings that we are.

Humans are basically spiritual beings, emerged to ask elementary questions: "why" and "what if" in addition to "what" and "how". SQ is an ability to answer question like these that lead people to personal growth and inner peace. Spiritual intelligence motivates people to balance their work schedule to spend time with the family or an executive. With a high S.Q; one might look beyond profit margin and devote time for voluntary work with the underprivileged. SQ also directs the need to place one's life in a shared context of value. It is the most important intelligence which leads a person to the path of inner peace.

Human life is the greatest gift that the God or that Infinite Energy offers to us. An individual should admire and love it. We being spiritual beings going through human experience, are obliged to develop our spiritual intelligence (SQ), living the highest quality of life (QoL), thus attaining inner peace.

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