

A REVIEW STUDY ON THE IMPACT OF SPIRITUAL INTELLIGENCE ON DIETARY CHOICES AND NUTRITIONAL WELL-BEING IN ADOLESCENTS OF THE 21ST CENTURY

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ABSTRACT

Till the early 21st century it was believed that only rational intelligence i.e. IQ has a role in the success of an individual's life. Later, the research added the importance of emotional intelligence i.e EQ to the success of an individual too. It is only during the middle of the 21st century, that the researchers found about spiritual intelligence or the spiritual quotient i.e. SQ, and emphasized its importance at every stage of growth and development of the individual. Spiritual Intelligence is the wisdom and compassion that individual displays in every situation and at the same time maintaining inner and outer peace. IQ, EQ, and SQ all three play a major role in creating a quality life for an individual.

Adolescents in today's time are in a lot more challenging situations as compared to past decades. The impact of technology on their lives is cited as the major reason for contributing more to their already stressed life or to this stage in life. Technology is regarded as both boon and bane. Like, emotional intelligence and rational intelligence, spiritual intelligence also has a role to play in the development of the personality of the child.

Thus, this paper is a review study on adolescents and their spiritual intelligence.

Keywords – Adolescents, Spiritual Intelligence, well – Being, Intelligence, Educational Psychology

INTRODUCTION

The 21st century has seen the explosion in three spheres – Population, Knowledge, and Technology. The rise in the use of technology has also given a rise to the aspirations in adolescents as everything has been made easily accessible with the help of technology. The rising aspirations have led to decision-making at every step and have also added the element of stress in the lives of adolescents.

According to Nathawat (2001), “a close inspection of concepts suggest that IQ is important for entrance in educational institutions, EQ is essential for success in life and SQ is useful for a meaningful life.” Thus, spiritual intelligence or using the spiritual quotient helps in resolving a situation of stress or conflict. According to Zohar. D and Marshall. I (2000),

“Intelligence Quotient and Emotional Quotient are an integral part of Spiritual Quotient.” Hence, a relationship between the life of the adolescents and their spiritual intelligence is established and researches have been done in this sphere.

Perspective on Adolescence and Spiritual Intelligence

Adolescence -

A distinct stage in the life cycle of humans is the transition between childhood and adulthood that is commonly known as the stage of adolescence. The body sees a revolutionary change when an individual enters the stage of adolescence in life. This change can be physical, mental, social, moral, or spiritual (either all or combination of some). According to Swiss developmental psychologist Jean Piaget, “Adolescence is a period during which the individuals’ cognitive abilities fully mature.”

According to Jean Piaget, “the transition from late childhood to adolescence is marked by the attainment of formal operational thought, the hallmark of that is abstract reasoning.” International Bureau of Education in their definition of adolescence has stated, “the advances in the field of neuroscience have shown that the frontal cortex changes dramatically during adolescence. It is this part of the brain that controls higher-level cognitive processes such as planning, metacognition, and multitasking. Adolescent learners thrive in school environments that acknowledge and support their growing desire for autonomy, peer interaction, and abstract cognitive thinking, as well as the increasing salience of identity-related issues and romantic relationships.”

Thus, adolescence is a stage where the youth extend their relationships beyond parents and family and get influenced by their peers and the outside world.

Spiritual Intelligence

Spirituality according to Wigglesworth, Cindy (2012), is “the innate human need to be connected to something larger than ourselves, something we consider to be divine or of exceptional nobility. This innate desire for that connection transcends any particular faith or tradition. It does not require a belief in divinity by any description, nor does it preclude belief in God or Spirit or the divine”.

Spiritual intelligence is one’s ability to behave in any situation using wisdom and being compassionate while maintaining inner and outer peace. An individual’s spiritual intelligence is attained from the culture followed, the background of its individuality but it is not restricted to culture or religion.

According to Emmons (2000), “The adaptive use of spiritual information to facilitate everyday problem solving and goal attainment is as known as spiritual intelligence.”

According to Stephen Covey (2004), “Spiritual intelligence is central and most fundamental of all the intelligence because it becomes the sources of guidance for the others.”

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

Thus, spiritual intelligence is related to the soul of the body and gives meaning and a purpose to life. It is the intelligence that helps in the functioning of rational intelligence and emotional intelligence also.

Review on Spiritual Intelligence and Adolescents

Lourembam. D & Ete. L (2021), explored how spiritual well-being and its two dimensions, namely, religious, and existential well-being, are related to satisfaction with life, positive affect, negative affect, and resilience. The result of the study revealed spiritual well-being has two sub-dimensions, namely, religious well-being and existential well-being. A positive correlation with satisfaction with life, positive affect, and resilience while a negative correlation with negative affect among the students was observed. A deeper look revealed that the correlations were much higher for the existential aspect than for the religious aspect of spiritual wellbeing. This indicated that it is the awareness of one’s purpose and meaning in life that higher spirituality impacts the students with many positive benefits and outlook towards life. Although fast-paced modernization and competition can make one obsessed with achievement and success, the subjects have been found to maintain their touch with spirituality, value it, and hence, sustain a connection with nature. Their study concluded by stating that India is considered a country of religion and spirituality will reap the utmost benefits by including spiritual education in the core curriculums of various educational institutes as it would ascertain the promotion of a student’s morale, performance, and well-being.

Ferreira. C, Schulze.S (2016), worked on the implementation of a spiritual intelligence program in a constructive way to encourage meaningful interaction among students in Regional Education classrooms in secondary schools. It was concluded from the research that the program stimulated meaningful interaction and opportunities to deal with the religious

plurality in religious education and helped the students to understand that humans should live respectfully in a society following some ethics and leading a disciplined life.

Ebrahimi. M, Jalilabadi. Z, Ghareh Chenagh. KH, Amini. F, Arkian. F (2015) together worked to examine the training efficacy of spiritual intelligence on depression, tension, and pressure of teenagers. The study reported that training in spiritual intelligence components had a significant impact on depression, anxiety, and stress in adolescents. Investigations showed that there was a relationship between spiritual intelligence and various features of one's well-being.

Shek. DTL (2012) examined the concept of spirituality as positive youth development. The result of the study showed, spiritual and religious involvement is an important dimension in adolescent development. Adolescents think in abstract terms and explore future possibilities when they are cognitively mature.

Doka. JK (2011) studied "Adolescence, Identity, and Spirituality". The objective of his study was to examine the role of spirituality in developing identity among adolescence. The results of the study state that as adolescents develop, they will need to confront their own spirituality and incorporate it into their sense of identity. It was also found during the research that a spiritually intelligent adolescent has a positive correlation with a sense of well-being, positive life attitudes, altruism, resiliency, school success, health, and positive identity, as well as a negative correlation with alcohol and drug use, delinquency, depression, excessive risk-taking, and early sexual activity.

Conclusion

The research on spirituality and its relationship with adolescents is limited but on the basis of, reviews it can be stated that an adolescent with a high level of spiritual quotient has a better standard of living as compared to the one with a low spiritual quotient. Physical changes and development in an adolescent are closely related to emotional, mental, and social development. If intellectual, emotional, and spiritual intelligence level is high in adolescents they will be able to deal positively with all the aspects of stress and matters related to physical psychological, and emotional wellness. Various research studies also show that spiritual and religious involvement is an important dimension in adolescent development. Adolescents think in abstract terms and explore future possibilities when they are cognitively mature. Hence, it is important to explore the area of spiritual intelligence and how it can be helpful for adolescents.

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