
A REVIEW OF THE LITERATURE AND ITS IMPLICATIONS: A STUDY OF SPIRITUAL INTELLIGENCE IN RELATION TO MEDICAL STUDENTS' WELL-BEING

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Abstract

This paper presents in-depth review of previous studies focusing on spiritual intelligence and wellbeing of medical students. Living beings are blessed with different kind of Intelligence like cognitive intelligence, emotional intelligence etc. but Spiritual Intelligence gives true meaning to life whereas wellbeing is level of satisfaction a person feels through his physical, financial, occupational, social, emotional aspect of life. Important issues discussed through this paper by method of reviewing literature of previous studies focuses on spiritual intelligence, wellbeing and relation of spiritual Intelligence with such dimensions of life which relates with wellbeing of medical students and medical professionals. Major findings of previous studies show that S.I enables a person to see true meaning of life, solve difficult problems of life, reach to equanimity and as a result, wellbeing of a person gets improved. As this study studies corelates these variables for medical students, it becomes more significant because they are caretakers of mankind after God.

Keywords: Intelligence, Spiritual Intelligence (S.I), Wellbeing, Medical Students.

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Introduction

Human beings are top most creativity of God as they are gifted with spiritual intelligence along with IQ and EQ, therefore it is completely humane aspect. With constantly changing needs in modern world, many higher order needs have emerged. To satisfy higher needs, learner now-a-days is expected to perform very intelligently. Spiritual intelligence is most recent discovery among intelligence, which has tremendous benefits for all dimensions of life. So, we can say elevated level of spiritual intelligence shapes wellbeing of a person. Well-being encompasses all the domains of human life i.e., social, financial, emotional, occupational etc.

Intelligence (IQ)

Intelligence has been defined in ways like capacity for logic, abstract thoughts, understanding, self-awareness, communication, learning, emotional knowledge, memory, planning, creativity and problem-solving ability to perceive information and apply it to self or to others.

Spiritual intelligence (S.I)

These are our capacities which we are comprised of, use and grab from spiritual resources in different ways for betterment of our daily lives and wellness. Spiritual forces play pivotal role on human body and mind, results give enhanced spiritual intelligence. S.I is made up of two words, spirituality and intelligence. Spirituality is transcendent state, sacred thought, conscious state and intelligence is ability of processing information.

The ability to behave with compassion and wisdom while maintaining inner and outer peace (Equanimity) regardless of circumstances (Cindy Wigglesworth,2002)

As per Kumar & Mehta (2011) Spiritual intelligence is "the capacity of an individual to possess a socially relevant purpose in life by understanding 'self' and having a high degree of conscience, compassion and commitment to human values."

Well-being

Well-being is subjective feeling of joy, contentment, **accomplishments** with experiences of life, his achievement, belongingness, stress-free levels, his role in the world. Elevated level of wellbeing reflects positive condition of individual /group. It consists of five sub-dimensions i.e., physical, mental, social, emotional and spiritual having entangled relationship with one other. Hatfield and Hatfield (1992) view well-being as the "conscious and deliberate process by which people are actively involved in enhancing their overall well-being - intellectual, physical, social, emotional, occupational and spiritual."

Medical Students

A person following study leading to qualification as a doctor of medicine.

Need and Significance of the Study:

Study becomes significant as it highlights importance of spiritual intelligence in relation to well-being of medical students since they play crucial role in saving lives and well-being of people just after God. So, it is important to know about their well-being and ways to enhance it, so that wellbeing of our society can be kept safe. As spiritual intelligence is completely dynamic humane aspect its elevated levels result in to inner peace, positive outlook along with well-being. A person with these traits will curb malpractices in medical field and becomes better future doctor. Benefits reaped through spiritual intelligence will motivate experts of medical education to integrate it in medical curriculum. Only few studies which directly highlight relation of S.I with wellbeing could be found hence study will inspire other researchers to work in similar areas.

Objectives of the study

Present study has been undertaken to review available literature focusing on spiritual intelligence and wellbeing.

1.A very specific objective of this research paper would be to analyse researches relating to spiritual Intelligence and wellbeing of medical students.

Review of related literature

Reviews of literature has been divided under various categories like- Reviews related to spiritual Intelligence (S.I), Reviews related to wellbeing, Reviews in relation to medical students, reviews of spiritual Intelligence in relation to wellbeing and reviews of spiritual Intelligence and well-being in medical field.

Studies related to Spiritual Intelligence (S.I)

Emmons (1999) explored spirituality as Intelligence solving life difficulties. Study found five components for spiritually intelligent person i.e., ability for transcend, ability to enter supreme spiritual state of consciousness, capacity to involve in day today activities, events, and relationships with sense of purification, capacity to utilize or use the resources of spirituality to solve life difficulties and ability to involve in humble behavior.

A book by Zohar, Marshall. (2000) spiritual intelligence; The ultimate intelligence depicts spiritual intelligence as third intelligence, placing conduct and activities of our life in a wider term. Additionally, evaluates our activities, and lifestyles in contrast to other intelligence in a clearer manner, providing us adjusting power.

Zohar and Marshall. (2000) in book "Rewiring the Corporate Brain" introduced the idea of spiritual intelligence, gives organizational leaders new path to think, lead, and set up organizations for basic changes. It guides about changing the structures of the corporate thinking, working with more potential, securing basic organizational changes by providing pragmatic, approachable, and motivating alternatives to traditional structures.

Frances, Vaughan. (2002). Studies about developing spiritual intelligence independently by questing, enquiring, practicing and spiritual experiences. Spiritual maturity is expressed through wisdom, compassion, and actions. It is about knowing about ourselves, integrating mind and spirit with work and world, making spiritual choices that contributes to psychological wellbeing and overall healthy human development.

David, B. King. (2009) proposed four-factor, 24 item self-report spiritual intelligence model with good internal reliability. Capacities of critical existential thinking, personal meaning production, transcendental awareness, and conscious state expansion were given.

Manghrani. (2011) aimed to arrive at definition for S.I along with a tool for measuring it. Eleven dimensions, sixty-five items in the last version of tool got standardized with appropriate reliability and validity. Four points likert scale was used for scoring.

Book by Cindy, Wigglesworth. (2012) SQ:21, lets you work with wisdom, liberating ourselves, develop insight, empathy and harmony and reach to equanimity, it contains 21 abilities (known as weightlifting exercise) required to become high spiritually intelligent person. It is beneficial for leaders at administrative levels.

Meenakshi., Shaina. (2018) found level of spiritual intelligence on post graduate male and female students. King's scale and t-test, indicated no significant difference in level of spiritual intelligence between male and female students.

Studies related to wellbeing

Diener, E. (1984) reviewed studies on wellbeing since 1967 and found, most studies are on subjective well-being (including happiness, life satisfaction, and positive affect) in 3 areas: measurement, causal factors, and theory. Most correlated moderately with each other and have adequate reliability and internal consistency; Several studies focused on psychological theories related to happiness includes telic, pleasure and pain, top-down vs bottom-up, socialistic, and judgment theories. Great need requires to connect theory and research along with test for measuring instruments.

Roothman, B. et al (2003) found aspects of psychological well-being on men and women, revealed results in line with gender stereotypes and traditional socialization practices like social inequality.

Tricia, A. (2005) reviewed Ryff scale, interpreted wellbeing as dynamic concept including subjective, social, psychological dimensions and health-related behaviors. Study focused on factors like self-acceptance, establishment of quality ties to other, sense of autonomy in thought and action, ability to manage complex environments to suit personal needs and values, pursuit of meaningful goals and a sense of purpose in life, continued growth and development as a person.

Singh., Kaur., Singh. (2014) examined rural women to find level of well-being, revealed availability of facilities, better economic status and lesser social pressure gives rural women

improve quality of life. For mental health problems they fetch help from professional agencies instead of faith healers, denying superstitions and gender discrimination.

Singh, et al.(2014) studied adolescents to find correlates of subjective well-being. Results confirmed sense of gratitude and the altruistic behavior were positively related with the subjective well-being.

Melissa, Ludban.,Priscilla,N,Gitimu.(2015) examined psychological well-being and its factors on college students, showed gender, age, support and financial well-being were the factors that affected psychological well-being.

S,Roslan. et al (2017) found level of psychological wellbeing and its relations with demographic factors on post graduate students. Age groups was main factor for difference in level of psychological wellbeing, students of 41 years and above owned highest level of psychological wellbeing

Udaykumar, P.,Illango, P. (2018) studied undergraduate students assessing their psychological wellbeing. Results revealed, majority of students were having elevated level of positive psychological wellbeing, high anxiety and depressed mood. Positive wellbeing and anxiety scores were significantly correlated. General health scores predicted anxiety, depression, and self-control.

Studies Related to Spiritual Intelligence in relation to wellbeing

Nelms. (2005) studied relationship between spirituality and health on college students, showed meaningful relationship between the self-reported level and role of spirituality in dimensions of health status.

Sood, Bakhshi,Gupta. (2012) found relation between personality traits, spiritual intelligence and well-being of postgraduate students and revealed differences in personality traits and spiritual intelligence. Positive relationship found between personal meaning production and agreeableness along with neuroticism. Significant relationship existed between transcendental awareness and openness. Transcendental awareness predicted wellbeing.

Pant., Srivastava.(2014) found effect of spiritual intelligence on mental health and quality of life for college students revealed significant correlation between spiritual intelligence and mental health. Also, significant relation found between spiritual intelligence and quality of life.

Study of Mina, Ansari. (2015) investigated relationship between spiritual intelligence, happiness and quality of life for female students of Tonekabon Azad University found personal meaning, existential thinking, state of consciousness and transcendental consciousness had a significant role in predicting the quality of life. Components of spiritual intelligence and happiness were linked with each other. Quality of life and happiness relates with spiritual intelligence.

Ahoei,K.(2017) aimed to investigate the relationship between spiritual intelligence and psychological well-being on women with breast cancer found significant relationship between spiritual intelligence and psychological well-being.

Pandey.,Preeti. (2019) found role of spirituality in the vuca world and its impact on corporate governance, linkages between the corporates and spiritual organizations and their impact on corporate governance revealed that adopting path of spirituality with the help of spiritual organization (like Isha foundation, Brahmakumaris, Art of Living, Vipassana etc.) counters problems of corruption, competition etc. It not only positively affected the employees but also affects their corporate governance.

Studies Related to Spiritual Intelligence in medical field.

Hussein karimi Moonagi Hossein., Akbari Lakeh M, Makarem A. (2013) studied effect of spiritual intelligence on medical faculty to find professionalism, revealed a significant relationship between spiritual Intelligence and performance of professional responsibilities but no significant relationship found between spiritual Intelligence and professional development and leadership.

Bhat Kriti, K. and Yadavannawar, M.C. (2016) studied role of spirituality in healthcare: knowledge, attitude, and practices of medical professionals revealed a wide gap between reality and health care professionals' feeling about spirituality. Concept is far from application and requires high quality decent research work.

Study of Baloochi A., Abazari F., Mirzaee M. (2017) on students of medical sciences, investigated the relationship between spiritual intelligence and aggression, revealed negative correlation between two but high spiritual intelligence negatively correlated with aggression.

Shantanu, Sharma.,PannaLal. (2017) investigated ideas and thoughts about spirituality on 1st year under graduate medical students indicated that 93.5% students believed in spirituality, 49% of them had complete knowledge about it, 43% of the subjects denied essence of spirituality, girls linked spirituality with God more than boys.

Study of Goudarzi,Fateme.(2018) on nurses to know if spiritual care is a part of holistic care, found positive effect on competencies of nurses through spiritual training, spiritual training can result in various outcomes like increased satisfaction for patients care, reduced anxiety and depression symptoms during hospitalization, improved quality of life etc.

Studies Related to Spiritual Intelligence and well-being in medical field students.

Bagheri, Faribors et al. (2010) investigated on nurses of two hospitals, showed significant relationship between spiritual intelligence and happiness. Demographic characteristics also had significant relationship with happiness and spiritual intelligence.

Fatemeh Akbarizadeh et al (2013) studied Iranian nurses assessed relationship between spiritual intelligence, hardiness and well-being, revealed significant relationship of spiritual intelligence with hardiness and well-being. Age, gender, marital status, job experiences, and education of working ward significantly correlated with spiritual intelligence. Increased spiritual intelligence and reinforcement of hardiness increases well-being of nurses.

Sahebalzamani, M. et al. (2013) studied nurses to find relationship between spiritual intelligence with psychological well-being and purpose in life, showed a meaningful relationship between spiritual intelligence, psychological wellbeing and having purpose in life. Significant association was seen between conscious state expansion, personnel meaning production, transcendental awareness, and critical existential thinking with psychological well-being.

Ebrahim, Nemati. et al (2017) examined role of mindfulness, spiritual intelligence on mental health of medical science students revealed a negative correlation but positive correlation between mindfulness and dimensions of spiritual intelligence. Variables had a significant negative effect on students' mental health. Scales of mindfulness, feeling of existence, somatic symptoms, and anxiety were higher among women.

Poria,HoseiniAliabadi(2019) studied relationship between spiritual intelligence and happiness among students of Bam University of Medical Sciences. Significant relationship existed between spiritual intelligence and happiness, linear correlation was seen between variables. Gender, marital status, age showed no relation with happiness and spiritual Intelligence but found some relation with academic disciplines.

S.Jasmindebora., et al (2019) found relationship between spiritual Intelligence and psychological wellbeing on nursing students, indicated existence of positive correlation between spiritual intelligence and psychological wellbeing. Significant association existed between Spiritual Intelligence and marital status, also between psychological well-being and age, gender, and marital status.

Outcome and conclusion of the study:

This review study is a little effort focusing on spiritual intelligence and its correlation with well-being. In this modern era, uncertainty worries, cut throat competition, profit making through material gains where medical ethics and morality has taken a back seat, spiritual intelligence provides a potential which creates balance amidst negativities enhancing wellbeing.

From various reviews, researcher concludes that spiritual intelligence and its components are related with well-being and positivity in life hence high spiritual intelligence can work as a base for a better and more coordinated life of individual.

Despite of this gravity of Spiritual Intelligence, in all spheres of human endeavors, researcher found dearth of literature when it comes to relating this significant variable to medical professionals, whose well-being is of utmost importance. Academia is weak in behavioral researches focusing on population termed as next to Almighty on our planet Earth. Therefore, in this era where we are witnessing Pandemic Well-being of Medical Professionals is very important. Medical students are also our future doctors. In this educational journey they start working tirelessly under pressure and stress affecting their well-being.

Educational implications

- Diagnosing spiritual intelligence benefits for medical students will helps educators to present information in such a way that students easily process it.
- Spiritual intelligence training enhances accountability, compliance, instruction, planning, decision making and community development. All these are attributes of spiritually intelligent and successful medical professional.
- Benefits and outcome of spiritual intelligence from review study may divert the attention of curriculum reformers to include spiritual intelligence training as a part of instructional program.
- Review study may inspire other researchers to work in similar areas.
- Review study may fetch feedback to identify the gaps in the research study.

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