

Influence of Spiritual Intelligence (S.Q.) and Emotional Intelligence (E.Q.) on the Affective Behavior Who are Wedded to Yogic Life Style

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Abstract: This article pertains to the necessity of spiritual intelligence and emotional intelligence manifesting into organized behaviour disposition representing a well-balanced personality, harmony in the society enmeshed in instability, chaos and disorganized.

Key Words: Influence and Affective behaviour, Spiritual Intelligence, Emotional Intelligence

INTRODUCTION

Man has made this world a glorious place to live in. The phenomenal powers, which have been threatening and persecuting mankind all along, have been tamed and harnessed to serve him. People have grown from a primitive and barbarous state to a civilized and intelligent society. The comforts and amenities are almost heavenly and man has been indulging in them without the least restraints.

Emotion and Spiritual are considered as the elements that relate to human's interior. The aspects of emotional and spiritual intelligence are intermingled, and appear as the general aspects that will be reached by every individual in their life, from the perspective of education, emotional and spiritual intelligences and they play the vital role. It is because, the success of individuals in managing their feeling is closely related to their success in the field of education. Generally, emotional intelligence involves the stabilization of emotions which needs to be managed by individual in making an understanding towards himself and others. According to Bradberry et al (2005) the concept of emotional intelligence involves the ability, capacity, skill, a self-perceived ability, to groups. This identifies, assesses and manages the emotions of one's self,

of others, and the term was created by Peter Salovey and John Mayer in 1990. According to them emotional intelligence is the ability to manage individual self and other people from the aspect of feeling and emotion, able to differentiate between them and able to use the information to guide the thinking and act (Salovey and Mayer, 1990).

Spiritual intelligence is characterized as a deep self-awareness with which one can be aware of the dimensions of life. It is the inner journey of becoming more aware of the big picture, of ourselves, the universe and our place and purpose in it. Spiritual intelligence creates awareness among the human beings, that they are not the body, not the mind and not the intellect. But they are far above these three. Spiritual intelligence implies a capacity for a deep understanding of existential questions and insight into multiple levels of consciousness. Meanwhile, spiritual intelligence can be described as a set of adaptive mental capacities that are based on non-material and transcendent aspects of reality, especially those which are related to the nature of one's existence, personal meaning, transcendence, and heightened states of consciousness (King, 2007). This aspect involves the belief of an individual towards God, as well as the sensitivity towards the norms of the society. The appreciation towards the concept of God, produces an individual that holds the religious value as the main aspect within his life. The spiritual intelligence balances from the view of education and religion, which is in this situation, is also parallel with the objectives of NPE that require balanced and harmonious development of the individual. The aspects of emotion and spiritual help to produce the

community of students that are internally and externally balanced. The emphasis towards both aspects which are spiritual development and emotional stabilization based on the belief and devotion to God are able to produce an individual that has values within life. It is capable to help the individuals, especially students to control the sense of disappointment, frustrations, sorrows and other negative feelings in a good manner. Daniel Goleman states, "Emotional intelligence is the human's ability to understand his emotion and employ it to make an effective decision within his life. In the context of human's life, emotion is able to help an individual to manage the sense of disappointment, anxieties, sorrows as well as the negative feeling properly. Spiritual is connected with the soul and religion, and not with physical things or ordinary human activities. Spiritual or else the individual's mentality itself is linked to our intuition and self-perception, in the way we present our thought. As both are related to our spirit rather than the body, these terms are interconnecting with each other.

EMOTIONAL INTELLIGENCE

Emotional intelligence refers to four major parts, i) The ability to be aware of, to understand and to express oneself. ii) The ability to be aware of, to understand and to relate to others, iii) The ability to deal with strong emotions and control one's impulses and iv) The ability to adapt to change and to solve problems of personal and social nature. Here the investigator has chosen many of the components of emotional intelligence for constructing the Emotional intelligence scale (EIS).

SPIRITUAL INTELLIGENCE AND AFFECTIVE BEHAVIOUR

A study with high spiritual intelligence contributes towards the harmony and the betterment of the nation. The spiritual intelligence is necessary for discernment in making spiritual choices that contribute to the psychological well-being and overall healthy human development. Individuals who are spiritually intelligent would think and act based on their beliefs and takes their religion as their guidance. This will help them to be better person. The awareness towards the existence and facts of nature and human itself will make the individuals realize the supremacy of God, and their role as the leader on this earth and it also

helps to produce firm and balanced individuals. Based on educational philosophy, spiritual is closely related to the knowledge of metaphysics that will expose students to the knowledge about cosmology and ontology. The knowledge of ontology will assist individuals to know more about themselves, they will be aware of their purpose of existence, the role they are playing, and the responsibilities they have to fulfill. Thus, they will be more responsible to their own life and actions. Moreover, the concept of mind-body dualism helps individuals to gain more control on their emotion and behavior. It is important to make individuals understand how body affects the mind (thought) and how the mind affects the body (action and speech). Once they understand the connection between mind and body, they will not let the environment affect their emotions and their emotions affect their actions. Hence their emotions will become more stable and they will think before they speak or act. This will help to reduce conflicts, as well as maintain harmony and peace in the world. This study will contribute a good flavor to the present living condition and it will be more beneficial to the value education, policy makers.

Spiritual and emotional intelligence are part of what makes human beings unique, allowing us to connect with others, explore deeper aspects of the human experience, and seek meaning and purpose in life. Emotional and spiritual intelligence are two unique bits of intelligence and two distinct forms of intelligence that relate to different aspects of the human experience.

Emotional intelligence refers to the ability to recognize, understand, and manage one's own emotions, as well as the emotions of others. It involves skills such as emotional awareness, empathy, and effective communication, and is important for building positive relationships, managing stress, and navigating social interactions.

Spiritual intelligence, on the other hand, refers to the ability to recognize and connect with the deeper dimensions of human experiences, such as meaning, purpose, and transcendence. It involves skills such as self-awareness, reflection, and a sense of connection to something greater than oneself. It is important for cultivating a sense of meaning and purpose in life, as well as for personal growth and development. By developing these skills, individuals can cultivate greater self-awareness, empathy, and connection with

themselves and others, as well as a sense of connection to something greater than themselves.

Emotional intelligence and spiritual intelligence are two distinct concepts that refer to different aspects of the human experience. While both forms of intelligence share some commonalities, such as the importance of self-awareness and empathy, they are distinct forms of intelligence that relate to different aspects of the human experience. However, while emotional and spiritual intelligence involve developing self-awareness and empathy, they differ in focus and scope. Emotional intelligence is primarily focused on recognizing and managing emotions, while spiritual intelligence is focused on recognizing and connecting with the deeper dimensions of human experience. By developing both emotional and spiritual intelligence, individuals can cultivate a greater sense of connection with themselves and others, as well as a deeper sense of meaning and purpose in life.

Brahma Kumari's

The essence of Raj Yogic Life Style

The BrahmaKumaris teachings encompasses deep insight into spiritual and emotional intelligence in the affected behaviour of Raj Yogis who have the following main powers.

A spiritually wise person has the following main powers:

1. Power of discrimination or judgement.
2. Power of love and co-operation.
3. Power of tolerance and endurance.
4. Power of assessment, evaluation, differentiation and discrimination.
5. Power to pack up or wind-up thoughts.
6. Power to expand, to enhance or to spread.
7. Power to face difficulties or to overcome difficulties.
8. Power to accommodate, to contain or to adjust.
9. Power to withdraw from sense-organs like a tortoise.
10. Power of purity and self-control.
11. Power of renunciation of negative thoughts and making sacrifices for social good.
12. Power to bend or focus thought according to will.
13. Power of unity of one's own mind and intellect.
14. Power of maintaining unity with others and also unity of one's own mind and intellect.
15. Power of mental concentration.
16. Power to analyze, synthesize and organize.

It is these powers, which make a wise man different from the multitude of ordinary people. It is these, which give him satisfaction of mind and win friends and helpers for a cause. It is these, which make him acceptable to others and enable him to achieve success. Besides these powers, a spiritually wise man is believed to be following, in practical life, the following balances in their

Affective Behaviour:

1. Balance of being busy and easy.
2. Balance of flexibility and firmness.
3. Balance of humility and self-respect.
4. Balance of detachment and involvement or of witness-consciousness (Sakshi stage) and love.
5. Balance of speech and silence or introversion and extroversion
6. Balance of spiritual values and material values.
7. Balance of being official and informal.
8. Balance of being cheerful and careful.
9. Balance of alertness and relaxation.
10. Balance of the feeling of being a child (Balak) and being authority (Mālik) or one who enjoys propriety).

The Above Studies related to Spiritual Intelligence, Emotional Intelligence and Affective Behaviour of Brahma Kumaris Philosophy integrated into a well-organized personality.

CONCLUSION

The researcher hopes that the present study will encourage, stimulate and even promote further researches in the area of spiritual intelligence. If a person is spiritually and emotionally intelligent enough, it enables him to view with a broader perspective it enhances his ability to think creatively, to be aware of the self, to solve the problem diplomatically and there by enables him to meet the challenges of life. Spiritual and emotional intelligences give a liberty towards individual to explore his self-potential. The internal factors, which are related to self and physical development for human is able to influence the human activities (Syed Othman Alhabshi, 2001). The maturity of body, mind and soul determine the success of human activity, as well as prevent them from the disheveled physical, once they face a failure.

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