

Emotional Intelligence and Spiritual Health among Adults

Deepti Hooda, Nov Rattan Sharma, and Amrita Yadava

M. D. University, Rohtak.

The current study examined the relationship between spiritual domain of health and Emotional intelligence (EI) in a sample of 300 adults. Broadly speaking having meaning and direction in life are the indicators of Spiritual health. Spiritual health was assessed by a Spiritual health scale, whereas Emotional intelligence (EI) was assessed by an Emotional Intelligence Scale which provides scores on five factors i.e. appraisal of negative emotions, appraisal of positive emotions, interpersonal conflict and difficulties, interpersonal skills and flexibility and emotional facilitation and goal orientedness. A Correlational analysis showed significant positive association between Spiritual health and the two components of Emotional intelligence (appraisal of positive emotions and emotional facilitation and goal orientedness) and negatively correlated with one of the Emotional intelligence factor i.e. interpersonal conflict and difficulties. Further, Step-wise regression analysis revealed that out of five, two factors of Emotional intelligence, emotional facilitation and goal orientedness; and interpersonal conflict and difficulties significantly predicted Spiritual Health.

Keywords: Spiritual health, Emotional intelligence

The concept of health is generally defined as a holistic, multi-dimensional phenomenon that includes not only physical, but also emotional, intellectual, occupational, social, and spiritual components (Allen & Yarian, 1981; Eberst, 1984; Greenberg, 1985; Hoyman, 1962; Ram, 1988). Osman and Russell (1979) ushered health professionals along the spiritual health path with the statement, "... the time now has come to accept the spiritual as an important aspect of individual and corporate life and a legitimate dimension of wellbeing." Thus, health is a positive, multidimensional state that involves different domains like physical health, psychological health, social health, spiritual health. Spirituality is having meaning and direction in life. It involves development of positive morals, ethics and values. Being spiritually healthy helps the individual to demonstrate love, hope and a sense of caring for oneself and others too. Spiritual health is an important component of an

individual's well being and an integral aspect of the holistic health philosophy. In simple words, Spiritual health can be defined as finding meaning, seeking peace, and having faith in the process of life. It encompasses a belief in higher reality, a Great Spirit or God and includes attributes such as dedication, devotion, unconditional love, forgiveness, patience, compassion, hope, faith.

Individuals differ not only in their physical characteristics but also in their psychological makeup such as personality, memory, intelligence. Among these emotional intelligence has been found to be associated with a range of outcomes which in a broad sense can be regarded as relating to quality of life. Emotional intelligence refers to the abilities used to process information about one's own emotions and the emotions of others. Emotional intelligence can be defined as the ability to perceive emotion, integrate emotion, to facilitate thought, understand emotion and to regulate emotions to promote