

The Influence of Spiritual and Emotional Intelligence on Adult Well-Being

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ABSTRACT

The aim of the research was to decide the role of spiritual intelligence and emotional intelligence in the well-being of adults. The population of this study consisted of 90, adults from Christian, Hindu, Muslim religion and urban Kerala were selected as the sample by purposive random sampling method. The tools used for the research was Spiritual Intelligence self-Report Inventory (2009), Mangal Emotional Intelligence Inventory(2001), Ryff's Psychological Well-Being Scales (1989) and Kuppaswamy's socioeconomic status scale -revision for 2015. For the data analysis correlation, regression and ANOVA were used. SPSS was used for data analysis. The result of this study points out that there is a positive relationship with spiritual intelligence, emotional intelligence and well-being of an adult. A linear regression established that spiritual intelligence and emotional intelligence could statistically significantly predict well-being. The result is pointing out that there is statistically no significant difference in spiritual intelligence between the different religions and socio-economic status, also no significant difference in emotional intelligence and well-being in different socio-economic status but statistically significant difference in emotional intelligence and well-being between the different religions.

Keywords: *Spiritual Intelligence, Emotional Intelligence, Well-being, Adults, Religion, Socio-Economic Status*

According to the word of Mother Theresa "You can do what I cannot do. I can do what you cannot do. Together we can do great things". Intelligence is the most powerful aspect of our brain. It is different in each person. According to Descartes "Intelligence is the ability to judge false from true (Mayer & Salovey, 1953, p. 3)". Most of our successes do not purely depend on intelligence alone. Emotional intelligence also contributes success to our life, which leads to our mental health and well-being (Rippeth, 2000). Peter Salovey and John. D. Mayer are the pioneers of the concept of emotional intelligence in 1990. They described it is an interrelated ability that

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Received: March 27, 2017; Revision Received: May 1, 2017; Accepted: May 15, 2017

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helps to acquire information about emotion as a channel to behaviour and cognition. Salovey and Mayer later overhauled their model, characterising emotional intelligence as the capacity to reason with emotion in four areas, which are: perceiving one's emotion, integrate it into thought, understand it and manage. Emotional intelligence assumed the crucial part in psychological wellbeing and stress management (Mishra & Vashist, 2014).

Emotional intelligence is our capacity to perceive emotions and feelings to provoke ourselves and afterwards oversee it in ourselves and managing others (Mahmood, Arshad, Ahmed, Sohail, Akhtar, & Rafique, 2015). Salovey and Mayer encompass emotional intelligence with three mental abilities: evaluate and disclose emotions in oneself and others; control emotions in oneself and others, and handle emotions and moods in flexible ways. They consider that these three mental abilities are essential for the processing of emotion and fit for intelligence. Emotional intelligence is related to the different area of lifelong success like academic success. Emotional intelligence is the impact of one's reactions, actions and thoughts to others (Rippeth, 2002). Mayer et al. Study reveal that as the age increases emotional intelligence that increases according to him, adult emotional intelligence is higher than adolescents (Dickerson, 2015).

Spirituality is the seeking for fundamental being; it is a concept more focused on individuality and person. It is the core conviction that there is a 'dominant force', power or vitality. This power, control the whole universe. The word 'spirit' comes from the Latin word 'spiritus', which signifies 'breath'. Spirituality likewise has an interrelationship with other mental builds. The soul of a person is crucial. It acts as emotional, intellectual and spiritual powers. Spirituality is the ultimate goodness and virtue (Hema, & Advani, 2015). Spiritual intelligence means that the ability to ask questions like 'what is the meaning of life' and strengthening the bond between each other and the living world accordingly. It will enhance us to live in psychological well-being and acquire these goals (Sahebalzamani, Farahani, Abasi, & Talebi, 2013).

Michael Persinger of a Canadian Neuro – Psychologist, experienced God for the first time during his experiments on tissues in the temporal lobe., Professor, V.S. Ramachandran director of the centre for Brain and Cognition at the University of California, noticed that there is one place in human brain called 'God -spot'. During the time of spiritual conversation, this level lights up. It is located in the temporal area of the brain. This temporal lobe mainly related to the limbic system of the brain, it is the centre of the memory and emotion. They state that when people communicate through prayer or meditate, they truly interact with their inner selves, that is, SQ (Mello, 2013; Zohar & Marshall, 2000). Sometimes persons have high SQ but not religious faith or belief. Similarly, a man might be extremely religious however low in SQ (Khan & Nathawat, 2012).

Spiritual intelligence is the soul of intelligence. This intelligence regenerates ourselves and forms ourselves integral (Zohar & Marshall, 2000). In the words of Zohar and Marshall (philosopher

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and physician), the suggestion of a well-developed SQ contain “the capacity to be flexible, a high degree of self –awareness, a capacity to face suffering, a capacity to face and transcend pain, the quality of being inspired by vision and values, a reluctance to cause unnecessary harm, a tendency to see the connections between diverse things, a marked tendency to ask ‘why’, alternatively, or ‘what if?’- Questions and seek ‘fundamental’ answers, and field- independence (Zohar & Marshall, 2000, p. 15)”.

In 2001 Nathawatsaid that IQ is sufficient to enter the learning institutions; whereas emotional, and the spiritual intelligence is valuable for meaningful life. Emotional intelligence helps us to evaluate the situations where we are in and act according to that. Spiritual intelligence permits us to inquire as to whether we need to be in this specific circumstance in any case. The quality of life and success for adolescent is related to spiritual intelligence (Mishra & Vashist, 2014). Spiritual intelligence works as an apparatus for both spiritual and emotional welfare that give us joy and harmony in the day to day life (Fallah, Soheila, Khosroabadi, & Usefi, 2015). There are four important intelligences. They are physical intelligence, IQ, EQ, and SQ. Emotional intelligence and spiritual intelligence are related to each other. For the effectiveness of spiritual growth emotional intelligence is inevitable. Empathy and self-awareness are vital underpinnings of SQ. When the spiritual growth is spread out EQ must be stimulating. It also enhances the skills of SQ. SQ permits us to use our IQ and EQ in a unified manner to express our contribution in the world that improve our life as well as our environment.

In the opinion of Zohar, spiritual intelligence is some self-awareness: deliberate awareness of one’s self and the whole world. Humankind is defined by their values and vision even when they are children. They acquire knowledge only through mistakes so that person must pass through pains and difficulties. Holistic awareness is maintained by openness to the whole matters in this world. Human persons must understand that each one is unique and different from others. For the self, sufficient courage is needed so to live independently. According to quantum principle, questions are penetrated into reality so that affinity to inquire questions is important in spiritual intelligence. According to the current situations do reorganise things. Doing things spontaneously related to the suitable environment (Mishra & Vashist, 2014). Spiritual intelligence has the transfigurative power, so it is different from emotional intelligence (Zizek, Potocnik, & Breg, 2012).

“The World Health Organization defined health as going far beyond the absence of illness; it has been described as a well-being that encompasses physical, mental, and social aspects of life (Johnson, 2013)”. Most probably the term well being closely related to the happiness of life. “Psychological well-being is about lives going on well. It is the combination of feeling good and functioning effectively” (Winefield, Gill, Taylor, & Pilkington, 2012). Subjective wellbeing and psychological wellbeing are theoretically similar but analytically separate (Parker & Ivztan, 2016). In 1995 Ryff and Keyes mentioned that psychological well-being is different from the

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subjective well-being. Ryff and colleagues find a relationship between personality traits and well-being. The research on subjective well-being and emotion discovered, that only expressed positive affect but they were showing positive and negative affect. Most of them indicate that positive emotion. King & Pennebaker put forward that those who have high tendency to repress emotions will have low subjective well-being. So that emotional connection and harmoniousness are essential for well-being (Ryan & Deci, 2001). Subjective well-being has a crucial part in the individual mental health, and it decreases the negative affect (Mary & Paul, 2014).

EQ assumes an essential part in mental and physical well-being and stress association (Mishra & Vashist, 2014). Freud said that if there are any repressed emotions in the unconscious that leads to mental illness, that emotion must be accepted or released; it is essential for mental health. In the past two decades, enhancing emotional intelligence had played a crucial role in determining the wellbeing and health of the individual and society (Zeidner, Matthews, & Roberts, 2012). SQ and its dimensions use to progress a person's mental health (Sood, Gupta, & Bakhshi, 2012). If a person has to maintain a healthy personality, he would have to act on the spiritual intelligence so that the individual can live and achieve serenity, peace, and well-being (Sharma & Jain, 2016). One study states that if one person would like to achieve physical and psychological well-being, he has to practice meditation through which he can reach spiritual well-being because spiritual well-being is an extend to both physical and mental well-being (Kwon, 2008). Is there any relationship between well-being and social status? Studies prove that richer people are happier than poor people but high economically wealthy people do not become happier. There were lots of studies pointed out that religious has an influence on well-being and maintaining the mental health. Religiosity has an interconnection with life satisfaction. It gives us real strength and to teaching to overcome the stressful life situations.

Emerging adulthood is a very stressful period because they want to find out their life settlement, need to find one proper job. They would like to fulfil their dreams and visions. These dreams and wishes come from the inner core of a person, that is, inner self or spirit. The continuous cleansing and coalition of one's spiritual self in daily life make that person might feel inner well-being (Sharma & Jain, 2016). Mayer et al. mentioned that when age and experiences increase emotional intelligence also increases from childhood to adulthood.

METHOD

A sample of 90 (30 from Christian, 30 from Hindu, 30 from Muslim) prospective adults were selected. In order to collect the relevant data the tools used to collect relevant data were Spiritual Intelligence Self – Report Inventory (SISRI) constructed by King (2008), Mangal Emotional Intelligence Inventory by Mangal (2001), Ryff's Psychological Well-Being Scales (PWB) by Ryff's (1989) and Kuppaswamy's socio-economic status scale -revision for 2015. The data will be coded and analysed using SPSS (Statistical Procedure of Social Science). The participants will be described using descriptive statistics (mean, median and standard deviation). Correlation-

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Spearman Rank, regression (linear) and one -way ANOVA rank based non- parametric Kruskal-Wallis test were use.

Hypotheses

- H₁: There is a significant relationship between spiritual intelligence and emotional intelligence among adults well-being.
- H₂: The well-being of adults would be a significant predictor of spiritual intelligence and emotional intelligence.
- H₃: There is a significant difference in spiritual intelligence, emotional intelligence, well-being socio- economic status.

RESULTS AND DISCUSSIONS

Relationship of Spiritual, Emotional Intelligence and Well- being

Table 1 indicated that the normality of the spiritual intelligence was .982, emotional intelligence was .992 and well- being was .939. Spiritual intelligence found to be positive correlated with emotional intelligence. This shows that emotional intelligence increases with spiritual intelligence. There was a moderate positive association between spiritual intelligence and emotional intelligence, which was significant ($r_s = .434, P = .000, p < .01$). As a result, the alternative hypothesis was retained and pointing out that there was a significant relationship with spiritual intelligence and emotional intelligence.

Spiritual intelligence found to be positively correlated with well -being. This shows that spiritual intelligence increases with increasing well -being. There was a weak positive correlation between spiritual intelligence and well -being, which was statistically significant ($r_s = .339, P = .001, p < .01$). As a result, the alternative hypothesis was retained and pointed out that there was a significant relationship with spiritual intelligence and well- being.

Emotional intelligence established to be positively correlated with well -being. This showed that emotional intelligence increases with increasing well-being. There was a strong positive correlation between emotional intelligence and well -being, which was statistically significant ($r_s = .694, P = .000, p < .01$). As an outcome, the alternative hypothesis was retained and pointed out that there was a significant relationship between emotional intelligence and well- being.

Table 1, Correlation Matrix of Spiritual Intelligence, Emotional Intelligence and Well-Being

Variables	W	1	2	3
Spiritual intelligence (1)	.982			
Emotional intelligence (2)	.992	.434**		
Well-being(3)	.939	.339**	.694**	

** P< 0.01

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Linear Regression of the Well- being from Attitude towards Emotional Intelligence and Spiritual Intelligence

In Table 2 linear regression established that spiritual intelligence and emotional intelligence could statistically significantly predict well- being, $F (2, 87) = 48.617$, $p < .01$ and spiritual intelligence and emotional intelligence accounted for 48.6% of the explained variability in well-being. The regression equation was: predicted well-being = $2.666 + .007 x$ (well-being). As a result, the alternative hypothesis was retained and bringing up that predicting the value of well-being based on the value of a spiritual intelligence and emotional intelligence. The well-being of adults would be a significant predictor of spiritual intelligence and emotional intelligence.

Table 2, Regression analysis predicting Well- being from attitude towards Emotional Intelligence Spiritual Intelligence

Predictors	B	T	R ²	F
Emotional intelligence	2.666	8.846	.528	48.617
Spiritual intelligence	.007	.032		

** $p < 0.01$

Differences in Spiritual Intelligence in Different Religion

Result in the Kruskal- Wallis test presented in Table 3, and descriptive statistic in Table 6, showed that there was no statistically significant difference in spiritual intelligence between the different religions, $\chi^2 (2) = .354$, $p = .838$, with a mean rank spiritual intelligence score of 47.80 for Christian, 44.58 for Hindu, and 44.12 for Muslim. Hence the alternative hypothesis was rejected indicating that there was no significant difference in the spiritual intelligence between the different religions.

Table 3, Kruskal-Wallis Test for Comparing Spiritual Intelligence Based on Religious

Variable	Religion	N	Mean Rank	W	χ^2	Sig.
Spiritual intelligence	Christian	30	47.80	.898	.354	.838
	Hindu	30	44.58	.915		
	Muslim	30	44.12	.955		

Differences in Emotional Intelligence in Different Religion

A Kruskal- Wallis test presented in Table 4, and descriptive statistic in Table 4, proved that there was a statistically significant difference in emotional intelligence between the different religions, $\chi^2 (2) = 10.041$, $p = .007$, with a mean rank emotional intelligence score of 51.67 for Christian, 51.67 for Hindu, and 33.17 for Muslim. Hence the alternative hypothesis was retained indicating there was a significant difference in the emotional intelligence between the different religions.

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Table 4, Kruskal-Wallis Test for Comparing Emotional Intelligence Based on Religious

Variable	Religion	N	Mean Rank	W	χ^2	Sig.
Emotional intelligence	Christian	30	51.67	.959	10.041	.007
	Hindu	30	51.67	.949		
	Muslim	30	33.17	.985		

Differences in Well-being in Different Religion

A Kruskal- Wallis test presented in Table 5 and descriptive statistic in Table 5 proved that there was a statistically significant difference in well-being between the different religions, $\chi^2 (2) = 13.003$, $p = .002$, with a mean rank well-being score of 48.15 for Christian, 56.12 for Hindu, and 32.23 for Muslim. Hence the alternative hypothesis was retained indicating that there was a significant difference in the well-being between the different religions.

Table 5, Kruskal-Wallis Test for Comparing Wellbeing Based on Religious

Variable	Religion	N	Mean Rank	W	χ^2	Sig.
Well being	Christian	30	48.15	.941	13.003	.002
	Hindu	30	56.12	.915		
	Muslim	30	32.23	.985		

Differences in Spiritual Intelligence in Different Socio-Economic Status

Result in the Kruskal- Wallis test presented in Table 6, and descriptive statistic in the table 6, showed that there was no statistically significant difference in spiritual intelligence between the different socio- economic status, $\chi^2 (2) = 2.776$, $p = .427$, with a mean rank spiritual intelligence score of 54.61 for upper, 47.18 for upper middle, 40.13 for lower middle, and 39.08 for upper lower. Hence the alternative hypothesis was rejected indicating that there was no significant difference in the spiritual intelligence between the different socio- economic statuses.

Table 6, Kruskal-Wallis Test for Comparing Spiritual Intelligence Based on Socio-Economic Status

Variable	Socio-Economic Status	N	Mean Rank	W	χ^2	Sig.
Spiritual intelligence	Upper	9	54.61	.955	2.776	.427
	Upper Middle	52	47.18	.977		
	Lower Middle	16	40.13	.971		
	Upper Lower	13	39.08	.945		

Differences in Emotional Intelligence in Different Socio-Economic Status

Result in the Kruskal- Wallis test presented in Table 7, and descriptive statistic in the table 7, showed that there was no statistically significant difference in emotional intelligence between

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the different socio- economic status, $\chi^2 (2) = 2.381, p = .497$, with a mean rank emotional intelligence score of 33.78 for upper, 47.47 for upper middle, 47.88 for lower middle, and 42.81 for upper lower. Hence the alternative hypothesis was rejected indicating that there was no significant difference in the emotional intelligence between the different socio- economic statuses.

Table 7, Kruskal-Wallis Test for Comparing Emotional Intelligence Based on Socio-Economic Status

Variable	Socio-Economic Status	N	Mean Rank	W	χ^2	Sig.
Emotional intelligence	Upper	9	33.78	.942	2.381	.497
	Upper Middle	52	47.47	.964		
	Lower Middle	16	47.88	.943		
	Upper Lower	13	42.81	.951		

Differences in Well-being Different Socio-Economic Status

Result in the Kruskal- Wallis test presented in Table 8 and descriptive statistic in the table 8 showed that there was no statistically significant difference in well- being between the different socio- economic status, $\chi^2 (2) = 1.049, p = .789$, with a mean rank well- being score of 42.28 for upper, 44.11 for upper middle, 51.16 for lower middle, and 46.35 for upper lower. Hence the alternative hypothesis was rejected indicating that there was no significant difference in the well-being between the different socio- economic statuses.

Table 8, Kruskal-Wallis Test for Comparing Wellbeing Based on Socio-Economic Status

Variable	Socio-Economic Status	N	Mean Rank	W	χ^2	Sig.
Well being	Upper	9	42.28	.970	1.049	.789
	Upper Middle	52	44.11	.924		
	Lower Middle	16	51.16	.952		
	Upper Lower	13	46.35	.754		

DISCUSSION

The present study indicated that spiritual intelligence is correlated with emotional intelligence, it means that whenever emotional intelligence increases spiritual intelligence also increases. In 2012, Koohbanani, Dastjerdi, Vahidi, and Far conducted a research on spiritual intelligence and emotional intelligence, and they found out that spiritual intelligence together with emotional intelligence has a significant relationship with life satisfaction. Emotional intelligence is related with knowing our own emotions and others and the spiritual intelligence skills are awareness of

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the self and the awareness of the universe. The most factors in both are similar because both are correlated with each other.

Spiritual intelligence is correlated with well-being, so that well-being increases with increasing spiritual intelligence. Based on the study of Sahebalzamani, Farahani, Abasi, and Talebi (2013) the increase in the well-being of persons increases the goal in their life, like spiritual intelligence. So the same idea can be noticed here. Those who have strong spirituality may have a high probability of well-being and life satisfaction. Those who have increased spiritual growth can acquire an organised life and they can live without tension and anxiety.

One of the results of the present study is that the emotional intelligence is correlated to the well-being. One evidence is that the result of the study done by Ahmadi, Azar, Sarchoghaeic, and Nagahid (2014) on the emotional intelligence and well-being. They found out that there was a positive relationship between well-being and emotional intelligence. Those who are emotionally intelligent are healthier than those who are emotionally weak because emotional intelligence was strongly related to the life satisfaction and happiness. Well, integrated personalities are those who have high strength and courage in an emotional level. So it is noticed that this may be the reason for the correlation between these two variables. Understanding one's own emotions and others will lead to a better state of mental health and self-satisfaction.

This present study found out that the well-being of adults would be a significant predictor of spiritual intelligence and emotional intelligence. The study conducted by Sood, Bakhshi, and Gupta, (2012) states that regression analysis indicates that transcendental awareness predicted the well-being. Subramaniam and Panchanatham (2014) agree that there is a positive relationship between spiritual intelligence, emotional intelligence and well-being. It means that when there is emotional and spiritual intelligence is high well-being is also expected to be high. In spiritual intelligence, the most core point is a relationship with the universe and in emotional intelligence, the main basic form is understanding others and one's own emotions. Both will lead to the satisfaction and well-being of the life. So that both predicted the well-being.

Descriptive statistical analysis, the result of one-way ANOVA rank based non-parametric Kruskal-Wallis test, points out that there is no significant difference in the spiritual intelligence between the different religions. Munawar and Tariq focused on spiritual intelligence and religiosity and found out that there is a relationship between religiosity and spiritual intelligence. God is a universal reality, every human being has their beliefs, and this is mainly related to the spiritual intelligence because of the day to day life experiences in human beings are based not only on the emotional and social intelligence but also on the spiritual intelligence. Each person has an inner thirst for God. According to this general view, all religions in this world are based on universal reality. Every person is unique. In human beings, the different aspects of intelligence like social, emotional, spiritual are integrating into one reality, which is God. In

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general, spiritual intelligence is not focusing the particular religion, but it is mainly based on the universal truth, God. Here we can conclude that there is no significant difference between spiritual intelligence and different religions (Ronel & Gan, 2008).

Descriptive statistical analysis, the result of one-way ANOVA rank based non- parametric Kruskal- Wallis test, brought out that there was a significant difference in emotional intelligence between the different religions. According to Ellen (2006), study finds out that there was a correlation between perceived emotional intelligence and intrinsic religious orientation. Butt (2014) bringing up the positive relation among religiosity, emotional intelligence and well-being. The present study focused on different religions has a significant difference in emotional intelligence. It may be because of each religion has its different values, morality and influence; adults are going with the rules and regulations of their religion, that may be the reason behind it. Adeyemo and Adeleye (2008) pointed out that religiosity has a significant correlation with emotional intelligence. Aslani, Derikvandi, Dehghani (2015) studied and found out that there is a significant relationship between emotional intelligence and religiosity. Those who have high religiosity can acquire the proper emotions to the situations. Each religion has its own stress copying mechanism and different way to achieve self-actualization. Emotional aspects of each religion are different.

Descriptive statistical analysis, the result of one-way ANOVA rank based non- parametric Kruskal- Wallis test, pointed out that there was a significant difference in the well- being between the different religions. Joshi, Kumari and Jain (2008) organised a conceptual research on well-being and religiosity, and they found out that there is a relationship between individuals religious beliefs and psychological well-being. Colón-Bacó (2010) focused on the topic of religious belief and well- being and concluded that religious belief is essential and included the strong point of the well-being of the individual. Each religion has its own characteristics, values, rituals, etc., and these may be the reason behind the result.

Descriptive statistical analysis, the result of one-way ANOVA rank based non- parametric Kruskal- Wallis test, proved that there is no significant difference in the spiritual intelligence between the different socio- economic statuses. A study conducted by Kushwaha (2014), indicated that the level of socio- economic statuses have no significant difference in spiritual intelligence. These are the evidence that spiritual intelligence is not based on the socio- economic statuses, it is purely beyond the selfish impulse and towards divine essence. In this manner spiritual intelligence based on various sources of experiential learning is acquired through personal divine experience; it is theistic spirituality not only any other experiences (Ronel and Gan, 2008, p.103).

Descriptive statistical analysis, the result of one-way ANOVA rank based non- parametric Kruskal- Wallis test, indicated that there is no significant difference in the emotional intelligence

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between the different socio- economic statuses. Jamadar and Sindhu. (2015), put forward a study and the result was the emotional intelligence is more in high socio -economic status students than low socio-economic status students. This is a contradiction to this present study because total data sample is 90, out of 90 sample 62, are upper and upper middle class, and only 28 are lower middle and upper lower. This may be the reason behind the result. Naikm (2014) ruled out that emotional intelligence significantly affects the factor of socio- economic statuses.

Descriptive statistical analysis, the result of one-way ANOVA rank based non- parametric Kruskal- Wallis test, proved that there is no significant difference in the well-being between the different socio- economic statuses. Nettle (2005), displayed a study among socio-economic status and well-being and the evidence is that there is a strong positive correlation between high socioeconomic status and subjective well- being. In 2008, Kaplan, Shema, and Leite conducted a study, and the conclusion was that psychological well-being increases with increasing the well-being.(with increased socio-economic status). This is the strong evidence that there is a relation between well-being and socio-economic statuses. In this present study, it is stated that there is no significance difference in different socio-economic statuses. The reason is that the among 90, total sample out of 63 are from upper and upper middle class and 28 are lower middle and upper lower.

CONCLUSION

Spiritual intelligence is found to be positively correlated with emotional intelligence. This shows that emotional intelligence increases with spiritual intelligence. There was a moderate positive correlation between spiritual intelligence and emotional intelligence, which was significant. Spiritual intelligence is found to be positively correlated with well -being. This shows that spiritual intelligence increases with well -being. There was a weak positive correlation between spiritual intelligence and well -being, which was statistically significant. Emotional intelligence is established to be positively correlated with well -being. This shows that emotional intelligence increases with well -being. There was a strong positive correlation between emotional intelligence and well -being, which was statistically significant.

A linear regression analysis found that spiritual intelligence and emotional intelligence could significantly predict well- being. The well-being of adults is significantly predicted by spiritual intelligence and emotional intelligence.

There was statistically no significant difference in spiritual intelligence between the different religions- Christian, Hindu, and Muslim. There was statistically significant difference in emotional intelligence between the different religions- Christian, Hindu, and Muslim. There was the statistically significant difference in well-being between the various religions Christian, Hindu, and Muslim. There was a statistically no significant difference in spiritual intelligence between the different socio - economic status. There was a statistically no significant difference

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in emotional intelligence between the different socio- economic statuses. There was a statistically no significant difference in well- being between the different socio- economic statuses.

By the findings of this research, it can be concluded that spiritual intelligence and emotional intelligence are very crucial for the adult well-being. In this new era, adults are going without control over their emotions, and they have no inner life satisfaction (Vaughan, 2002). So in this context, these findings can improve their own quality of life to improve their spiritual intelligence and emotional intelligence.

IMPLICATIONS OF THE STUDY

This study helps the adult's to improve their life quality. Improvement of spiritual intelligence contributes to improving the well- being of the adults. If anyone wants to fulfil their career goal, the best method is to enhance his or her spiritual intelligence. Emotional intelligence helps us to find out our emotions and to understand other's emotions and help us to manage according to that it is the indication of well- being. Parents can guide the children to achieve the spiritual intelligence and emotional intelligence. Emotional intelligence improves the effect of the life because it influences our relationship and behaviours. If the adult has high emotional intelligence can acquire empathy, self-regulations, and social skills.

LIMITATION OF THE STUDY

The sample size was small; data collection was limited. Female was more as compared to males. Data collection not focused on the quality of the sample. Questionnaires were too lengthy therefore after filling some questionnaires the respondents felt the lack of interest.

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How to cite this article: George N, Adhikari K (2017), The Influence of Spiritual and Emotional Intelligence on Adult Well-Being, *International Journal of Indian Psychology*, Volume 4, Issue 3, ISSN:2348-5396 (e), ISSN:2349-3429 (p), DIP:18.01.050/20170403