EFFECT OF SPIRITUAL INTELLIGENCE ON MENTAL HEALTH AND QUALITY OF LIFE AMONG COLLEGE STUDENTS

NAVEEN PANT* AND S.K. SRIVASTAVA**

* RESEARCH SCHOLAR, DEPT. OF PSYCHOLOGY, GURUKULA KANGRI UNIVERSITY HARIDWAR, U.K. (INDIA).

** PROFESSOR, DEPT. OF PSYCHOLOGY, GURUKULA KANGRI UNIVERSITY HARIDWAR, U.K. (INDIA).

ABSTRACT
The present study is conducted on 50 UG and PG level college students in Haridwar, Uttarakhand (India). The aim of the present study is to examine the level of spiritual intelligence, mental health and quality of life and also to see relationship among these three variables. The purposive sampling technique is used to select 50 college students of both disciplines of arts and science from the science hostel Gurukula Kangri University Haridwar. Integrated Spiritual Intelligence scale (ISIS), Mithila Mental Health Status Inventory (MMHSI) and WHOQOL-BREF are used to observe the level of these three variables among college students. In the present study correlational design is employed. All the statistical analysis is done with the help of SPSS. To examine relationship Pearson correlation is used. Findings of the study revealed that spiritual intelligence and mental health are correlated significantly, there is a significant relationship between spiritual intelligence and quality of life and finally mental health and quality of life are correlated significantly with each other among college students.

KEYWORDS: spiritual intelligence, mental health, quality of life.

REFERENCES


