



Yoga, Spiritual Intelligence and Psychological Well Being

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ABSTRACT

The aim of the study was to find out the difference in Spiritual Intelligence and Psychological Well Being between Yoga Practitioners and Non Yoga Practitioners. The sample size was 12 This research included two group yoga practitioners (N=51) and non-yoga practitioners (N=51). The data was collected by using two scales SISRI by DB. King (2008)(24 items) for measuring Spiritual Intelligence and Riff's Scale(42 items) by Carol Riff's (1995) for measuring Psychological Well Being. The data was analyzed applying t-score method. The result showed highly significant difference in Spiritual Intelligence and Psychological Well-being among the two groups. The result showed that Yoga practitioners have high Spiritual Intelligence, with all its factors showing significant difference and Psychological Well-being as compared to Non Yoga Practitioners.

Key Words: Yoga, Spiritual Intelligence, Psychological Well-Being.

Introduction

A 3,000 year old Indian tradition Yoga is now considered in the Western world as a holistic approach to health. It is classified by the National Institutes of Health as a kind of Complementary and Alternative Medicine (CAM) (International Journal of Yoga, Wolters Kluwer— Medknow Publications). The word “yoga” comes from a Sanskrit root “yuj” meaning of which is union, to join, or to concentrate or direct one's attention. Regular practice of yoga increases endurance, strength, flexibility and promotes characteristics of compassion, friendliness and higher self-control, while also developing a sense of calmness and well-being (Woodyard, 2011). Long practice also leads to important outcomes like changes in life's perspective, self-awareness and an improved sense of energy to live life fully, happily and with greater enjoyment.

Some studies have shown that simply sitting up-straight affects your mood to the point that you are more likely to remember positive memories as opposed to negative on. Yoga intervention was shown to be an effective intervention for depression and that yoga produces beneficial psychological, emotional and biological effects (David Shapiro, Ian A. Cook et.al, 2007). Yoga has also shown positive impact on HIV, heart condition, cancer and chronic lower back pain. Some study suggest that an intensive yoga practice may significantly increase specific aspects of practitioners' spirituality, mindfulness, and mood, and that there is strong correlations amongst these constructs (i.e., conscious interactions/compassion, and mindfulness), (Bussing A, Hedtstück A, Khalsa SB, 2012).

A research recorded increase in GABA levels in the brain immediately after a yoga session. Positive correlations between improved mood and decreased anxiety and

thalamic GABA (gamma-aminobutyric acid) levels were found (Chris C. Streeter MD, Theodor H. Witfield ScD et.al, 2010).

Some studies have shown that yoga produces significant effect on spiritual intelligence which includes critical thinking, personal meaning, expanded state of one's consciousness and transcendental consciousness (Maryam Safara & Pejman Ghasemi, 2017)

Yoga helps us to reconnect with ourselves and to learn to see ourselves and the world around us. It increases physical, emotional and spiritual strength which is required by us to reflect inwardly and provide us vision, a deeper understanding to see our personal conflicts, anxieties, hopes and fears and how we respond to them. Integrated Yoga Intervention was found to increase Openness to Experience in (Chokkalingam, Dr. Sony Kumari ET. Al, 2015).

Considering all the above aspects and benefits of it, yoga can be considered as one of the most efficient factors in the growth and development of individual's spiritual state and well-being. Yoga affects spiritual intelligence as it increases critical existential thought which provides a base for further understanding the feelings and dominating or controlling them by creating a meditation in itself. (Swami & Kumar, 2007). Now if we take the term 'Spiritual Intelligence' it is different from emotional intelligence (EQ)-to understand and regulate emotions of oneself and others, or intelligence quotient (IQ) - ability to solve logical or strategic problems, definitions of Spiritual intelligence (SQ) is different and does not rely on spirituality, it is related to inner life of mind and spirit and its interrelation to being in the universe (Maryam Safara, M.S. Bhatia, 2013). The term Spiritual intelligence refers to the capacity for a deeper understanding of insight on existential questions and multiple levels of consciousness, as a being, awareness of spirit as a creative life force of evolution. The term was coined by Danah Zohar in 1997 and was introduced in her book 'Rewiring the Corporate Brain' Spiritual intelligence emerges or increases with the evolution of consciousness into deep awareness of life, matter, body, soul, mind and spirit, so, it's more than an individual's mental abilities. Spiritual intelligence is the central most aspect of all intelligences as it becomes a guidance source for other intelligences; it represents human beings' drive for comprehending the connection and meaning with the infinite.

Theory of psychological well-being was developed by Carol Ryff. It determines six factors responsible for individual's psychological well-being, happiness and contentment. Psychological well-being has six components—positive relations with others, autonomy, personal mastery, feeling of meaning and purpose in life, personal growth and development. Ryff's model is based on Aristotle's Nicomachean Ethics where the goal of life is to live virtuously and not just about feeling good.

REVIEW OF LITERATURE

Maryam Safara & Pejman Ghasemi (2017) conducted a study to evaluate the impact of yoga on spiritual intelligence in Tehran flight control center. It was a quasi-experimental research on traffic controllers of Tehran flight control center. The sample of 40 people was divided into experimental (n=20) and control group (n=20). King's (2008) Spiritual Intelligence Self-Report Inventory (SISRI) was used to measure the variable. The results showed a significant effect of yoga on increasing

spiritual intelligence and its components (personal meaning production, expanded state of consciousness, transcendental consciousness, critical thinking).

Sonja Gobec (2016) the research observed improvements on the mood states perception of happiness and meditation depth after 4 week yoga asana course (N=26). The 4 week of course after repeated measure MANOVA showed significant increase in happiness during the day and also sense of perception of self, transpersonal qualities, transpersonal self during transcendental meditation. The research shows yoga effects more than body and mind it influences much deeper levels of one's subjectivity.

G.Dhriti, S.Neethu, and K.R. Santosh (2016), in their study on occupational stress in relationship with resilience and its difference with respect to yoga practice among professionals on a sample size of 100 employees aged 25-40 years, of which 50 engaged in yoga and 50 didn't revealed there to be a negative correlation between resilience and occupational stress. Further, independent sample t test corroborated employees who engaged in yoga in strenuous working conditions faced lesser stress than those who didn't practice regularly. Also, a significantly positive correlation was found amongst role overload and strenuous working conditions.

Gaiswinkler L, UnterrainerHF(2016) conducted a study which aimed to examine how different parameters of mental health and illness are related to different levels of yoga. A total sample of 455 participants (410 females) was investigated by means of an internet survey. : Scales used were Multidimensional Inventory for Religious/Spiritual Well-Being, the Freiburg Mindfulness Inventory and the Brief Symptom Inventory for psychiatric symptoms. Highly involved yoga practitioners exhibited lower psychiatric symptoms such as depression ($p < 0.01$), significantly increased amount of mindfulness and religious/spiritual well-being (both $p < 0.01$) compared to those who were only marginally/moderately yoga-involved or who were in the gymnastics control group.

Method

AIM: To study the difference in Spiritual Intelligence and Psychological Well Being between Yoga Practitioners and Non Yoga Practitioners.

OBJECTIVES: To find out the difference in Spiritual Intelligence between Yoga Practitioners and Non Yoga Practitioners.

To assess difference in Psychological Well Being between Yoga Practitioners and Non Yoga Practitioners.

HYPOTHESIS:

1. There would be significant difference in Spiritual Intelligence between Yoga Practitioners and Non Yoga Practitioners.

2. There would be significant difference in in Psychological Well Being between Yoga Practitioners and Non Yoga Practitioners.

Locale of the study: The data was collected from Yoga Institute and people practicing yoga and also from people not practicing yoga from both males and females who are employees and students as well.

Sample :

- The sampling method used in the present research is snowball sampling. The samples have been collected from different Institutes and organizations of Delhi.

- The data was collected from 104 students and employees, studying and working in different institutes and organizations. The sample consisted of both males and females. The age bracket is from 20 to 40 years practicing yoga also people not practicing yoga and having no previous history of psychological treatment and therapy.

DESCRIPTION OF TOOLS

THE SPIRITUAL INTELLIGENCE SELF-REPORT INVENTORY was developed by DB King in 2008, it measures spiritual intelligence on likert scale 0(not at all true for me)-4(completely true for me). It has 24 items which measures 4 factors of spiritual intelligence, those are conscious state expansion (CSE), critical existential thinking, (CET), personal meaning production (PMP), transcendental awareness (TA). It has Split-Half Reliability of 0.94.

RYFF'S PSYCHOLOGICAL WELL-BEING SCALES(PWB) was developed by Carol Ryff in 1995, it measures psychological well-being on likert scale 1(strongly disagree)-6(strongly agree). The scale used has 42 items and it measures 6 factors related to psychological well-being- Autonomy, Environmental mastery, Personal Growth, Positive Relations, Purpose in life, Self-acceptance.

PROCEDURE:

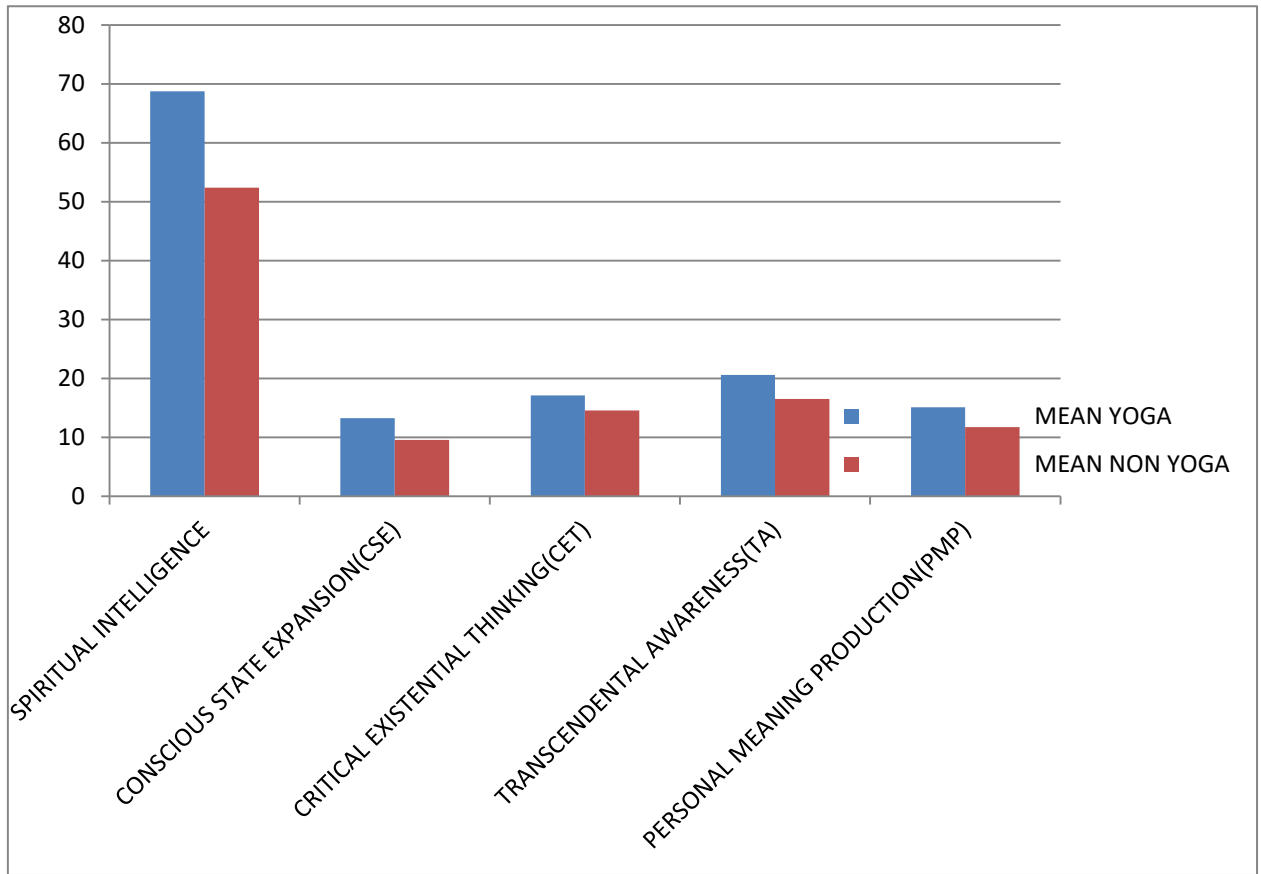
To find out the difference in Spiritual Intelligence and Psychological Well Being between Yoga Practitioners and Non Yoga Practitioners a Google form was made and was distributed online. For collecting samples from subjects doing yoga, questionnaires were distributed in yoga institutes. Instructions were given to the subjects to avoid biases, they were made comfortable and given proper time, any query they had was also taken care of. Instructions of filling the questionnaires as choosing the options which they think they are, what they do and not what they want to be were made clear to make them chose their best options.

RESULTS

Results were analyzed by using descriptive and inferential statistics. Means and standard deviation was calculated for inferring the descriptive statistics. t test was used for calculating inferential statistic

Table 1.1 Descriptive statistics showing Mean and Standard deviation (SD) of different variables.

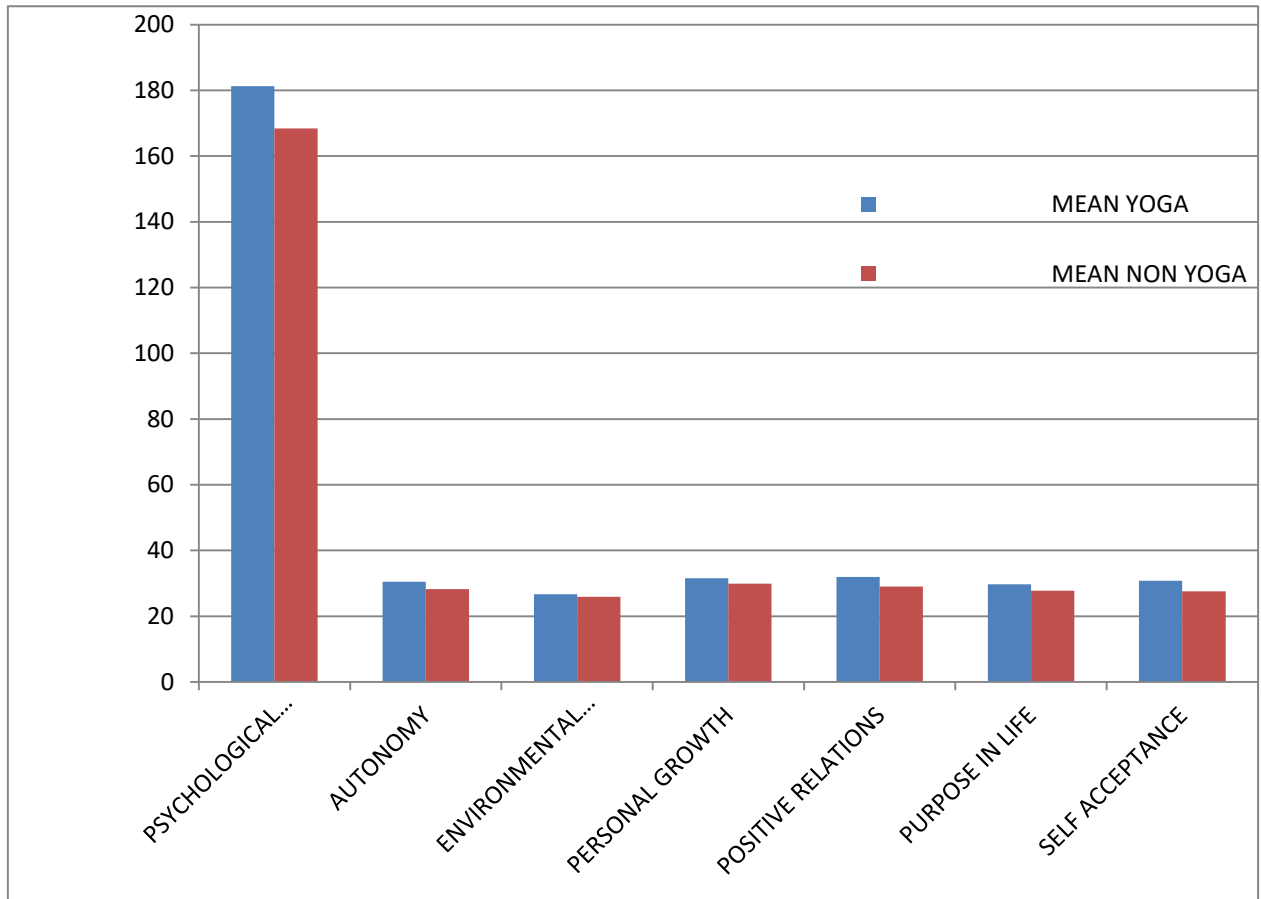
VARIABLES	MEAN		STANDARD DEVIATION	
	YOGA	NON YOGA	YOGA	NON YOGA
SPIRITUAL INTELLIGENCE	68.745	52.372	12.812	17.239
CONSCIOUS STATE EXPANSION(CSE)	13.235	9.568	4.023	4.725
CRITICAL EXISTENTIAL THINKING(CET)	17.117	14.568	4.188	6.024
TRANSCENDENTAL AWARENESS(TA)	20.568	16.529	3.737	5.668
PERSONAL MEANING PRODUCTION(PMP)	15.117	11.70	2.804	4.041



Graph 1.1 The graph shows Mean values for both the groups i.e Yoga and Non Yoga of variable spiritual intelligence and its factors/components.

Table 1.2 Descriptive statistics showing Mean and Standard deviation (SD) of different variables.

VARIABLES	MEAN		STANDARD DEVIATION	
	YOGA	NON YOGA	YOGA	NON YOGA
PSYCHOLOGICAL WELL BEING(PWB)	181.235	168.421	24.135	24.613
AUTONOMY	30.490	28.254	5.319	4.918
ENVIRONMENTAL MASTERY	26.647	25.941	4.430	4.415
PERSONAL GROWTH	31.588	29.921	6.073	5.187
POSITIVE RELATIONS	31.980	29.019	5.658	5.951
PURPOSE IN LIFE	29.705	27.745	5.319	5.509
SELF ACCEPTANCE	30.823	27.549	5.320	7.012



Graph 1.2 The graph shows Mean values for both the groups i.e Yoga and Non Yoga of variable Psychological well-being and its factors/components.

Table 2.1: T-Value, Degree of freedom, p-value and significance of different variables of Spiritual Intelligence.

VARIABLES	T-SCORE	DEGREE OF FREEDOM	P-VALUE	SIGNIFICANCE
SPIRITUAL INTELLIGENCE	5.440	100	0.05—1.984 0.01—2.626	SIGNIFICANT AT 0.01 LEVEL
CRITICAL EXISTENTIAL THINKING(CET)	2.564	100	0.05—1.984 0.01—2.626	SIGNIFICANT AT 0.05 LEVEL
PERSONAL MEANING PRODUCTION(PMP)	4.953	100	0.05—1.984 0.01—2.626	SIGNIFICANT AT 0.01 LEVEL
TRANSCENDENTAL AWARENESS(TA)	4.248	100	0.05—1.984 0.01—2.626	SIGNIFICANT AT 0.01 LEVEL
CONSCIOUS STATE EXPANSION(CSE)	4.210	100	0.05—1.984 0.01—2.626	SIGNIFICANT AT 0.01 LEVEL

The above table illustrates that there is a significant difference between Yoga practitioners and Non Yoga practitioners in Spiritual Intelligence and all its factors/components.

Table 2.2: T-Value, Degree of freedom, p-value and significance of different variables of Psychological Well Being.

VARIABLES	T-SCORE	DEGREE OF FREEDOM	P-VALUE	SIGNIFICANCE
PSYCHOLOGICAL WELL BEING(PWB)	2.65	100	0.05—1.984 0.01—2.626	SIGNIFICANCE AT 0.01 LEVEL
AUTONOMY	2.20	100	0.05—1.984 0.01—2.626	SIGNIFICANCE AT 0.05 LEVEL
ENVIRONMENTAL MASTERY	0.805	100	0.05—1.984 0.01—2.626	INSIGNIFICANT
PERSONAL GROWTH	1.490	100	0.05—1.984 0.01—2.626	INSIGNIFICANT
POSITIVE RELATIONS	2.570	100	0.05—1.984 0.01—2.626	SIGNIFICANCE AT 0.05 LEVEL
PURPOSE IN LIFE	1.825	100	0.05—1.984 0.01—2.626	INSIGNIFICANT
SELF ACCEPTANCE	2.656	100	0.05—1.984 0.01—2.626	SIGNIFICANCE AT 0.01 LEVEL

The above illustrates that there is a significant difference between Yoga practitioners and Non Yoga practitioners on Psychological Well Being and its three components autonomy, positive relations, and self-acceptance. There was no significant difference in three factors of Psychological Well Being environmental mastery, personal growth, and purpose in life. It was also found that there is a significant correlation of between Spiritual Intelligence and Psychological Well Being.

DISCUSSION

There are two groups Yoga Practitioners and Non Yoga Practitioners and two variables Spiritual Intelligence and Psychological Well Being, each variables have subcomponents, Spiritual Intelligence Scale has 4 subcomponents-Conscious State Expansion(CSE), Personal Meaning Production (PMP), Transcendental Awareness(TA), Critical Existential Thinking(CET) and Psychological Well Being Scale has 6 subcomponents- Autonomy, Environmental mastery, Personal Growth, Positive Relations, Purpose in life, Self-acceptance.

Difference in Spiritual Intelligence and its subcomponents/factors between Yoga Practitioners and Non Yoga Practitioners

Spiritual Intelligence- After analyzing the results it is concluded that the difference in Spiritual intelligence between yoga practitioners and non-yoga practitioners is highly significant, along with all its subcomponents:

Critical existential thinking(CET)-the ability to critically contemplate the nature of reality, the universe, our existence in the universe, space, time and other metaphysical issues. CET is significant at 0.05 level.

Personal meaning production (PMP)-ability to derive purpose and personal meaning from all mental and physical experiences. It was significant at 0.01 level, which means the difference was highly significant.

Transcendental Awareness (TA)-The ability to sense or being aware of the transcendental dimensions/patterns of self and of others and of the physical world. It was highly significant at 0.01 level which means yoga practitioners have high transcendental awareness then the non-yoga practitioners.

Conscious state expansion (CSE)-the capacity to enter higher states of consciousness and other states of trance as in deep meditative state. It was also highly significant at 0.01 level which shows that yoga practitioners have higher conscious state expansion than the non-yoga people.

Difference in Psychological Well Being and its subcomponents/factors between Yoga Practitioners and Non Yoga Practitioners

Psychological well-being- According to the result of the study it was found that yoga practitioners have better/high psychological well-being significant at 0.01 level and among the 6 subcomponents of Psychological well Being 3 subcomponents were highly significant. Those are

Autonomy- significant at 0.05 level which means that yoga practitioners are more independent and regulate their behavior independent of social pressures.

Positive Relations-significant at 0.05 level, as yoga practitioners have high positive relations, it shows they have more engagement in meaningful relationships with others which includes reciprocal intimacy, empathy and affection.

Self-Acceptance-significant at 0.01 level, which means difference in self-acceptance between yoga practitioners and non-yoga practitioners is highly significant, which depicts that yoga practitioners have a positive attitudes about their self.

Conclusions

The objective of the present study was to assess the differences in spiritual intelligence and psychological well-being of practitioners and non-practitioners of yoga. The result of the study showed a significant difference in Spiritual Intelligence between Yoga practitioners and Non Yoga practitioners. The yoga practitioners as compared to the non-practitioners had significantly higher spiritual intelligence along all its four dimensions critical existential thinking, personal meaning production, transcendental awareness, and conscious state expansion. Level of psychological well-being also differed between yoga practitioners and non-yoga practitioners with yoga practitioners having higher Psychological well-being along all three factors autonomy, self-acceptance and positive relations. These three factors were found to be significantly higher in yoga practitioners than non-yoga practitioners. The results of this study point towards the importance of encouraging the practice of yoga which would help to lead a healthy and satisfied life.

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