

Effect of High and Low Spiritual Intelligence on Mental Health of Young Executives

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Abstract

Essential to our stress free and mentally healthy life, spiritual intelligence puts individuals lives in larger context, provides meaning and purpose in life and allows us to create new possibilities. Spiritual values and methods have a potential role in helping to improve mental health. The study was designed to evaluate the effect of spiritual intelligence on mental health in bank executives working in public sector. Data analysis was done with the help of various statistical techniques e.g. mean, SD, t-test. The participants were administered, Spiritual Intelligence Test and Employee's Mental Health inventory. Results of the study revealed the significant difference in mental health of high and low spiritually intelligent bank executives in public sector.

Key words : Spritual Intelligence, mental, health, executives

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