



Spiritual Intelligence through the Lens of the Bhagavad Gita: A Route to Mental Wellness

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Abstract

Purpose - The purpose of this paper is to establish a link between spiritual intelligence and mental well-being. Well-being should be recognised and embraced as a core strategic pillar in every premise setting and not something we realise as a reaction to struggle or distressing data. Humans are, inarguably, the most important assets of a nation, and therefore, for the holistic growth of India, investing in the well-being of its people is a must. Spiritual intelligence may be beneficial for improving well-being among people. Also, this paper aims to identify constructs of the Bhagavad Gita that could contribute to the idea and practice of spiritual intelligence. **Methodology** - The present study incorporates qualitative research and literature from different data sources, such as Scopus, Science Direct, Google Scholar, and Research Gate, which were extracted. Keywords used were "Spiritual Intelligence", "Spiritualism", "Mental well-being", "Mental health" and "The Bhagavad Gita". **Findings** - After reviewing a large body of literature, it is concluded that spiritual intelligence plays a major role in promoting well-being in India. Moreover, the paper outlines that the individual who connects with spiritual intelligence by practising the core philosophies of the Bhagavad Gita will be able to gain well-being emotionally as well as physically. **Limitations** - The paper focuses on research papers published in the English language only. Other than published papers, no focus has been given to dissertations, working papers and conference papers. The paper considered only spiritual intelligence as a

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psychological variable which affects mental health.

Implications - The paper outlines that the individual who connects with spiritual intelligence by practising the core philosophies of the Bhagavad Gita will be able to gain well-being. Indeed, to harness the productivity of human resources in India, adopting and inculcating spiritual intelligence is important. **Originality** - This research is based on determining the core constructs from the Bhagavad Gita that establish the relationship between spiritual intelligence and mental well-being. The conservation of resource theory is used as a theoretical framework in the study.

Keywords: Spiritual intelligence, Mental well-being, Bhagavad Gita, Conservation of Resource Theory

Introduction:

In a highly connected, mostly capitalist world dependent on its workforce, humans are prone to be exposed to other people excitably (Bucci et al., 2019). This means humans are open to experiencing more negativity and meaninglessness in life, leading them to be stressed and anxious. In particular, younger generations are getting influenced or trapped by the fake world created on social media, risking their happiness and getting fixated on others' lives (Guite et al., 2006); (Turel & Serenko, 2012). It was concluded that stress and mental health problems create a serious challenge for many college students who are undergraduate or graduate (Wyatt & Oswalt, 2013). Moreover, lacking emotional and spiritual understanding exacerbates these difficulties. Therefore, we need to determine ways to improve an individual's emotional immune system. Past research revealed that conserving emotional resources can help deal with stressful events in life (Hobfoll, 1989); (Hobfoll, 2001). Spiritual awareness also provides meaningfulness and positivity in life (Rostami & Gol, 2014). In this regard, emotional intelligence or spiritual intelligence can be helpful because it may inoculate one from unnecessary anxiety in a highly stressful world (Nurochim et al., 2022). A survey conducted on office workers and students in India during the pandemic revealed that a general state where the individual having sleeping disorder, tense mindset, sadness, and anxiety issues are some recognised indicators which top the list of mental health problems in India and considered to be harmful traits in any individual (Majumdar et al., 2020). Furthermore, (Fuller et al., 2000) asserted that mental health problems are the major reasons for the deterioration of a person's psychological, cognitive, and social

abilities/skills. and in recent years, these problems have become a significant concern for employees working in the corporate sector (Januario et al., 2014); (Herr et al., 2015). In this contemporary world of 'precaritization', the working class faces numerous issues that affect their mental as well as physical health however it is possible to handle the onslaught of long hours, high pressure, and work crisis in a way that safeguards employees from emotional exhaustion, stress, and anxiety. Tapping one's spiritual as well as emotional intelligence helps to mitigate the stress and anxiety in workers (Chin et al., 2012). Hence, for this reason, the utility of spiritual intelligence and emotional intelligence in the workplace has gained importance significantly in the last two decades (Garcia-Zamor, 2003); (Hill & Pargament, 2003). However, very few studies have examined the concept of spiritual intelligence despite its importance in the 21st century. Many studies have delved into the realm of emotional intelligence, yet ample opportunity remains for investigation within the domain of spiritual intelligence. Hence, there is a need to explore a way out of the materialistic domain where satisfaction and well-being among individuals can be enhanced by fostering spiritual intelligence (Gomez & Fisher, 2003). Considering the rapid industrialisation and technological advancement where everything is happening fast, a little pause for enhancing spirituality in life is needed. This is a high time when spiritual texts should be outlined for the betterment and the upliftment of society. Therefore, a considerable amount of study focusing on examining the association between spiritual intelligence and mental well-being in the context of the Bhagavad Gita is needed.

Literature on spirituality aims to explore domains in which it can contribute and has a positive or a negative effect in the context of health and well-being (Fisher, 2011). Mental well-being is what India is longing for nowadays because, after the advent of the coronavirus, approximately 87% of the youth in India experienced medium to high levels of anxiety and stress (Deb et al., 2023). As a consequence of this, research on spiritual intelligence has increased drastically in the past few years. Hope and resilience are considered to be effective coping mechanisms in dealing with deteriorating mental and emotional abilities and help to increase spiritual well-being (Lorente et al., 2021); (Nooripour et al., 2021). Likewise, it has been investigated that components and principles of the Bhagavad Gita are also responsible for enabling spiritual intelligence (Satpathy, 2010); (Lamba et al., 2023). Which ultimately helps in improving the well-being of an individual mentally as well as physically. Therefore, this paper focuses on exploring the core constructs of spiritualism from the Bhagavad Gita, which can lead to spiritual as well as psychological well-being. Stressed individuals are likely to be unhealthy, less productive, de-motivated, and

unable to concentrate on the purpose of living (Manderscheid et al., 2010).

Losing a sense of purpose in living is like losing one's life; therefore, thinking of a way to improve a purposeful and meaningful life is inarguably imperative. Today, much research is dedicated to developing theories of intelligence that can tackle the real-world problems of mental health. However, apart from the significance and comprehensiveness of these Western theories, the definition of intelligence given by ancient scriptures, like the Bhagavad Gita, seems to be beyond our understanding and comprehension. Although, there are lots of benefits attached to the Hindu scriptures in our lives. (Salagame, 2017) believed that the Bhagavad Gita scripture provides a wider knowledge and understanding of relevant concepts like happiness, spiritual intelligence and well-being. The learnings from the Bhagavad Gita provide individuals with the wisdom through which they can regulate their emotions, leading to cognitive advancement and improved decision-making on one hand and personal well-being on the other hand (Jeste & Vahia, 2008). Therefore, in the study, we contend that spiritual intelligence is an inner psychological resource that can serve as an antidote to the detrimental effects of mental health and well-being. The paper unravels three contributions. First, the study advances the spiritual intelligence literature by exploring its significance. Second, the paper attempts to study the positive relationship of spiritual intelligence with mental well-being. Third, the paper tries to outline the core constructs from the Bhagavad Gita, which endows a higher level of intelligence with the promotion of mental well-being. Thus, this is a humble attempt to uncover the effect of spiritual intelligence cultivated through the Bhagavad Gita on mental health and well-being.

Objectives of the Study

1. To explore the meaning and significance of Spiritual Intelligence.
2. To examine the association of Spiritual Intelligence with mental well-being.
3. To examine the Bhagavad Gita philosophies adopted by individuals in order to enhance their spiritual intelligence and attain mental well-being.

Literature Review

Spiritual Intelligence

Spiritual Intelligence (SQ) refers to a concept that goes beyond traditional intelligence measures like IQ or emotional intelligence (EQ), as Zohar and Marshall declare them an integral part of SQ (Hacker & Washington, 2017). Primarily, the term intelligence signifies the mental ability to understand and perform reasoning and mathematical aptitude (Sternberg, 1997). Numerous scholars have given theories for multiple forms of intelligence, and spiritual intelligence is one of them. However, scholars have quoted spiritual intelligence as one of the highest forms of intelligence, providing ultimate transcendental knowledge (Zohar, 2000); (Emmons, 2000). Spiritual Intelligence surrounds a person's capability to find purpose and sense in life through understanding and connecting with the deeper meaning of existence (Mahmood et al., 2018). However, spiritual intelligence is frequently linked to religious practices or beliefs, and it encompasses a wider definition of spirituality and existential awareness that goes beyond religious frameworks (Skrzypińska, 2021). Crucially, spiritual intelligence requires the capacity for introspection for meaning in life, self-awareness, and transcendence. It allows humans to explore questions of ultimate significance, such as who am I, the purpose of existence, what duty one can perform for the greater good, and the interconnectedness of all such things. The word "Spiritual Intelligence" was coined by Zohar in 1997, who classified it as a soul's intelligence that provides a self-coping system against negativity in life (Hyde *, 2004). Spiritual intelligence deals with a deeper exploration of personal values, ethical principles, and beliefs, guiding individuals in their pursuit of meaning and fulfilment (Gomez & Fisher, 2003) social research has shown spiritual intelligence to be a foundation that helps to re-contextualize problems faced by society at large (Ahmed et al., 2016). In fact, SI is an ability that gives direction and shape to other important skills. Along with this, SI comprises various qualities, including faith, humility, gratefulness, emotional control, compassion, moral behaviour, and the capacity for forgiveness (Srivastava, 2016). Self-control helps to seek long-term benefits than short-term benefits, and spiritual intelligence proves to be an effective tool in enhancing self-control in an individual (Marques, 2006).

Moreover, SI is significantly linked with positive outcomes in terms of academics, organisational performance, personal growth, and maintaining healthy lifestyles and relationships (Pant & Srivastava, 2019); (Modi & Saranya, 2021). SI, therefore, is proclaimed as a necessary personal endowment that allows individuals to sustain inner as well as outer peace

regardless of the circumstances of stress and anxiety (Mahmood et al., 2018). Meanwhile, various research has revealed the basic principles and core constructs that are associated with spiritual intelligence (Dabas & Singh, 2018); (Garg, 2020) and how one can utilise it to maintain a valuable and meaningful life needs to be explored. Spirituality is an important consideration for satisfaction with life and inner stability and is closely linked with the mental well-being of an individual (Wills, 2009). Spiritual intelligence refers to the ability to utilise spiritual resources, values, and qualities effectively in everyday life, thereby improving the overall functioning and well-being of an individual (Amram & Dryer, 2008). Undoubtedly, SI contributes significantly towards maintaining a healthy and satisfactory lifestyle. Regarding spirituality, there has been a heightened interest in identifying the importance of SI in individuals' lives (Mayer, 2000). Spiritual intelligence is studied in the context of the nursing profession. It empirically justifies that higher spiritual intelligence significantly increases communication skills and job satisfaction and decreases overall stress in life (Sharifnia et al., 2022). Moreover, spiritual intelligence is seen as an appropriate strategy to increase empathy in an individual (Aliabadi et al., 2021). The prevalence of spiritual intelligence is shown to reduce depressive symptoms and disturbed sleep cycles among older adults (Roy et al., 2021). Hence, in order to help someone build the ability to deal with and adapt to any situation in a better way, spiritual intelligence is essential (Anita et al., 2013).

Regulation of Emotions

Spiritual Intelligence provides an individual with a framework for understanding and managing their emotions constructively. Individuals are regarded as a complex species, as they are comprised of complex emotions and feelings (Anwar et al., 2020); (Awad et al., 2022). By cultivating self-awareness through spiritual practices such as mindfulness and introspection of the true meaning of life, one can adaptively regulate one's emotions (Jena, 2022). Moreover, SI involves the deeper spiritual essence and identifies less with the ego, through which individuals become less reactive to personal slights and act with more balanced emotional responses (Koohbanani et al., 2013). Many have cited that spiritual practices help individuals tap into this source of inner strength, which provides a stable foundation for emotional regulation and management (Hasanuddin & Sjahruddin, 2017). Attributes of spiritual intelligence have a significant impact on the ability to regulate negative emotions, hence increasing emotional intelligence. In this regard, researchers started exploring the association of spiritual intelligence with emotional intelligence and found a positive relationship between them (Chin et al.,

2012); (Kaur et al., 2013). Therefore, the integration of spiritual and emotional intelligence helps to navigate emotions in a healthy manner.

Cordial Relationships

Individuals cannot exist apart from their relations with other people; they seem to interact and build relationships. (Hosaini et al., 2010) argued that spiritual intelligence promotes empathy, compassion, and forgiveness, fostering healthier and more meaningful relationships. Spiritual intelligence increases understanding and involves deep listening and mindful conversation (Koohbanani et al., 2013). Additionally, spiritual intelligence allows the interconnectedness of all beings and ensures a sense of unity and belonging (Chin et al., 2012). Therefore, researchers opined that spiritual intelligence plays a significant role in maintaining effective relationships in work settings, educational institutions, and among people in general (Supriyanto et al., 2019); (Senmar et al., 2023). People become more patient, sincere, and cordial, and enhanced sense of community spirit when they inculcate spiritual qualities in life. Studies have delved into how SI can support the development of professional and therapeutic relationships by fostering effective communication, conflict resolution skills, interconnectedness skills, gratitude, and generosity (Söylemez & Koç, 2019). Maintaining cordial interpersonal relationships is a key to success and brings harmony and peace in life; hence, devoting energies towards increasing spiritual intelligence is imperative. Adapting to surroundings is what is embraced by emotional knowledge of self and inarguably, spiritual intelligence helps to create awareness of self and surroundings. Therefore, spiritual intelligence provides flexibility to change through which one can maintain healthy relationships in a living surrounding.

Personal Growth and Development

Numerous studies have considered SI as a harbinger of various positive outcomes, such as satisfaction in life, happiness, resilience, and overall well-being (Rostami & Gol, 2014); (Ravikumar & Dhamodharan, 2014). Spiritual intelligence facilitates deep introspection and self-awareness, leading to awareness of one's purpose, values, and beliefs (Hyde *, 2004). To expand the horizons of living, meaningfulness in life is required, and SI links itself with the sense of meaning and interconnectedness with something greater than oneself (Atroszko et al., 2021). Many pieces of evidence have shown that finding meaning and purpose is the greatest motivator for the human race, and the establishment of SQ helps to find the spiritual states of consciousness (Mahmood et al., 2018). Positive personality traits like extroversion, conscientiousness and

agreeableness emerge via spiritual intelligence, while it suppresses negative traits like neuroticism (Amrai et al., 2011). Through SI, individuals learn to navigate their emotions effectively and develop greater emotional resilience, which facilitates personal growth. Also, scholars have pointed out that by cultivating spiritual intelligence, one can develop greater clarity, insight, and wisdom, leading to personal growth and transformation (Gomez & Fisher, 2003). (Hacker & Washington, 2017) considered SI as a source for focusing on the individual mission and vision and enhancing the quality of life. Fundamental values of life lead to overall character development. Directional knowledge helps to develop a patient and calm personality. Therefore, spiritual intelligence proves to be significant in maintaining personal growth and development.

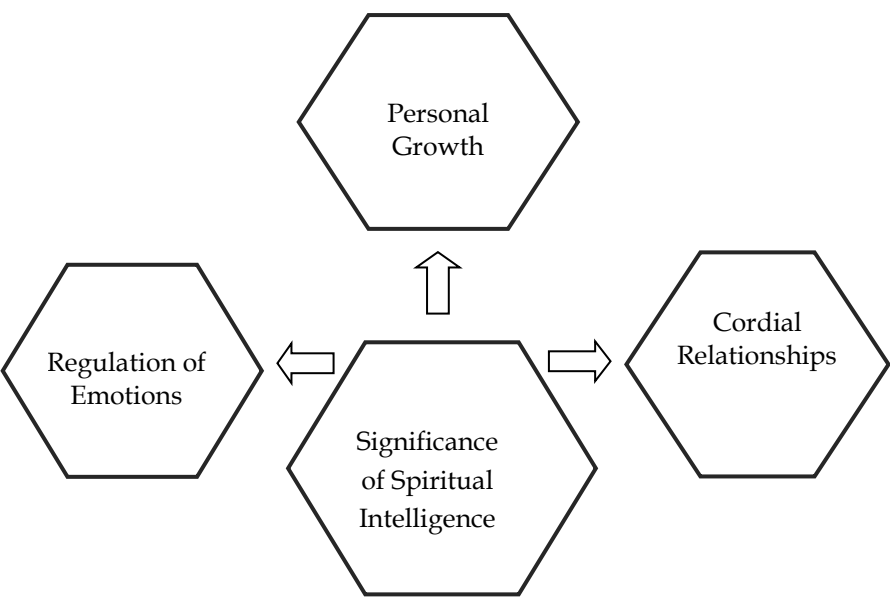


Figure 1: Significance of SI

Well-being

Mental well-being is a multifaceted construct used to represent a state of wellness, good health, and happiness (Weich et al., 2011). The Centers for Disease Control and Prevention (CDC) reports well-being as "the existence of positive emotions and moods, the devoid of negative emotions, satisfaction with life, and the feeling of fulfilment" (Chutiyaami et al., 2022). Scholars identified two elements of well-being: hedonic well-being (happiness, emotional well-being, satisfaction in life, and interest in living)

and eudaimonic well-being (realisation of one's potential, ideal psychological functioning, harmonious relationships with others, and self-improvement) (Westerhof & Keyes, 2010). In line with the traditional definition of well-being, these types play a major role in well-being and spirituality research. (Ryan & Deci, 2001) proposed self-determination theory, which is composed of competence, relatedness, and autonomy, which are the conditions that embrace eudaimonic well-being and increase workplace spirituality (Mahipalan & S., 2019). Likewise, many (Wills, 2009); (Joshanloo, 2011) have noted that hedonic well-being positively correlated with spirituality. However, various research revealed many other components of mental well-being that enable individuals to manage the normal stresses of life. Emotional resilience, self-awareness, meaningfulness, and a sense of purpose are stimulated by connecting with one's spiritual intelligence (Bautista et al., 2023). The terminology "well-being" is frequently confused, with "positive mental health" being synonymous with both "mental health" and "mental well-being". We interpret "mental health" to include the whole range of mental health status, "mental illness" to include pathological disease states, and "mental well-being" to include the positive feeling and state of mind that can lead to productivity and contentment (Weich et al., 2011). Many facets of health and social functioning are dependent on mental and spiritual well-being. The training for incorporating spiritual intelligence can improve mental well-being and have a critical impact on overall health (Aliabadi et al., 2021). However, there are three aspects of subjective well-being – emotional, social, and psychological which ultimately impact the mental health of an individual. Therefore, mental well-being implies a state where individuals can face the normal stresses of life, improve productivity, build positive relationships, and contribute to the betterment of their communities.

Individuals need to walk behind a path of excellence through contentment, inner peace, and happiness in order to become successful in the span of life; shreds of evidence have shown that spiritual intelligence has a major role in this (Modi & Saranya, 2021). Intelligence is concerned with adaptive problem-solving behaviour, which is associated with spirituality and maintains feelings of great wellness and positivity (Hyde *, 2004). Social science research observed the growth and evolution of SI, and it was exclusively associated with positive domains (happiness, resilience, and wellness). Spiritual intelligence is defined as the means to apply and incorporate spiritual qualities to enhance daily functioning with mental as well as physical well-being (Fisher, 2011). A revered text, the Bhagavad Gita has been a guide for people since ancient times and is composed of many philosophies and principles which indicate spiritual well-being (Jijina et al.,

2019). Therefore, the next section strives to derive some relevant philosophy from the Bhagavad Gita for fostering spiritual intelligence to face mental health challenges.

Spiritual Intelligence and Well-being from the Bhagavad Gita

(Malinakova et al., 2017) reported that a sense of wellness is derived from a deep understanding of the meaning and purpose of life. Researchers believe that well-being and spiritual intelligence are interlinked (Carson et al., 1988); (Lee-Fong et al., 2022). In a sense, SI combines all the dimensions that guide humans to spend a meaningful and purposeful life. Empirical studies have clearly shown that spiritual intelligence positively impacts psychological wellness among college students (Adams et al., 2000); (Pant & Srivastava, 2019). Spirituality termed as "discipline of psychology", which helps to highlight three crucial elements that are: recognition of the inner self, meaningfulness and a sense of community (Jena, 2022). According to (Ravikumar & Dhamodharan, 2014) spiritual and emotional intelligence, which are the prime form of intelligence, are responsible for enhancing psychological resilience, and psychological resilience boosts mental health. Moreover, mental well-being leads to happiness among individuals who possess spiritual intelligence (Modi & Saranya, 2021). The assertion made that spiritual intelligence is a prime factor in a person's well-being (Karakas, 2010). A higher level of spiritual well-being provides a coping mechanism against depression among middle-aged people (Nelofar Bashir et al., 2016). SI is composed of a set of learned abilities, which are self-discipline, patience, and self-regulation. These are the essential elements for human development and growth. Scholars identified core constructs from the Bhagavad Gita that individuals can enforce to enhance their spiritual intelligence and secure mental well-being. The Bhagavad Gita is an element of the epic Mahabharata, a sacred Hindu scripture composed by Vyasa that offers profound insights into directing life's complexities with calmness and balance (Sharma & Batra, 2019). The Bhagavad Gita has emerged in the modern world even beyond its religious importance- as a code to live by even in secular societies without the dogma of religion. In order to recognise and celebrate the full potential of self, one needs and could be able to think beyond self-benefits. After that, scholars of spirituality started evaluating and examining the teachings of holy manuscripts. The rationale of the study is to realise the role of spirituality in creating happy and calm surroundings where individuals derive meaning and purpose in life.

According to (Garg, 2020), there are six core constructs of spirituality from the Bhagavad Gita and Upanishads that are responsible for affecting

workplace spirituality. More recent research pointed out other practices from the Bhagavad Gita that can enhance spiritual intelligence with mental wellness (Pandey & Bhatia, 2018); (Sharma & Batra, 2019); (Lamba et al., 2023). Meanwhile, (Nagar, 2018) talk about self-reliance and inner stability (Svarupe Avasthanam), which can be proliferated by a series of positive outcomes of spirituality in life in general. Constructs like Samskara, Sthitaprajna, and Anaasakti have also been identified as being necessary for the better functioning of the mind and soul of the body (Dhingra & Dhingra, 2011). The accelerating pace of life, technological advancements, and increasing competitiveness pose challenges and demand the coping ability of people in the contemporary world. Through the study of the Bhagavad Gita, scholars identified ways to mitigate stress and enhance mental strength as well as emotional well-being. Furthermore, (Tiware, 2021) described the Bhagavad Gita as a source for strengthening hope and meaningfulness. Studies show that hope can enhance well-being among individuals. Modern-era work is based on core elements of Indian spirituality: swadharma, kritagyata, karmayoga, rajayoga, and sthitaprajna (Ghimire, 2013); (Nagar, 2018); (Lamba et al., 2023). These five constructs are identified after the synthesis of twenty-first-century empirical research and ancient Indian sagas such as Shrimad Bhagavad Gita. Based on constructs of Indian spiritualism, a definition for spiritual well-being has developed, and meanwhile, scholars are striving to comprehend the concept in depth. Spiritual well-being may be defined as an experience of meaningfulness and knowing the purpose of life. Moreover, the Bhagavad Gita offers valuable guidance for ethical living, personal growth, and spiritual development, regardless of one's religious beliefs or affiliations. Therefore, it illustrates the core domains of the Bhagavad Gita, which help to connect individuals to their spiritual intelligence, thus leading to their well-being.

- (i) **Swadharma** - It refers to one's inherent duty or righteous path in life. The right path always leads to meaningfulness, which provides a true sense of purpose for living and sustainable mental well-being. Performing meaningful and fulfilling tasks increases the level of life satisfaction (Pandey & Bhatia, 2018); (Srilalitha & Supriya, 2019). It is the central theme of the Bhagavad Gita that emphasises the idea of fulfilling one's own "Dharma" towards a righteous path (Nagar, 2018). Essentially, swadharma tells individuals to focus on their duties and responsibilities rather than comparing themselves to others. Therefore, it helps individuals align their intelligence with dharmic (pious) principles. Moreover, a serene and calm soul is generated for long-term well-being.

- (ii) **Karma Yoga** - It is fundamental to spiritual intelligence, which encourages selfless efforts without being attached to the reward of that action (Ghimire, 2013); (Garg, 2020). Adoption of karma yoga leads to eternal well-being and happiness as it prevents all the desires that end up in a state of turmoil and resentment (Sharma & Batra, 2019). Karma yoga teachings encourage individuals to linger on the current moment and the task rather than worrying about future results or dwelling on past mistakes. Uncertain expectations can no longer boost anxiety and stress. The attitude of continuing to work and not becoming obsessed with the result ensures directional knowledge for achieving an individual's mental well-being.
- (iii) **Raja Yoga** - It is one of the ways through which an individual can regulate the mind and emotions (Lamba et al., 2023). Uncontrolled mind is the reason for anxiety and depression. Manuscript contemplated raja yoga as a path of meditation that helps to navigate the mind and senses in a constructive way (Telles & Desiraju, 1993) conceptualized raja yoga as a path of meditation that helps to navigate the mind and senses in a constructive way. Therefore, a true sense of living is enhanced through a meditative form of detachment (Bhakti). A person will be able to see things beyond the realm of the material world and prevent themselves from suffering. This leads to discovering the unknown and seeing the world from different perspectives. Raja yoga is an ultimate principle that organises the mind and prompts self-discipline and patience. It helps to guide the higher intelligence towards the well-being of self and society.
- (iv) **Kritagyata** - It signifies an enormous feeling of gratefulness for everything that one possesses (Garg, 2020). Gratitude is a fundamental facet in many ancient Hindu scriptures and traditions and has been associated with immense psychological benefits, including mental well-being. Those who show worship to whatever one holds they may preserve it and get more of it. By recognising an attitude of gratefulness, a person develops humility, acceptance, resilience, and a deeper connection to themselves, which ultimately fosters great peace and contentment (Stewart & Strathern, 2021).
- (v) **Sthitaprajna** - It is a practice that tries to maintain equanimity of the mind in favourable as well as unfavourable circumstances. The exercise of sthitaprajna controls and sets the limit to the sensuous carvings and pleasures (Dhingra & Dhingra, 2011). A person with

sthitaprajna observes their thoughts, emotions, and impulses without being controlled by them (Lamba et al., 2023). The equanimity in all situations brings profound wisdom and serenity, which provide a sense of subjective calm even during risk and adversity. Adopting a calm mindset will transform the approach towards life challenges and failures. Instead of seeing obstacles as insurmountable, individuals see them as opportunities to grow and learn. Hence, it aligns with intelligence, which provides the ability to face the sufferings and failures of life.

In the line of the above discussion, we can conclude that by integrating the principles and practices of *Swadharma*, *Karma Yoga*, *Raja Yoga*, *Kritagyata*, and *Stithaprajna* into their daily lifestyle, individuals can experience great peace, fulfilment, and spiritual growth in their journey towards mental well-being and happiness. Even though it was written ages ago, the Shrimad Bhagavad Gita retains influence on Hindu culture and people's views today (Gayathri & Meenakshi, 2012). Suffering is a paradoxical mystery that can elude and impair our understanding of life. By questioning its purpose under the guidance of authentic teachings, we can end up with such uncertainty that it leads us to question all of our existing knowledge (Fingarette, 1984). The core components of the Bhagavad Gita managed to foster spiritual intelligence and aid individuals on the road to spiritual well-being. (Sanders et al., 2015) discovered that inner spirituality and religiosity are indicators of better psychological functioning and well-being. A study in Haridwar conducted among students found that there is a significant relationship between spiritual quotient and positive mental health (Pant & Srivastava, 2019). When religiousness/spirituality and mental health were studied in the context of older males, it was discovered that having more daily spiritual experiences led to improved emotional stability and health (Allen et al., 2008).

Furthermore, an increase in spiritual intelligence corresponds to a rise in happiness, as there is a direct relationship observed between them (Faribors et al., 2010). Spirituality is composed of three pivotal components by which humans can live with a higher level of satisfaction by understanding that their life has meaning, purpose, and values in a favourable ethical spectrum (Ronel, 2008). Additionally, Indian interventions proved to be an effective tool for enhancing positive results and feelings. (Jijina et al., 2019) claimed and described that the constructs from the Bhagavad Gita generate holistic well-being and success in life. The Bhagavad Gita's teachings can assist one in sustaining mental clarity and subjective calmness by fostering spiritual intelligence. Therefore, this paper explores the qualitative aspect of the Bhagavad Gita in mitigating stress and anxiety through inculcating spiritual intelligence.

Swadharma	Performing meaningful duty
Karma Yoga	Path of selfless act
Kritagyata	Gratitude feeling
Raja Yoga	Ability to control mind and senses
Sthitaprajna	Mind stability

Figure 2: Philosophies from the Bhagavad Gita

Theoretical Framework

Conservation of Resource Theory

The current study contributes to the conservation of resource theory. This theory was developed by (Hobfoll, 1989). Conservation of resource theory explains that individuals acquire, maintain, and replenish their resources. Individuals value various resources, such as time, money, knowledge, and personal energy (Halbesleben et al., 2014). Many scholars termed SI as personal resources that need to be acquired in order to prevent stress (Nimmi et al., 2022). Stress is an inevitable part of our lives; as such, numerous scholars have tried to find the cause of stress and how to reduce it. Therefore, we argue that spiritual intelligence provides individuals with plenty of psychological strength and resources, which are required to cope with personal and professional challenges. Spiritual intelligence increases individuals’ positive emotions and satisfaction and decreases stress, hatred, and despair (Bickerton et al., 2014). In this very process of conservation and acquisition, people need to understand the pivotal resources that they must acquire to reduce stress and negative feelings. This principle demonstrates that procurement of resources could alleviate future resource losses (Hobfoll, 2001). Similarly, developing spiritual intelligence (resources) can protect a person against stress and worry in the future. Also, empirical research has shown that people are more prone to stress and mental

tiredness when they lose resources (Shirom, 1989).

(Tanyi, 2006) demonstrated spirituality as an inner resource that ensures awareness of one's inner self. Spiritual resources give a feeling of strength and serve as a guide to solving everyday problems (Hyde *, 2004). Furthermore, alignment with spiritual values increases the emotional involvement of individuals in their duties and tasks. This emotional connection leads to increased job satisfaction, productivity, and reduced job stress (Hui & Aye, 2018). On the other hand, when there is value incongruence between personal beliefs and outer world conventions, stress and frustration are generated. In this regard, resources obtained from spiritual intelligence guide people to find the true meaning of living in this materialistic domain (Gomez & Fisher, 2003).

Methodology

In this study, various papers were reviewed from the multiple databases. Databases included Scopus, Science Direct, JSTOR, ProQuest, Google Scholar, and Research Gate. Keywords were used as "Spiritual Intelligence", "Spiritualism", "Mental well-being", "Mental health", and "The Bhagavad Gita". A variety of literature was reviewed in order to establish a correlation among spiritual intelligence, Indian spiritualism, and well-being rooted in traditional Indian scriptures and Indian philosophy. Additionally, relevant articles that defined themes, were recorded in English, published in peer-reviewed, quantitative, and qualitative research studies, and indexed journals were included in the review. Studies that did not meet the criteria of this review article were excluded from this particular study.

Conclusion

The main objective of the paper is to identify and address mental health problems by drawing inspiration from the Bhagavad Gita. The Bhagavad Gita is a highly revered Hindu scripture and is considered one of the most important spiritual classics in the world. The paper distinguishes the relevant constructs of the Bhagavad Gita through which spiritual intelligence is fostered, thereby increasing mental strength and well-being. Spiritual intelligence plays a prominent role in promoting mental well-being as it prompts individuals to ask fundamental questions about life and helps them gain transcendental knowledge. Spiritual practices often emphasize the interconnectedness of mind, body, and spirit, which ultimately leads to the emotional well-being of an individual. Cultivating virtues like gratitude and compassion through spiritual intelligence can lead to greater emotional resilience, satisfaction, and overall mental

wellness. Therefore, this paper attempts to signify the benefits of having spiritual intelligence in order to mitigate the stress, negative emotions, and emotional exhaustion that the challenges in the workplace, educational settings, and others can cause. Also, the article considers constructs of spiritualism from the Bhagavad Gita that foster spiritual intelligence and affect mental well-being. Research showed that about 10-30 per cent of youth suffer from mental health issues (Dabas & Singh, 2018). These problems affect their behaviour and attitude; for this reason, there is a need to pay attention to framing policies and programs in the workplace as well as in educational settings. Also, it hopes to illustrate that it is essential to honour individual beliefs and practices in promoting mental health and well-being in the living community. Resilience and hope are added by the transforming process of spiritual intelligence, which goes more than only endure over time. In conclusion, the Bhagavad Gita offers valuable guidance for achieving peace in our modern lives. Its teachings remind us of our inherent divinity, the power of self-awareness, and the importance of living with purpose and integrity.

People with strong spiritual intelligence often demonstrate greater resilience and emotional stability, which help them to face adversity. With such arguments, the role of the theory of conservation of resources comes into play because it argues for the acquisition and preservation of energies and emotional resources, which can help overcome professional as well as personal challenges. Spiritual intelligence often involves seeking deeper meaning and purpose in life beyond materialistic pursuits. When individuals feel connected to a higher purpose or a sense of spirituality, they may experience greater fulfilment and satisfaction in their lives. These dimensions of spiritual intelligence act as a buffer against feelings of emptiness or despair, contributing to overall mental well-being. Moreover, it is important to recognise the core constructs of the Bhagavad Gita, which align with spiritual intelligence and mental health. Relevant literature was reviewed in order to fulfil the objectives. This paper consists of some insights from the Bhagavad Gita that can promote mental wellness as it can direct individual lives authentically and effectively. Those are also demonstrated as core constructs of spiritualism.

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