
| RESEARCH ARTICLE

Spiritual Intelligence: A Systematic Review

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| ABSTRACT

This systematic literature review investigates the role of spiritual intelligence (SI) and its role in human development, academic development, personality development, etc. By taking help from the Scispace.ai academic database, 100 studies published between 2010 to 2025 were initially recognized. Following PRISMA guidelines and applying intensive inclusion and exclusion criteria, 49 peer-reviewed studies were selected for this systematic literature review. The findings reveal that SI is positively related to reduced levels of anxiety, stress, and depression, and contributes to enhanced happiness, moral judgement, autonomous behaviour, and personal evolution. The studies included immense populations, including students, educators, and healthcare professionals, focusing on the relevance of SI across educational, mental health, and organizational domains. The review also showcases the utility of Scispace.ai as an effective tool for efficient academic research. These insights support the growing link of spiritual intelligence as a measurable and developable construct with significant implications for holistic development in both academic and applied settings.

| KEYWORDS

Spiritual intelligence, mental health, anxiety

| ARTICLE INFORMATION

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1. Introduction

Education is a method by which an individual acquires knowledge, skills, aptitude, qualities, values, and attitudes. Education not only means that a person simply figures out how to read, write, and get higher degrees, but also allows the person to stand up socially, economically, psychologically, physically, emotionally, and spiritually (Nath, 2020). Spirituality is a basic part of a person's holistic health and prosperity. The Sanskrit term for spirituality is 'Adhyatma'. Adhi + atman = 'adhyatman'. The word 'Adhi' means 'related to'; and 'atman' means 'self', which means anything that is related to the self. So, spirituality refers to everything concerning the Self. If we consider ourselves to be the spirit and not the body, then we can be considered spiritual persons. If we consider ourselves to be this body and if we continually cater to bodily needs and desires, then we are to be considered as worldly persons (Rouquiya, 2014). Spirituality is the experience of being unique, being human, being something, a power, vitality, or presence, that shapes one's activities and develops a person's life. Spirituality, spiritual well-being, and teaching learning methodologies are well-connected. Thus, spiritual intelligence is deeply associated with education and its foundation (Qadri 2020).

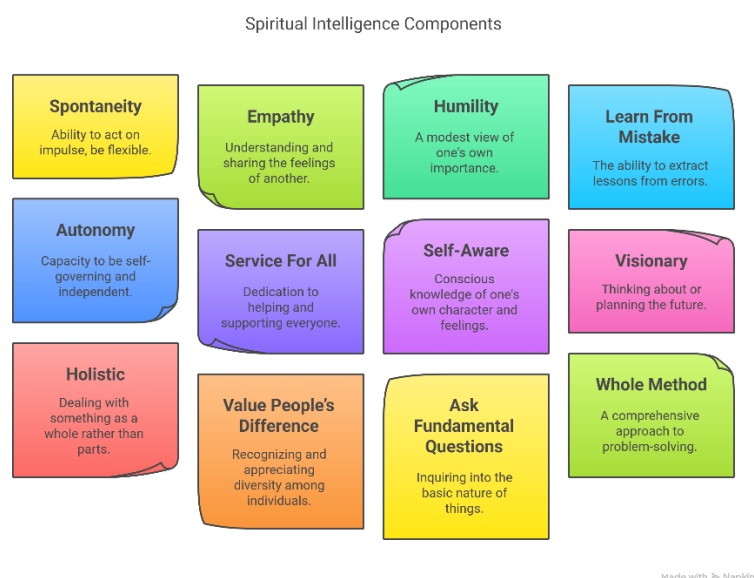
The term spiritual intelligence can be broken down into two different words, spiritual and intelligence, where the term spiritual can be broken off to the word spirit. The English word spirit lexically originates from the Latin word spiritus, which means "breath" or "soul" (Singh & Yadav, 2018). Spiritual intelligence is linked with the wisdom of human beings, which is profoundly connected to the ego and conscious minds of the people, helping create new values and recognize the present value from a wider perspective. Spiritual intelligence is not only related to "what" it is also about "why" and what we do. Spiritual intelligence is a higher dimension. This is the central component of intelligence. It activates perception, creativity, empathy, and serenity. It is the real intelligence that triggers true qualities and abilities in the form of wisdom, honesty, joy, love, creativity, empathy, and peace (Pandey, n.d.). Spiritual Intelligence is both an unconscious component of oneself as well as an ability to connect with one's sole purpose in life. It emboldens people to think outside the box, think modestly, act meaningfully, and address the issue from a wider viewpoint to solve the problems that they face daily. Spiritual intelligence is a higher level of intelligence that stimulates the real self's (or soul's) characteristics and competencies such as knowledge, compassion, integrity, joy, love, creativity, and peace. Spiritual intelligence brings about a greater feeling of meaning and purpose, as well as the enrichment of a variety of critical life and job abilities (Anmol & Singh, 2022). Empirical studies indicate that students with higher SI demonstrate greater emotional stability and lower anxiety levels, making spiritual intelligence a crucial factor in mental well-being (Nasel, 2004).

Zohar and Marshall (2004) defined spiritual intelligence as the intelligence with which we solve problems of meaning, place our actions in a broader context, and determine that one methodology is more meaningful than another.

McGuire defined spiritual intelligence as the ability to act with awareness and empathy while maintaining health and inner and outer peace (tolerance) despite the situations. Spiritual intelligence is an innate intelligence that can be built like any other type of intelligence, that is, it can be defined and quantifiable.

Robert Emmons (2000) defined spiritual intelligence as "The flexible application of spiritual information is to assist everyday problem-solving and target accomplishment."

Frances Vaughan (2002) described that spiritual intelligence is preoccupied with the inner life of mind and spirit and its connection to being in the world.



Flow chart made by Napkin.ai
"Figure 1" Danah & Zohar model of the components of spiritual intelligence

Zohar and Marshall (2000) found that indications of advanced spiritual intelligence encompass:

- The ability to be flexible (actively & spontaneously adaptive);
- A high degree of self-awareness;
- A capacity to face and use suffering;
- A capacity to face and transcend pain;
- The quality of being stimulated by perception and values.
- A reluctance to cause unnecessary harm;
- An inclination to see the association between diverse things (being 'systemic')
- A noticeable tendency to ask 'Why?' or 'What if?' questions and to seek 'vital' answers; and
- Possessing a facility for working against convention. (Prajapati, 2022)

Some of the major concepts of SI/SQ as reflected in the work of Zohar and Marshall are given below:

- Spiritual Quotient (SQ)/(SI) is used to cultivate our human brains. Spiritual intelligence helps an individual to undergo metamorphosis for a better life.
- Spiritual intelligence is used when one needs to be visionary, flexible, or creatively unpremeditated.
- It helps in dealing with fundamental life questions. It gives a breakthrough on what life's struggles are about.
- SQ helps in comprehending the meaning and essential aim behind all great religions present in the world.
- Spiritual intelligence helps in combining intrapersonal and interpersonal intelligences. So, an individual having spiritual intelligence will be good at managing their own things as well as those of others.
- Spiritual intelligence helps an individual to go far from their spontaneous self or self to live a life at a deeper level of meaning (Emmons, R. A., 2000).
- By taking the help of spiritual intelligence, a person can fight the problems of good and bad (Wigglesworth, C., 2012) and life and death (Rao, 2013).

1.1 A major path to attain spiritual intelligence

Zohar and Marshall (2000) have suggested six major paths too attain higher spiritual intelligence. These paths are as follow:

- The path off duty is about belonging to, cooperating with contributing to and being nurtured by the community.
- The path of nurturing implies growing under the care of parents, teachers, nurses, therapists, counselors, social workers and saints and this path is about loving, protecting and making fertile.
- The path of knowledge ranges from understanding general practical problems through the deepest philosophical quest for truth to the spiritual quest for knowledge of God and all.
- The path of personal transformation needs to explore the heights and depths of ourselves and weld the disparate parts of our fragmented selves into an independent, whole person.
- The path of brotherhood is too see a connection between themselves and all other beings. Spiritually intelligent people love their fellow beings and are ready to serve them.
- The servant leadership, which is the highest of spiritual path, serves humanity by creating new ways of people and puts the welfare of the society above their own welfare to take the society in new directions (Devi, 2019).

Higher resilience has been associated with spiritual intelligence, which in turn has been connected to improved mental health by empowering individuals to overcome mental stress, tension, and depression and turn life's challenges into possibilities. The adaptive application of spiritual awareness to support problem-solving, withstand life's stresses, and inspire individuals to accomplish their goals is known as spiritual intelligence (Harder, 2022).

1.2 Purpose of the study

The primary objective of this study is of utmost importance as it explores the concept of spiritual intelligence and its role in human development, psychological well-being, and personal growth. Specifically, by examining spiritual intelligence, this study aims to examine how spiritual intelligence is related to other variables such as emotional

intelligence, stress, etc, and how it impacts other variables too. The primary components responsible for improving spiritual intelligence and its relationship with other variables have been identified, understood, discovered, analysed, synthesized, evaluated, and critically examined in this study. Students may benefit from this methodical literature review by better understanding and resolving the educational issue.

1.3 Research questions

1. What is the impact of spiritual intelligence on other variables?
2. How does spiritual intelligence correlate with Mental health?

2. Literature Review

Kasler, J et al (2024) studied "Life satisfaction in emerging adults: The role of emotional and spiritual intelligences" the results stated that personal meaning production emerged as the primarily determining factor of life satisfaction. In addition, the participants with both personal meaning production and emotional intelligence above a certain threshold had the highest average scores on life satisfaction.

Pinto, C.T et al (2024) studied "Spiritual intelligence: A scoping review on the gateway to mental health" a total of 69 manuscripts from 67 studies were included. Analysis revealed several notable correlations with SI: resilience, general, mental and spiritual health, emotional intelligence and favorable social behaviors and communication strategies. Negative correlation was observed with burnout and stress, as well as depression and anxiety. " Self-made tools are used to collect the data. The sample size of 1000 senior secondary students were selected through random sampling. The result proved that practice of main element of Spiritual Intelligence such as being self-aware, adopting high values, showing high empathy, and being having honesty and integrity may help student to develop a better person.

Vem et al (2024) studied " Spiritual intelligence and teacher's intentions to quit : The mechanic roles of sanctification of work and job satisfaction" the main objective of this study is to analyze the impact of spiritual intelligence based on its four dimensions critical existential thinking (ET), personal meaning production (PMP) , transcendental awareness (TA) and conscious state expansion (CSE) on teacher's turnover intention (TI) through sanctification of work (SoW) and job satisfaction (JS). The result suggests that SoW and JS are significant mechanism through which SI predicts teacher's TI.

Chakma et al (2023) studied "Spiritual intelligence of teachers and students" data was collected randomly through a self -developed SI rating scale from 1266 students and 330 teachers. Result revealed that almost equal number of teachers and students fall in low, medium and high level of SI. Result also showed no association between the level of spiritual intelligence and designation of participants.

Imamuddin et al (2023) studied "The role of spiritual intelligence of students in mathematical learning" the results of the research are student's spiritual intelligence can influence student's motivation to learn mathematics and lower anxiety and result in higher achievement.

Nguyen, T. (2023) studied "Spiritual intelligence: A vision for formation in religious education" this article introduces the category of spiritual intelligence (SI) as a vital way for religious education to cultivate knowledge and practical wisdom. SI fosters human interconnectedness and promotes a sense of belonging for learner.

Amran, Y.S. (2022) studied "The intelligence of spiritual intelligence: Making the case", this article reviewed key models of SI and studies supporting its adaptability and biological correlates. Puzzling results in some areas warrant exploration, especially the degree to which various models converge and the extent to which a single SI model may be truly universal.

Harder et al (2022) studied "Spiritual intelligence and personality" 240 undergraduate's students were selected randomly. Statistically significant positive correlation was found between critical existential thinking and openness to experience personal meaning production and extraversion, agreeableness and conscientiousness.

Khayatan et al (2022) studied "The relationship between spiritual intelligence with life satisfaction and general health among female nurses" 109 female nurses of Kermanshah hospitals were selected through convenience sampling method. Results seemed that nurses with higher spiritual intelligence had higher level of life satisfaction and were in better health conditions.

Nurochim et al (2022) studied "Investigating the relationship between spiritual intelligence, emotional regulation and stress coping strategies in the Russian education industry", the population included 2,000 teachers of Kazan, 322 of whom were selected by simple random sampling. According to the results, there was a positive significant relationship between spiritual intelligence and emotional regulation and stress-coping strategies.

Aliabadi, P.K et al (2021) studied "The role of spiritual intelligence in predicting the empathy levels of nurses with COVID-19 patients", the statistical population consisted of 338 nurses with an average age of 34 and ten years of work experience. The result indicated that there is a positive relationship between empathy and spiritual intelligence.

Razak, R.R et al (2021) studied "Spiritual intelligence during Catastrophe: The covid-19 pandemic case" the study is an attempt to explain the significant role of spiritual intelligence during the complexities and uncertainties, particularly due to the tragedy of the COVID-19 pandemic.

3. Methodology

This systematic literature review was conducted to investigate the relationship between spiritual intelligence and various variables, including mental health, emotional resilience, academic performance, and professional behaviour etc. The review adhered to the PRISMA 2020 (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) guidelines to ensure transparency, replicability, and methodological rigor.

3.1 Search strategy-

This systematic review employed a thorough and structured research strategy to recognize applicable research studies. An extensive literature search was conducted using the **SciSpace.ai** database, a developed academic platform known for its AI-enhanced filtering and full-text access to peer-reviewed scholarly articles. The database was selected due to its integrated academic focus and easy-to-use interface, enabling the researcher to recognise related studies across psychology, education, health sciences, and social sciences.

The search was carried out using some of the following keywords: "*spiritual intelligence*," "*mental health*," "*anxiety*," "*stress*," "*emotional development*," "*psychological development*," and "*academic performance*." Boolean operators (AND, OR) were used to refine the results. The search was restricted to studies published between 2010 and 2025, in the English language, and involving human subjects, based on predefined inclusion and exclusion criteria. The selected studies were critically evaluated and analysed for frequent themes by drawing out data and identifying findings related to the relationship between the variables.

Inclusion Criteria-

Studies were incorporated in the review if they met the following criteria:

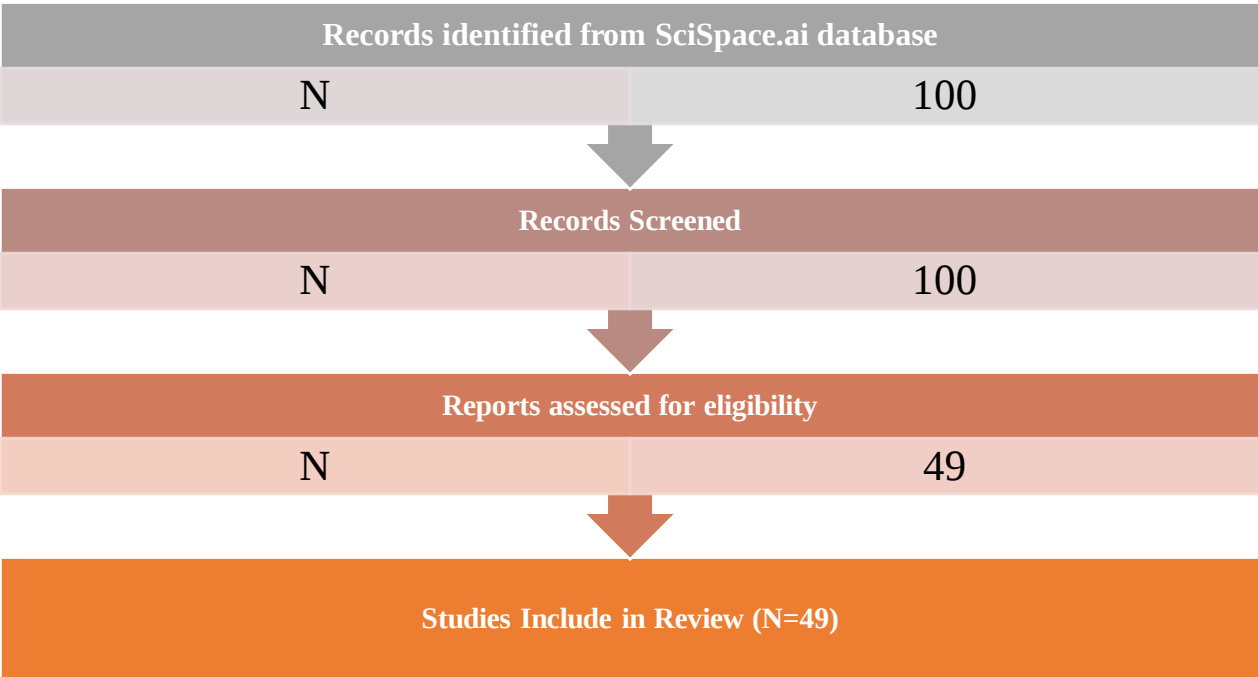
- It should be issued in peer-reviewed journals
- It should be empirical in nature, i.e. qualitative, quantitative, or mixed-methods.
- It should focus on spiritual intelligence as a core or dependent/independent variable
- It should inspect the relationship between SI and psychological, emotional, educational, or professional outcomes.

Exclusion criteria-

Studies were excluded from the study by researchers if they met the following criteria:

- It should not be in non-English language publications.
- Studies irrelevant to spiritual intelligence or lacking verifiable results
- Duplicates or repeated studies from the same data group
- Those studies that fall outside the specified timeframe (2010-2025).

An initial total of 100 records were retrieved through the SciSpace.ai database using a combination of keywords such as “Spiritual Intelligence”, “anxiety,” “stress,” and “mental health,” along with related variables and Boolean operators related to spiritual intelligence and psychological constructs. These records represented journal articles across multiple domains, including psychology, education, health sciences, and management. By graphically presenting the procedure by which the final dataset of 49 papers was created, the PRISMA diagram guarantees the reproducibility of the review and offers a clear perspective of this selection process.



“Figure 2” PRISMA Flow Diagram of the Screening Process

The screening and selection process followed the PRISMA 2020 (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) guidelines. The PRISMA flow diagram (*Figure 2*) shows the step-by-step procedure used to identify, screen, and include relevant studies in the final review. All articles were examined for pertinence and repetition following the preliminary identification stage. The titles and abstracts of all 100 records were evaluated, leading to the exclusion of 51 studies that did not meet the inclusion criteria. No duplicate records were found as the search was conducted through a single-source academic platform. A total of 49 studies were considered eligible and were later included in the final synthesis. These studies were selected based on their methodological severity, clarity in reporting, and relevance to the predefined research questions. The included studies include a range of designs (quantitative, qualitative, and mixed-methods) and populations (students, professionals, and educators) across various cultural and geographic backgrounds.

4. Findings

The present systematic literature review included a total of 49 empirical studies that explored the role of spiritual intelligence across diverse populations and domains. The findings section presents a summary of the selected studies' key findings in tabular form. Relevant details, including the authors, the year of publication, and the main conclusions, are included in the table.

S. No.	Author	Year	Findings
[1]	Vaishnav <i>et.al</i>	2025	85% of students have moderate/high spiritual intelligence. - Spiritual intelligence is linked to work satisfaction ($p=0.006$).
[2]	Hamzah <i>et. al.</i>	2024	- Non-Muslim students understood key concepts of spiritual intelligence. - God consciousness showed significant differences among Hindu students.
[3]	Soni & Pareek	2024	- Spiritual intelligence enhances healthcare professionals' work environment and relationships. - Improved patient satisfaction correlates with spiritual intelligence in healthcare.
[4]	Raheja <i>et.al.</i>	2024	- Spiritual Intelligence and Happiness are positively related. - Association is stronger in female students.
[5]	Wiyarni et al	2024	- Professional Ethics positively affects Public Accountants' Professionalism. - Spiritual Intelligence strengthens the impact of Professional Ethics on Professionalism.
[6]	Stiliya <i>et.al.</i>	2024	- Significant increase in SI-related publications since 2015. - Identified literature gaps and suggested future research directions.
[7]	Pinto <i>et.al.</i>	2024	- Spiritual Intelligence correlates with resilience and mental health. - Negative correlations found with burnout, stress, depression, and anxiety.
[8]	Nilsonn	2024	- Eight attributes of spiritual intelligence aid medical social workers. - Attributes enhance comfort during rehabilitation for persons with disabilities.
[9]	Arshad	2024	- Spiritual intelligence predicts happiness and psychological adjustment. - Women show higher spiritual intelligence and psychological adjustment than men.
[10]	Asley-Brown	2023	- SQ improves spiritual care delivery and clinician confidence. - SQ enhances job satisfaction and reduces burnout risk.
[11]	Haryanto	2023	- Spiritual intelligence enhances relationship with God and self-awareness. - Balances material and spiritual dimensions for improved life quality.
[12]	<u>Dorobantu & Watts</u>	2023	- Spiritual intelligence involves prioritizing holistic-intuitive mind over conceptual cognition. - Spiritual intelligence engages with information slower, participatory, and less objectifying.
[13]	Hutabarat	2023	- Spiritual intelligence may reduce juvenile delinquency among college students. - Christian students should develop their character to radiate Christ's glory.
[14]	Andriyani	2023	Positive correlation between spiritual

			intelligence and achievement motivation. • Higher spiritual intelligence leads to higher achievement motivation.
[15]	Dewi & Primayna	2023	• Spiritual intelligence enhances intellectual and emotional functioning. • It aids in distinguishing right from wrong.
[16]	Nguyen	2023	• Spiritual intelligence fosters interconnectedness and belonging in learners. • SI strengthens identities and promotes a just learning environment.
[17]	Thakadipuram	2023	• Focus on personal, leadership, workplace, organizational, and environmental wholeness. • Spiritual intelligence enhances awareness, consciousness, and self-transcendence.
[18]	Rafiei	2023	• Spiritual intelligence predicts 7.2% of self-management changes. • Relationship between spiritual intelligence and self-management is 0.27.
[19]	Stiliya & Pandey	2022	• Spiritual intelligence improves mental health and well-being. • Training in spiritual intelligence aids in coping with challenges.
[20]	Wiseman & Watts	2022	• Spiritual intelligence is an adaptive intelligence for values and meaning. • It distinctively utilizes existing cognitive architecture.
[21]	Amran	2022	• SI models supported by empirical research show adaptability and biological correlates. • SI may act as a moderator in various situations.
[22]	Komalasari	2022	• Spiritual intelligence (SQ) is one of multiple intelligences. • Education contributes to building spiritual and moral qualities in individuals.
[23]	Sharifinia et.al.	2022	• High spiritual intelligence level among nurses. • Moderately associated with professional nursing practice.
[24]	Kinnur	2022	• 66.90% of teachers have moderate spiritual intelligence. • Transcendental Awareness domain is most dominant among teachers.
[25]	Zuhri et.al.	2022	• Spiritual intelligence strengthens the competence-performance relationship in archivists. • Spiritual intelligence positively impacts archivists' daily work completion.
[26]	Varvatsoulis	2022	• Excellent internal reliability/consistency of inventory (.984) confirmed. • Investigates spiritual knowledge's impact on psychospiritual balance.
[27]	Hidayat et.al.	2022	• Character education is the vision of national education. • Adaptive implementation supports national character development.
[28]	Vahabi et.al.	2022	• Mean spiritual intelligence score: 116.43 ± 15.65.

[29]	Kumar & Tankha	2021	• 50.6% of students had high spiritual intelligence. • Spiritual intelligence impacts psychological well-being, mental health, and happiness. • Measures to enhance students' spiritual intelligence for holistic development.
[30]	Abdorazaghnejad <i>et.al.</i>	2020	• Moderate to low spiritual intelligence score among nurses. • Spiritual intelligence predicts some areas of nurses' quality of life.
[31]	Kanwal	2020	• Spiritual intelligence training improves psychological well-being and adjustment. • Positive correlation between spiritual intelligence and resilience in rehabilitation staff.
[32]	Kathuria & Awasthy	2020	• Seven SI themes identified from scriptures • Proposed SI model related to organizational behaviour.
[33]	Lubis	2020	• Spiritual Intelligence enhances understanding of life's meaning. • It helps overcome existential problems and negative behaviour.
[34]	Drigas & Mitsea	2020	• Spiritual Intelligence integrates and transforms all human intelligence subsystems. • It enhances self-awareness, self-knowledge, and consciousness.
[35]	Eldiasty & Helal	2018	• Significant correlation between spiritual intelligence and college adaptation. • Recommendations for social workers to enhance student support.
[36]	Hannani <i>et.al.</i>	2018	• Significant inverse relationship between spiritual intelligence and moral distress. • Gender and education terms affect spiritual intelligence and moral distress.
[37]	Agarwal & Verma	2018	• Girls have higher spiritual intelligence than boys. • Significant differences in spiritual intelligence based on school management.
[38]	Joshi	2017	• Significant differences in spiritual intelligence between professionals and non-professionals. • Gender differences observed in spiritual intelligence levels.
[39]	Pratima	2017	• Spiritual intelligence enhances emotional and cognitive adjustment in adolescents. • Factors influencing personality development vary from childhood to adolescence.
[40]	Joshi	2016	• Spiritual intelligence combines IQ and EQ for holistic understanding. • Organizations can develop spiritual intelligence through various methods.
[41]	Golovina	2016	• Spiritual intelligence integrates moral, mental, and transcendental components. • Spiritual abilities enhance self-knowledge, self-control, and self-improvement.
[42]	Baharuddin & Ismail	2016	• Eight roles of spiritual intelligence in the Ulul albab personality have been identified. • Spiritual intelligence fosters relationships with God, humans, and nature.

[43]	Anbugeetha	2015	- SISRI is a valid measure of spiritual intelligence in India. - Spiritual intelligence significantly influences individual work performance.
[44]	Noohi <i>et.al.</i>	2014	- Spiritual intelligence of students was in the good range. - No significant relationships with demographics or academic factors observed.
[45]	Raisi <i>et.al.</i>	2013	- Mean spiritual intelligence score: 152.93±18.83 out of 210. - Significant relationship between spiritual intelligence and mother's education.
[46]	Kaur & Singh	2013	- High spiritual intelligence in most domains, except two for engineers. - Gender, locality, and family status have minimal effects on spiritual intelligence.
[47]	Joseph & SaiLakshmi	2012	- Spiritual intelligence enhances workplace atmosphere and productivity. - It can be developed for meaningful work and life.
[48]	Satpathy	2010	- Spiritual intelligence aids in conflict resolution and personal growth. - Bhagavad-Gita offers insights for enhancing spiritual intelligence in management.
[49]	Ronel & Gan	2008	- Spiritual intelligence is a developmental ability shaped by experiences. - Attributes include faith, humility, gratitude, and moral conduct.

4.1 Thematic analysis of findings

A thematic analysis was conducted to synthesise findings from the 49 selected empirical studies. This systematic literature review identified five key themes in the literature on spiritual intelligence. The top 4 most studied on different themes have been mentioned below-

S. NO.	THEMES	NUMBER OF STUDIES
[1]	Other Areas	14
[2]	Professional/Organizational	11
[3]	Educational Settings	11
[4]	Mental Health	9
[5]	Development & Training	4

The study is depicted in the form of a pie chart. This pie chart demonstrates how different research studies on Spiritual Intelligence (SI) are allocated among various topics or themes. It helps us understand which areas researchers have explored the most.

1. Other Areas (28.6%)

It is the preeminent category, as it encompasses studies that refrain from falling into one main area, such as personal growth, reflective conversation, or unique case studies. It shows that Spiritual Intelligence is analysed in a broad range of methods beyond standard themes.

2. Educational Settings (22.4%)

A lot of studies explored how SI can be utilized in schools, colleges, and pedagogical practices as it also focuses on how SI can assist student growth, classroom environment, moral education, and competencies outcomes.

3. Professional/Organizational (22.4%)

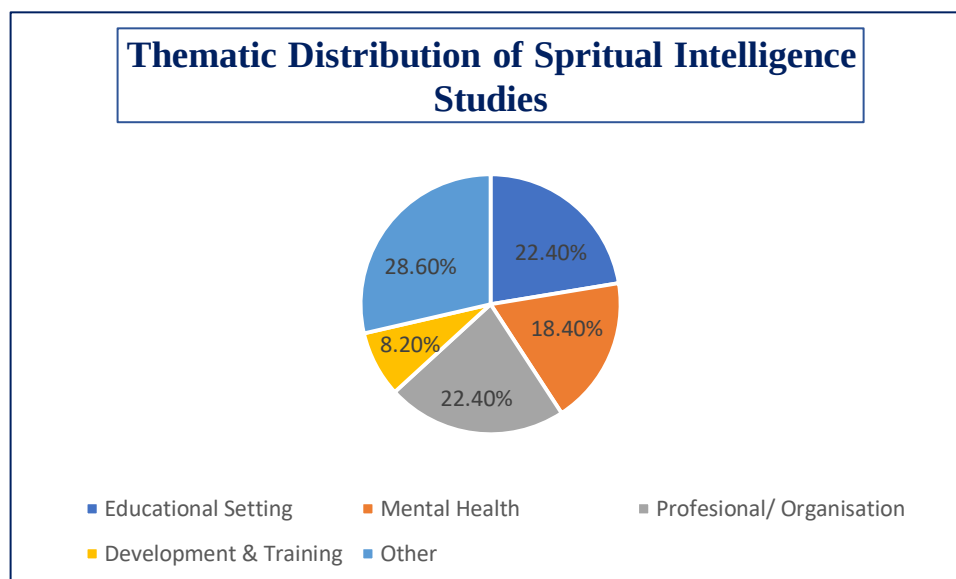
These studies also examine how SI is used in the workplace. It also looks at guidance, job satisfaction, teamwork, and ethical decision-making in organizations.

4. Mental Health (18.4%)

These studies explore the role of SI in alleviating stress, anxiety, and enhancing emotional resilience. As it shows SI's potential in therapy and counselling.

5. Development & Training (8.2%)

It focuses on how to train or develop spiritual intelligence in people, as it could include workshops, programs, or courses designed to enhance SI skills.



“Figure 3” Distribution of most-studied themes in spiritual intelligence literature (based on the author’s synthesis).

4.2 Theme-by-theme synthesis of the study

1. Spiritual intelligence and educational settings

The substantial influence of spiritual intelligence in educational settings is continuously highlighted by these systematic research reviews. Academic improvement, character development, emotional resilience, and pupils' capacity to adjust and adapt to difficulties have all been demonstrated to be positively correlated with spiritual intelligence.

S. No.	Author(s)	Year	Key findings
1.	Vaishnav <i>et.al.</i>	2025	85% of students demonstrated moderate or high spiritual intelligence, associated with work satisfaction.
2.	Hamzah <i>et.al.</i>	2024	Understanding of Spiritual Intelligence differs across religious groups.
3.	Hutabarat	2023	Spiritual Intelligence may mitigate juvenile delinquency; promote Christian values.
4.	Hidayat <i>et.al.</i>	2022	Spiritual Intelligence is consistent with the national vision for character education.

5.	Komalasari	2022	Education facilitates the growth of spiritual and moral intelligence.
6.	Rajesh & Kinnur	2022	66.9% of teachers have moderate Spiritual Intelligence; Transcendental Awareness dominant.
7.	Vahabi <i>et.al.</i>	2022	50.6% of students demonstrated high Spiritual Intelligence (mean score: 116.43 ± 15.65).
8.	Agarwal & Sharma	2018	Girls exhibited higher Spiritual Intelligence than boys, influenced by school type.
9.	Idiasty & Helal	2018	Spiritual Intelligence is associated with improved college adaptation and student support.
10.	Pratima	2017	Spiritual Intelligence aids emotional and cognitive adjustment in adolescents.
11.	Noohi <i>et.al.</i>	2014	Students had good Spiritual Intelligence; no link to academic or demographic factors.

2. Spiritual intelligence and professional/organizational settings

In workplace settings, spiritual intelligence was linked to strengthening professionalism, ethical conduct, job satisfaction, and performance. Professionals with high SI showed a stronger sense of responsibility, compassion, and interpersonal awareness.

S. No.	Author(s)	Year	Key findings
1.	Nilsonn	2024	Spiritual Intelligence attributes improve comfort during rehabilitation for social workers.
2.	Soni & Pareek	2024	Spiritual Intelligence boosts healthcare relationships and patient satisfaction.
3.	Wiyarni <i>et.al.</i>	2024	Spiritual Intelligence uplifts professional ethics' impact on performance.
4.	Asley-Brown	2023	Spiritual Intelligence elevates clinician confidence and job satisfaction.
5.	Sharifinia	2022	Spiritual Intelligence somewhat linked with professional nursing practices.
6.	Zuhri et al	2022	Spiritual Intelligence enhances work performance in archivists.
7.	Abdorazaghnejad <i>et.al.</i>	2020	Spiritual Intelligence predicts some dimensions of nurses' quality of life.
8.	Kanwal	2020	Spiritual Intelligence linked to resilience and well-being among rehabilitation staff.
9.	Kathuria & Awasthy	2020	Proposed Spiritual Intelligence model integrates scripture and organizational behaviour.
10.	Joshi & Goyal	2017	Spiritual Intelligence varies by gender and profession.
11.	Joseph & SaiLakshmi	2012	Spiritual Intelligence enhances workplace productivity and meaningful engagement.

3. Spiritual intelligence and Mental health

Spiritual intelligence appeared as a protective psychological factor in encouraging emotional resilience and mental well-being. Multiple studies demonstrated that there are strong negative correlations between SI and psychological distress indicators such as stress, anxiety, depression, and burnout. The findings support the concept that spiritual intelligence contributes to an individual's ability to cope with adversity, regulate emotions, and maintain a sense of meaning and purpose in life, thereby enhancing overall mental health.

S. No.	Author(s)	Year	Key findings
1.	Arshad	2024	Spiritual Intelligence predicts happiness and adjustment; females score higher.
2.	Pinto <i>et.al.</i>	2024	Spiritual Intelligence positively relates to resilience; negatively to stress, anxiety, and depression.
3.	Raheja <i>et.al.</i>	2024	Spiritual Intelligence is positively associated with happiness, especially in female students.
4.	Asley-Brown	2023	Spiritual Intelligence improves spiritual care, job satisfaction, and reduces burnout.
5.	Stiliya & Pandey	2022	Spiritual Intelligence enhances mental well-being and coping abilities.
6.	Kumar & Tankha	2021	Spiritual intelligence is linked to psychological well-being and happiness.
7.	Kanwal	2020	Spiritual intelligence training improves spiritual care, job satisfaction, and reduces burnout.
8.	Hannani	2018	Inverse correlation between Spiritual Intelligence and moral distress.
9.	Pratima	2017	Spiritual Intelligence helps with emotional and cognitive adjustment in adolescence.

4. Spiritual Intelligence and Development & Training

A limited yet expanding body of research emphasized how spiritual intelligence can be nurtured through tailored interventions, workshops, or training programs. These studies showed that SI is not constant but can evolve through reflection, mindfulness, leadership coaching, and character education. Programs designed to strengthen spiritual awareness led to quantifiable progress in emotional control, self-awareness, moral conduct, and coping skills. The findings suggest that incorporating SI training into educational or workplace development programs may offer a practical pathway to promote holistic growth and long-term well-being among individuals.

S. No.	Author(s)	Year	Key findings
1.	Haryanto	2023	Spiritual Intelligence promotes balance between material and spiritual life.
2.	Rafiei	2023	Spiritual Intelligence predicts 7.2% of self-management capacity.
3.	Drigas & Mitsea	2020	Spiritual Intelligence integrates multiple human intelligences and enhances consciousness.
4.	Satpathy	2010	Spiritual Intelligence supports conflict resolution and personal growth via Bhagavad-Gita insights.

5. Result and Discussions

This systematic literature review considered two key research questions. First, regarding the influence of spiritual intelligence on other variables, the findings demonstrate that SI plays a crucial role in impacting educational outcomes, individual progress, and organizational performance. In educational settings, SI was linked with heightened enthusiasm, character development, emotional control, and academic growth. In the workplace setting, SI assisted in strengthening ethical practices, enhancing collaboration, job satisfaction, and performance, particularly in the health and social care sector.

Second, in connection with the correlation between spiritual intelligence and mental health, the review found converging evidence that higher SI is associated with reduced stress, anxiety, depression, and burnout. Studies also demonstrated positive associations between SI and psychological resilience, happiness, emotional well-being, and coping abilities. These findings recommend that SI not only protects against psychological distress but also strengthens overall mental well-being.

This systematic literature review analysed 49 empirical studies related to spiritual intelligence (SI), thematically grouped into four major domains: Educational Settings, Mental Health, Professional/Organizational Impact, and Development & Training. The findings give a clear understanding of how spiritual intelligence is understood, used, and evaluated in different fields and groups of people.

5.1 Key themes and patterns

The prevalent areas where SI was studied were in education and professional or work settings, with 11 studies each. This shows that SI is becoming a crucial subject for both students and working authorities. In education, SI was associated with better motivation, emotional regulation, character growth, and student adjustment. In workplaces, particularly in healthcare and social work, SI helped improve job satisfaction, teamwork, ethical behaviour, and productivity.

There were 9 studies on mental health, demonstrating that people with higher SI tend to handle stress better, feel happier, and are more emotionally resilient. Some studies also acknowledged that women tend to score higher in SI than men.

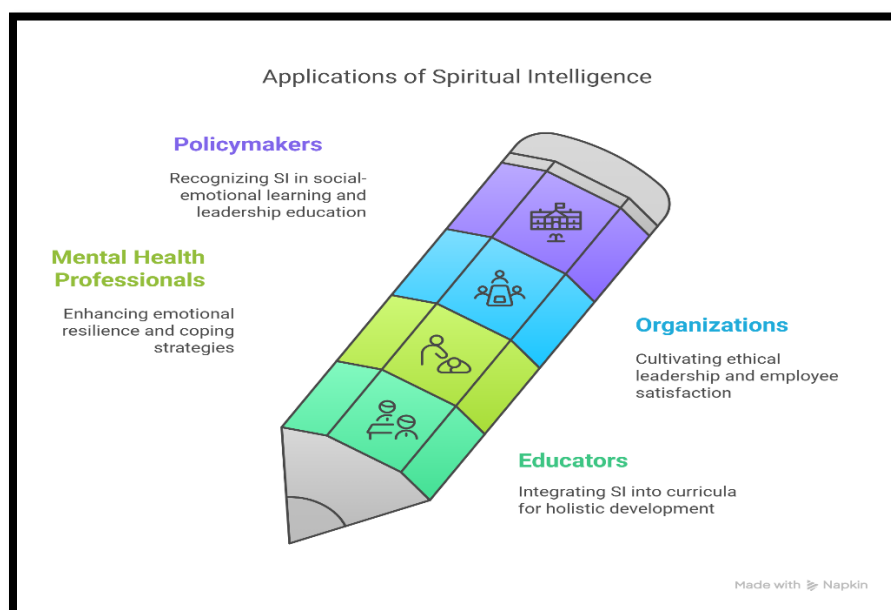
Although there were only 4 studies under training and development, they demonstrate that SI can be strengthened through programs that focus on leadership, self-awareness, and personal growth.

5.2 Theoretical implication

These results match popular ideas about SI, like King's model or Zohar and Marshall's view of SI as the highest form of intelligence, as the studies also demonstrated that SI can be measured and inculcated, and that it helps people find purpose, make better decisions, and deal with upcoming challenges.

5.3 Practical implications

After a systematic literature review, it has been found that Spiritual Intelligence can be useful in many ways. It focuses on four main groups of people: Policymakers, Organizations, Educators, and Mental Health Professionals, which have been shown in the form of a flow chart given below-



Flow chart designed by Napkin.ai

“Figure 4” Practical implications of cultivating spiritual intelligence

1. For Policymakers

They can incorporate spiritual intelligence into school curriculum and leadership training as it teaches students and prospective leaders to comprehend their emotions better, make ethical choices, and act with empathy.

2. Organizations (Workplaces and Companies)

They can promote spiritual intelligence in leaders and employees. As it creates a positive work environment, improves employee satisfaction, and encourages ethical behaviour at work.

3. Mental Health Professionals

Therapists and counsellors can use spiritual intelligence in therapy. It helps people deal with stress, anxiety, and tough times by building emotional strength and helping them find meaning in life.

4. Educators

Teachers can incorporate spiritual intelligence in what they teach students in the classroom, as it helps students expand emotionally and morally, and educate them to understand themselves and others in a better way.

6. Conclusion

This systematic literature review looked at 49 studies to better understand how spiritual intelligence (SI) is applied and studied across different fields. The studies were categorised into four main themes: education, mental health, workplaces, and training or personal growth.

The findings revealed that SI is not just an abstract idea—it’s something real and useful. People with higher SI seem to do better in school, feel more emotionally balanced, and perform better in their respective fields. Many studies also find that SI can be taught and incorporated, which makes it important for both educational and professional settings.

However, there are still some gaps. There isn’t one clear definition of SI, and many studies focus only on specific cultures or short-term results. Also, very few researchers have pointed out how SI impacts life online or in digital spaces.

In short, SI is an important competence that can help people grow, stay fit, and live with more purpose. Further research is needed to understand it entirely, but it's clear that SI has a lot of potential to improve both personal lives and society collectively. Spiritual intelligence is a considerable and versatile human capacity that contributes to emotional, ethical, and intellectual development. It has exhibited relevance in varied areas such as education, healthcare, corporate leadership, and personal development. While more consistent and cross-cultural research is needed to enhance the conceptual framework, the practical implications of SI are clear. Advocating spiritual intelligence can lead to healthier individuals, more empathetic organizations, and a more values-driven society.

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