

PSYCHOLOGICAL FOUNDATIONS OF SPIRITUAL INTELLIGENCE

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ABSTRACT

This research analyzes the psychological basis of spiritual intelligence. Humans not only have intellectual and emotional intelligence, but also spiritual intelligence, so that humans become complete humans. Spiritual intelligence is the capacity and ability that can enable a person to solve daily life problems and try to achieve certain goals to be achieved. Spiritual intelligence includes the intelligence to place human behavior and life in a broader and richer context of meaning. The aim of this research is to explore the psychological foundations of spiritual intelligence, so as to obtain a more comprehensive understanding of spiritual intelligence itself. Spiritual intelligence, which includes, among other things, faith in God, compassion for others, and having a high level of awareness, will make human existence more useful for other people. In other words, spiritual intelligence can improve the quality of a person's life. By using a qualitative method based on literature study, we will systematically review the meaning of spiritual intelligence and the controversy that exists among experts regarding the existence of spiritual intelligence among the various intelligences possessed by humans. Then the various dimensions of spiritual intelligence are discussed and what factors can increase spiritual intelligence. Finally, it can be concluded that by knowing the psychological basis of spiritual intelligence, you will not only gain a deeper understanding of spiritual intelligence, but also know how to develop and apply spiritual intelligence in everyday life.

Keywords: spiritual intelligence, psychological foundations, library research.

1. PREFACE

Recently, discussions about spiritual intelligence have become increasingly popular, apart from discussions about intellectual intelligence and emotional intelligence. It is increasingly realized that humans not only need intellectual intelligence and emotional intelligence, but also spiritual intelligence. Since Danah Zohar and Ian Marshall first published their book entitled *Spiritual Quotient: Spiritual Intelligence, Ultimate Intelligence* (2000), since then the use of the term Spiritual Intelligence has been discussed more frequently. Even though many experts have discussed what spiritual intelligence is, or whether spiritual problems are an intelligence or not, in this article spiritual intelligence can simply be defined as the ability of people to realize everything that is constantly changing in life as a whole and in its entirety, as good as it is (Palindangan, 2013).

Spiritual intelligence is also discussed by various experts such as motivators, theologians, philosophers and also psychologists. This can be understood because spiritual intelligence can be explored and reviewed from various perspectives and scientific disciplines. Spiritual issues themselves are central to human life, both within religious traditions and outside religious traditions. An American theologian, for example Paul Tillich, said that spirituality can be defined as a domain of primary human concern. Every person is spiritual because every person has a primary concern in his life (Vaughan, 2002). Regarding what this main concern is, it can be interpreted in various ways. Most people consider their main concern to be spirituality.

Then the discussion about intelligence also has a long history. In general, intelligence is understood as a person's ability to solve the problems they face. According to Webster's Dictionary (1993), intelligence includes the ability to understand and apply knowledge and use

the mind critically to influence one's environment. The view that intelligence has a variety of different human abilities has become the center of attention of current researchers in both the fields of neurology and cognitive psychology. Indeed, so far people often relate intelligence only to intellectual intelligence or emotional intelligence, even though spiritual intelligence is also very important in human life.

So in this research on the psychological basis of spiritual intelligence, we want to first discuss what is meant by spiritual intelligence. Then it is discussed what dimensions exist in spiritual intelligence as well as factors that can build/improve spiritual intelligence, and finally it is discussed why psychological intelligence is needed by humans to improve the quality of their life.

2. RESEARCH METHOD

This research uses a library research method where primary and secondary manuscripts or articles discussing spiritual intelligence are analyzed critically. First of all, attention is focused on literary sources that review the meaning of spiritual intelligence with all its controversies and debates. Data regarding the definition of spiritual intelligence collected from various journal articles and books were analyzed critically and systematically. What things are similar and different from various experts' ideas. Then a synthesis is drawn to obtain a more comprehensive understanding of spiritual intelligence. After that, various expert opinions regarding the dimensions of spiritual intelligence are reviewed with all their explanations as well as various factors that can be used to increase/effectiveness of spiritual intelligence, and finally the extent of the link between spiritual intelligence and improving the quality of human life is discussed.

3. RESULT AND DISCUSSION

The Meaning of Spiritual Intelligence

Spiritual intelligence contains two words, namely "intelligence" and "spiritual". Intelligence comes from the word "intelligent" which means perfection in a person's mind to think and understand. In English, intelligence is called intelligence, the root of which is taken from the Latin *intelligere* which means to organize, connect or unite one another (to organize, to relate, to bind together). There are many expert opinions regarding the word "intelligence". According to Howard Gardner (1983) the definition of "intelligence" can be understood as the ability to be able to solve a problem, or the ability to be able to create new problems that must be separated, and also the ability to be able to create something or offer valuable services in the culture of society. From this definition it can be concluded that not only people who have high intellectual quotient (IQ) can be called intelligent people, but also spiritually people also have intelligence. There are 9 forms of intelligence according to Howard Gardner, or also called multiple intelligences. The nine multiple intelligences are musical, naturalistic, linguistic, interpersonal, intrapersonal, visual spatial, mathematical logic, kinesthetic and moral intelligence.

Apart from Gardner, there are several other figures who also provide definitions of intelligence, for example Gregory (1998) who says that intelligence is the ability or skill to solve problems or create valuable products in one or more particular cultural buildings. C. P. Chaplin (2010) also understands intelligence as the ability to face and adapt to new situations appropriately and effectively. There are also those who understand that intelligence is the ability to learn, the overall knowledge acquired, and the ability to adapt to new situations and the environment in general (Woolfolk, 2006).

Another definition of intelligence is also understood as the ability to direct thoughts or actions. The ability to change the direction of action once the action has been taken and the ability to criticize oneself. (Alfred Binet and Theodore Simon, 1916/1973). For David Wechsler (2007) intelligence is the ability to act purposefully, think rationally and deal with the environment effectively. Intelligence is the ability to understand difficult, economical, abstract problems and is goal-directed so that it has social value and comes from its source (George D. Stoddard, 1943). This large number of definitions indicates that the issue of intelligence has received quite a lot of attention from researchers to discuss and discuss it.

Starting from the understanding of intelligence and spirituality, what is spiritual intelligence? There is no uniform definition of spiritual intelligence. According to Danah Zohar and Ian Marshall (2000), spiritual intelligence is a person's ability to solve problems in many aspects, starting from choosing values, positioning behavior correctly to the ability to read actions and life goals to make them more meaningful. Meanwhile, according to Cindy Wigglesworth (2006) spiritual intelligence is the ability to act wisely and compassionately, while maintaining inner and outer peace whatever the circumstances. Frances Vaughan (2002) offers a definition of spiritual intelligence as spiritual intelligence relating to the inner life of the mind and soul and its relationship to existence in the world. Robert Emmons (2000) defines spiritual intelligence as the adaptive use of spiritual information to facilitate everyday problem solving and goal achievement. These various definitions of spiritual intelligence start from their diverse understanding of spirituality and intelligence itself.

How is spiritual intelligence related to other intelligences such as intellectual intelligence and emotional intelligence? Spiritual intelligence as a basis for activating intellectual intelligence. They also stated that emotional intelligence is the highest human intelligence. Of the many types of intelligence as stated by Gardner, the intellectual intelligence quotient (IQ) was known first, but then there is also what is called emotional intelligence (EQ). IQ is an attempt to measure human intelligence. This intelligence is closely related to the cognitive abilities possessed by each individual, such as the ability to reason, plan, solve problems, use language and understand ideas. High and low IQ is usually known through an IQ test. Meanwhile, EQ is a person's ability to manage one's emotions in a positive way and can effectively face various changes in life. People with good EQ can more easily establish relationships with other people and can adapt to certain situations.

Dimensions of spiritual intelligence

To understand what dimensions exist in spiritual intelligence, it cannot be separated from the definitions offered by experts, because each dimension has a theoretical basis from the definition of spiritual intelligence itself. Danah Zohar and Ian Marshall (2000) formulated 12 qualities of spiritual intelligence as follows: (a) Self-awareness: Knowing what I believe and value, and what really motivates me. (b) Spontaneity: Living in and responding to the moment. (c) Led by vision and values: Act based on deep principles and beliefs, and live by them. (d) Holism: Seeing larger patterns, relationships, and connections; have a sense of belonging. (e) Compassion: Having the quality of "feeling-with" and deep empathy. (f) Celebration of diversity: Appreciate others for their differences, not ignore them. (g) Field independence: Standing against the crowd and having your own beliefs. (h) Humility: Having a sense of being a player in a larger drama, of feeling your true place in the world. (i) The tendency to ask essentially "Why?" Question: Need to understand things and understand them. (j) Ability to reframe: Standing back from a situation or problem and seeing the bigger picture or broader context. (k) Positive use of adversity:

Learning and growing from mistakes, setbacks, and suffering. (l) Sense of calling: Feeling called to serve, to give something back.

Robert Emmons (2000) proposed 5 components of spiritual intelligence: (a) The capacity to transcend the physical and material. (b) The ability to experience heightened states of consciousness. (c) The ability to sanctify daily experiences. (d) The ability to utilize spiritual resources to solve problems. (e) The capacity to be virtuous. David B. King (2009) from the results of his research at Trent University in Peterborough, Ontario, Canada formulated spiritual intelligence as a set of adaptive mental capacities based on non-material and transcendent aspects of reality, especially those that contribute to awareness, integration and application of adaptive aspects. the nonmaterial and transcendent nature of one's existence, leading to outcomes such as deep existential reflection, increased meaning, recognition of the transcendent self, and mastery of spiritual states.

King further proposed four core abilities or capacities of spiritual intelligence, namely (a) Critical existential thinking: the capacity to critically reflect on the nature of existence, reality, the universe, space, time, and other existential/metaphysical issues; also the ability to reflect on non-existential issues in relation to one's existence (from an existential perspective). (b) Production of personal meaning: the ability to derive personal meaning and purpose from all physical and mental experiences, including the capacity to create and master life goals. (c) Transcendental awareness: the capacity to identify transcendent dimensions/patterns of the self (i.e. the transpersonal or transcendent self), others, and the physical world (e.g. non-materialism) during normal states of consciousness, accompanied by the capacity to identify their transcendental dimensions/patterns . relationship with oneself and with the physical. (d) Expansion of conscious states: the ability to enter and exit states of higher consciousness (e.g. pure consciousness, cosmic consciousness, oneness) and other trance states at one's own discretion (as in deep contemplation, meditation, prayer).

Cindy Wigglesworth (2006) divides spiritual intelligence competencies into 21 skills, arranged into a four quadrant model similar to the emotional intelligence or EQ model that is widely used by Daniel Goleman. The four quadrants of spiritual intelligence are defined as (a) self-awareness/higher ego self, (b) universal awareness, (c) self-mastery/higher self-ego, (d) spiritual presence/social mastery. Amram and Dryer (2008) define spiritual intelligence as "the ability to apply and realize spiritual resources and qualities to improve daily functioning and well-being. Based on interviews with seventy-one spiritual leaders nominated by their peers, the ecumenical foundational theory of spiritual intelligence as presented at the APA Annual Conference highlights seven major themes that are universal across the world's spiritual and wisdom traditions. The five dimensions of spiritual intelligence are (a) Consciousness: having developed and refined self-awareness and knowledge. (b) Grace: living in harmony with the sacred, embodying love and trust in life. (c) Meaning: experiencing meaning in daily activities through awareness of purpose and calling to serve, including when facing pain and suffering. (d) Transcendence: identifying beyond the separate egoic self into an interconnected whole. (e) Truth: living in open acceptance, curiosity, and love of all creation (all that exists). Serenity: peaceful surrender to oneself (Truth, God, Absolute, true nature). Inner direction: maintaining inner freedom in harmony with responsible and wise action.

Factors that influence spiritual intelligence

There are many factors that influence spiritual intelligence. These factors can also be used to increase spiritual intelligence. One of the important factors that influences spiritual intelligence

according to L.K. Palindangan (2013) is awareness. Awareness of what? First of all is self-awareness. Why is self-awareness important for someone to become spiritually intelligent? Because with self-awareness people will be aware and aware of their shortcomings. To get there, of course people need to take time to reflect on themselves. The next step to sharpen self-awareness is to diligently do movement and physical exercise to channel all human aggressiveness and frustration.

The next thing that needs to be done is to sharpen moral awareness. One way to sharpen moral awareness is to train oneself to be sensitive in identifying and distinguishing between good and bad in concrete situations in everyday life. To realize this, every normal adult individual is actually equipped with internal devices by life. The internal device referred to is the inner voice. Conscience is nothing other than an individual's awareness of the rightness or wrongness of an action or the goodness or badness of a particular behavior based on a moral principle or norm. So to increase moral awareness, people need to learn to listen sensitively to their inner voice. Not only are individuals sensitive to listening to their inner voice, they also need to follow it (Palindangan, 2013).

To be able to hone the sensitivity of your inner voice, several things need to be done. First, be willing to continuously learn in order to increase your knowledge and moral understanding. The goal is to minimize the possibility of errors in making moral judgments. Second, have the experience of witnessing for yourself how moral values are lived and practiced by other individuals. In this regard, an atmosphere of interpersonal relationships imbued with the spirit of love becomes very relevant. Third, there is a strong will. Individuals with weak wills easily fall into the temptation not to carry out what they know and even believe to be good and right. For this reason, individuals need to be loyal and consistent in following and implementing what they know is good and right, so that their will becomes stronger.

Spiritual intelligence to improve the quality of human life

Spiritual intelligence is very much needed in human life. Because spirituality can be used to stem our bad behavior to become better. Spiritual intelligence is soul intelligence that helps a person to develop himself as a whole through creating the possibility to apply positive values. Spiritual intelligence is a facility that helps someone to overcome problems and make peace with them. Talking about intelligence is not limited to brilliant achievements at school or campus. There is also something known as spiritual intelligence which can actually change a person's life to make it more meaningful. In order to live a more meaningful life, humans need to hone and apply spiritual intelligence in their lives (Esmaili et al., 2014; Fauzan et al., 2023).

According to F. Rahman (2017) spiritual intelligence is an internal factor that can influence the level of a person's mental resilience. Spiritual intelligence is useful for making humans aware of who humans really are and how humans give meaning to life. Spiritual intelligence becomes a driving force for fellow humans. Spiritual intelligence drives humans to enter the center of everything, namely human values, joy, sense of humor, creativity, beauty and honesty. So there is a relationship between having spiritual intelligence and mental resilience. Someone who has low spiritual intelligence has low mental resilience too. Because their mental resilience is low, they are indicated to have the potential to behave deviantly. In order not to engage in deviant behavior, a person needs to find true happiness. They require a search for meaning, vision and value of life which is a much more important aspect of human existence. Viktor Frankl (1905-1997) argued that the main motivation of human life is not the will to power as expressed by Friedrich Nietzsche (1844-1900), but the search for meaning (the will to meaning).

4. CONCLUSIONS AND RECOMMENDATIONS

Spiritual intelligence plays an important role in human life and is also a balance between human intelligence, especially intellectual intelligence and emotional intelligence. In its development, spiritual intelligence has become the subject of discussion and research by experts since its emergence more than two decades ago. Even though experts still do not agree on the definition of spiritual intelligence and also the various dimensions of spiritual intelligence, this diversity of definitions and dimensions of spiritual intelligence can be seen positively as a richness in conceptual discussions regarding spiritual intelligence. With an adequate understanding of spiritual intelligence and recognition of its dimensions, it is fully realized that the various dimensions of spiritual intelligence can be used as an entry point for developing and improving spiritual intelligence in human life. By increasing spiritual intelligence, humans will be able to improve the quality of their lives.

Research on the psychological foundations of spiritual intelligence is still in the conceptual realm. So further research can be carried out with empirical research using spiritual intelligence as a variable that is connected to other variables, for example the meaning and purpose of life, or human behavior such as religious moderation, concern for the environment, etc.

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