SPIRITUAL QUOTIENT: TEACHING EFFECTIVENESS AND ACADEMIC ACHIEVEMENT

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ABSTRACT

Researchers have attempted to understand how spirituality benefits teachers and supports institutional performance while enhancing job satisfaction based on the existing literature. People have different psychological thoughts and beliefs relating to god. Some people feel the immense pleasure in performing religious activities while some believe in the thought "Ahem Brahmasmi" i.e. I am part of the divine and they feel pleasure in activities that motivate them to achieve peace. Religion in psychology is considered as a specific fundamental set of beliefs, thoughts, and practices generally agreed and controlled by a number of people. This shows a low level of spiritual intelligence. This is where the role of the teacher becomes more significant. A teacher with a high level of Spiritual Intelligence can provide guidelines for living from a soul-level and attaining self-fulfillment in both one's work and private life. Keeping the same in mind, the present study is based much on literature and brief analysis of 50 teachers in Delhi and NCR colleges and makes an attempt to study the relationship of spiritual quotient and effective teaching and suggest spiritual quotient as a considerable predictor to make the workplace accessible.

Keywords: spiritual quotient, teaching effectiveness

INTRODUCTION:

Organizations are made up of people and function through people, their resources of men, money, materials and money are collected, coordinated and utilized through people, therefore, people are the most significant resources of any organization and considered as the most valuable assets of the organization. In order to get extra ordinary commitment and contribution of employees towards organization, the organization has to nurture the mind, body and soul of its employees.

It was considered that a sound mind resides in a sound body and to achieve grand success in life both the elements plays vital role but, the third element always overlooked and represented as the matter of religious faith and attractions of Sages and Sanyaasis who detach themselves from the world. But recent researches show that spirituality is the need of modern era, where people are loosing their morality and values, suffering from depression and anxiety due to fast changing era of Globalization. Spiritual is about being positive towards

self and others. In modern time, spirituality as an approach is adopted by various organizations. It has emerged as an organizational issue. Spirituality can help people in stress management, better performance, work life balance and conflict resolution.

A human being is something more than his body. There is a diffused essence in him, which makes him conscious & alive.". Human personality functions at different levels, which can be broadly classified as Physical, Emotional, Mental, Intellectual, Moral and Spiritual.

"The physical level refers back to the body, which exists inside the case of all beings."The senses and the organs of action are located in it. The body undergoes continuous change from the birth to death. The emotional level refers to the various sentiments, which are expressed under different circumstances. It also exists in all beings. The mental level refers to the mind which is the inner sense that coordinates the sensations and brings together the impressions. Thus a man is able to understand the color, sound, smell, taste, form etc. belonging to a particular object. The intellectual level represents the higher capacity of mind, which assists a person to judge what is wrong and what is right; what is truth and what is false hood and the like. All the great achievements of man are due to the fact that he is blessed with intellect. The moral level springs from the intellectual level. When a man knows the right path he decides to proceed on it, but this doesn't always happen. At times he is aware that what he is doing is wrong that is, he is not prepared to rise to the higher level, though he knows it. The non secular stage is the very best stage reached by means of a man.. Unless a man leads a good, moral life, he cannot expect to rise to this level. It is said in Kathopanishad, If a man doesn't desist from evil conduct, if he doesn't manage his senses and has a balanced and tranquil mind, he can't realize the Atman by means of mere intellect.

Today, we tend to distinguish between organized faith and spirituality. When asked whether they're religious, many say they're spiritual but now not religious inside the traditional sense. Spirituality means something specific to everyone. For some, it's about participating in prepared faith: going to church, synagogue, a mosque, etc. For others, it's more personal: Some humans get in contact with their spiritual aspect through private prayer, yoga, meditation, quiet reflection, or even lengthy walks.

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The term spirituality is coined from the Latin word spiritus, meaning "breath of life". In the modern dictionary, the word spirituality is a translation of the term Ruhnaiya (in Arabic) derived from the adjective ruhani which means, mind or animating principles as distinct from the body. The definition of spirituality provided by the tenth edition of Oxford English Dictionary is as follows: "the quality or condition of being spiritual, attachment to or regard for the thing of the spirit as opposed to material or worldly interest." Belief in the spiritual reality continues to characterize the majority of people, be it belief in a Supreme Being or order, life after death, ultimate reality or supernatural beings, like angels and demons. Whatever behavioral scientists and health care professionals may themselves believe the spiritual side of humans remains important to many or most people.

Spirituality is also inextricably connected to creativity--and vice-versa. It signifies a positive approach, and accepting, embracing even loving attitude toward life, suffering, and death. Creativity can be a profound spiritual solution to life's problems. The brilliant presence of this assenting attitude towards existence is it appears that evidently palpable in Beethoven's remaining string quartets, composed joyfully just before his death, notwithstanding his overall deafness, isolation and extreme bodily suffering. Clearly, Beethoven had creatively arrived at some elegant conciliation together with his demons, along with his difficult, tragic, lonely life, and with his own mortality.

One of the primary and the most frequently noted attempts to outline spirituality became by All port and Ross (1967). They proposed a shape of spirituality that turned into characterized by means of a distinction among intrinsic and extrinsic religiosity. This distinction went past mere public non secular behaviors to the subjective experience of religiousness. Intrinsic religiousness refers back to the extent someone internalized and lived through their dedication to their non secular beliefs (Park, Meyers & Czar, 1998).

Perrin (2007) defines spirituality in phrases of spirit. According to him, the spirit refers to human consciousness, a constitutive measurement of human beings, and to capacity for self-consciousness. The spirit involves the deepest dimension of life. Kabbani (2008) regarded spirituality as a powerful weapon. He referred to as it a conflict between acceptance and non-acceptance, perception or unbelief. A functional definition of spirituality which has been adopted via the California state psychological association project force of spirituality and psychotherapy___ "braveness to appearance within and to trust": implying that what is seen and what is depended on seems to be a deep feel of belongingness, of wholeness, of connectedness and of openness of the infinite. Each of us faces basically the equal mission: to assertively and constructively confirm ourselves and our lives. To accept our human fate, to locate and satisfy our personal destiny, to muster the braveness to confront life and to receive--even embrace--life on its own terms, inclusive of our personal and others' intrinsic demonic inclinations and most tough of all, to forgive ourselves and others for his or her selfish, hurtful and negative acts.

Jung was one of the first to peer that no matter their disillusionment with and rejection of prepared religion, lots of his patients' troubles were spiritual in nature, requiring the improvement of their personal personal religious perspective in the course of the healing process of psychotherapy. In this sense, psychotherapy, when nicely practiced, is an inherently spiritual venture.

REVIEW OF LITERATURE:

Zohar and Marshall(2000) created the time period religious Quotient. The term derived from the Latin word "wind or breath". This is literally a wind that is blowing via us, the precept that makes us alive and humane. Spiritual quotient, Zohar(2000) said, "is our get entry to to and use of meaning vision and value in the way that we think and the selection we make''. It is the intelligence that makes us whole, that offers us our integrity. It is the soul's intelligence, the intelligence of deep self, that with which we ask fundamental questions and with which we reframe our answers. Dana Zohar and Ian Marshall say "while computer systems have Intellectual quotient and animals will have Emotional quotient, it is basically a religious quotient that sets humans apart." By surrendering the ego we are able to be able to perpetually experience spiritual actualization, leading to

a higher non secular quotient. One of the key components of handling the ego is to research the manner in our thoughts are organized because our ego is embedded deep into our concept procedure. Our thoughts are often prepared in hierarchical order – First of all, there may be a primary layer of concept which constitutes the core, then there may be a second layer, a third and so on.

Shri Raman Maharishi counseled that one should contemplate on the whole on the internal middle as opposed to another layer; for once we deal with the middle thoughts, we will naturally examine the activities of life extra objectively and our all transactions come to be unfastened from ego. Dealing with the ego turns into easier if we will instill a spirit of 'give up' in our psyche. The environment round you becomes tranquil and peaceful.

Krishna in Bhagwad Gita says "Fly unto Him for refuge with all of your being, O Bharata; by means of his grace, you shall attain very best peace and everlasting abode". Krishna advises Arjuna to surrender his ego unto him. Commentary on this, Swami Chinmayananda says that "The surrender unto the lord need to not be a brief self-deception; it need to be performed with a complete spirit of devotion and with a state of egolessness." This became the spirit exhibited by way of Radha, Prahlad and Hanuman Research has shown that trainer self-efficacy is one of the most essential variables consistently associated with a fantastic coaching and student studying outcomes. Gibson and Dembo (1984) said by using studies that teachers with excessive efficacy have been better in a position to preserve college students engaged in mastering sports and "spent more time monitoring and checking seat-work" whereas teachers with low efficacy tested a lack of endurance and gave negative feedback to college students (p.576).

Teachers have rated school kids with higher emotional intelligence as less competitive and more pro-social than their peers and customer support employees with higher emotional intelligence had been rated as extra powerful via their managers than those with lower degrees of emotional intelligence (Brackett & Mayer, 2003).

Rhodes and Wendorf (2001) found a substantial high-quality correlation among social competencies and emotional intelligence and that members with better stages of emotional intelligence reported extensively extra marital pride than did the ones with lower stages. Emmer and Hickman (1991) in their observe of pre-service (student) teachers proven that the ones better in self-efficacy are more humanistic in their approach to their college students as they have better quality, lesson presentation and questioning abilties, and extra powerful lecture room management techniques Sutton and Wheatley (2003) endorse that "the full-size variation in trainer efficacy may bring about component from variance in instructors' emotions". Chan (2004) located that "self-efficacy beliefs have been substantially anticipated with the aid of the additives of emotional intelligence" (p.15) and advised that differences among instructors might affect this dating.

THE PRESENT STUDY: The current studies aimed to investigate, in a pattern of 50 instructors coaching in different faculties in Delhi and NCR, the connection between spiritual quotient and teacher self-efficacy and the volume to which this courting is moderated with the aid of gender, age, and coaching experience. This is also an attempt to take a look at the role of emotional intelligence in powerful coaching and advocate non secular quotient as a widespread predictor to make the place of business accessible.

HYPOTHESIS:

It was hypothesized that a. Teachers who

reported better stages of spiritual quotient could also document higher teaching effectiveness

b. The courting among religious quotient and self-efficacy would be stricken by gender, age,

and duration of coaching experience.

RESEARCH METHODOLOGY

Research Design: Being the observe exploratory in nature, it has long past through a group of facts from

50 teachers coaching in different faculties in Delhi and NCR, and studying the identical using the

mean, popular deviation, and t-test, etc.

Sampling Unit: The participants are school teaching in the colleges of Delhi and NCR.

Measurement Undertaken: The questionnaire book consisted of scales: Spiritual Quotient Scale, Chopra,

2002) to degree the assemble of the religious quotient, and, The Teaching Efficacy Scale (TES) (Gibson

&Dembo, 1984) to measure private teaching efficacy.

RESULTS AND FINDINGS:

- The highest score for Spiritual Quotient was 164 out of a possible score of 200. For personal teaching efficacy, the highest score was 97 out of a possible 102.

**p<.01, ***p<.001

Variable	t scores in relation of EI
(a) Gender	Spiritual Quotient t=5.80***
(b) Age	Spiritual quotient t=5.99***
(c) Experience	Spiritual Quotientt=5.62*** t = 2.73**

- In order to compare the Spiritual Quotient and personal teaching efficacy scores for males and females two independent samples t-tests were conducted. There was a significant difference in Spiritual Quotient scores for males (M=138.19, SD=14.83) and females [M=144.48, SD=12.33; t(199)= -3.22, p=.001].

These results show that Spiritual Quotient makes a strong unique contribution to explaining personal teaching efficacy, when the effect of the three possible moderators is controlled for. Length of teaching experience also makes significant unique contributions.

CONCLUSION:

Spiritual quotient is used to transform ourselves and others, heal courting and cope with damaging situation. It allows us to locate which means and motive in lifestyles and follow a moral-ethical route, and depression, helplessness, hopelessness, melancholy may additionally update experience of cause and hope. A person on the direction of developing spiritual quotient could be peaceful, happy and fearless. This person is sure to be effective, extra productive and extraordinarily a hit in all the dimensions of existence In conclusion, results in this study were consistent with expectancies that Spiritual Quotients positively related to trainer self- efficacy. In addition, regular with prediction, girl teachers reported better degrees of Spiritual Quotient than did male instructors. Age and status have been significantly related to Spiritual Quotient while enjoy and status had been significantly associated with non-public teaching efficacy. However, none of the anticipated moderators had a sizable effect on the connection among Spiritual Quotient and efficacy. Emotional intelligence is a large predictor of efficacy even after controlling for the outcomes of gender, age and duration of enjoy.

It is possible that enhancing a instructor's Spiritual Quotient may have a fantastic have an effect on on their experience of efficacy. This, in turn, may also cause advanced student success on account that a strong feel of efficacy is associated with critical outcomes, which includes student getting to know and teacher effectiveness. This is a controversy for developing pre-service and in-provider guides for instructors that focus on the qualities related to Spiritual Quotient.

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