

Spiritual Intelligence, Altruism, School Environment and Academic Achievement as predictor of Mental Health of Adolescents

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Abstract

The present study was design to examine the joint contribution of Spiritual Intelligence, Altruism, School Environment and Academic Achievement for predicting Mental Health of senior secondary school students. Total 934 students of class +1 (mean age 16.4 Years) studying in schools affiliated to Punjab School Education Board were taken as sample. Mental Health Battery (2000) developed by Singh and Sen Gupta; Spiritual Intelligence scale (2006) developed by Singh, Altruism scale (1988) developed by Rai and Singh; School Environment inventory (2002) prepared by Misra were used to collect data. Result through multiple correlation and regression analysis revealed that Type of school, Spiritual Intelligence, Altruism, rejection (dimension of School Environment) and control(dimension of School Environment) were the significant predictor of Mental Health; and gender, location of residence, creative stimulation, cognitive encouragement, acceptance, permissiveness and Academic Achievement were not significant predictors of Mental Health.

Key Words: Mental Health, Spiritual Intelligence, Altruism, School Environment and Academic Achievement

Introduction

The thing, which is mostly desired in all the societies of the world, is the need of preserving Mental Health of the individual. Mental Health as the health of one's mind, which can prove a potent determinant of one's integrated personality and balanced behaviour identified on the basis of the level of his adjustment to his self, others and environment. The acquisition of such personality is indeed a great asset and privilege for a normal individual.

According to World Health Organization (WHO) 'The state of health is defined as a state of complete physical, mental and social well-being and not merely 'an absence of disease' or infirmity'. WHO also suggested a fourth dimension i.e. 'spiritual well-being' (Kapur, 1995). In this way spiritual trait is a part of Mental Health. Many researches revealed this relationship such as Inang (2002) revealed that optimism, quality of life, satisfaction with life and spiritual health were found to be positively and significantly related with subjective well being. Jones (1998) indicated that there were strong associations between