The Importance of The Spiritual Quotient in Society Life

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Abstract

Spiritual intelligence is closely related to intellectual intelligence and emotional intelligence. In line with what was conveyed by Zohar and Marshall, spiritual intelligence is the foundation needed to function intellectually and emotionally effectively. Intellectual intelligence is the ability of the human soul to carry out logical functions properly, or what we call rational. The importance of paying attention to spiritual intelligence in our life’s journey is because spiritual intelligence has many benefits. The benefits of spiritual intelligence include being able to distinguish between right and wrong, growing the development of the human brain, and achieving self-development.

Keywords: Spiritual Quotient; intellectual intelligence; emotional intelligence; Society

INTRODUCTION

In general, modern society tends to create a hierarchy of status and rewards based on intelligence because it is considered to affect one's existence in one's life. School friends who used to have mediocre intellectual intelligence (IQ). Precisely most of them who become successful people. Those with mediocre IQ are classified as more sociable, helpful to others, loyal friends, responsible, and warm-hearted. However, those with a high IQ tend to be less sociable, heartless, and selfish. This is what is called emotional intelligence (EQ) which is a set of skills to pave the way in a world full of twists and turns of social problems. However, there are still values that cannot be denied, namely spiritual intelligence (SQ) which teaches the values of truth.

In general, humans have a need that must be fulfilled in their lives, one of which is the need for spirituality which is expected to create a sense of security, peace and peace in human life. People generally think that spirituality is beneficial for mental health changes, here are some facts that support this opinion: 1) reduce anxiety levels by offering cognitive structures through calming explanations and actions to reduce world chaos. 2) offer a feeling of hope by feeling good or pleasant emotions. (Schumaker, 1992).

Most parents sometimes always focus on guiding their children to be smart at school or academically. Smart in academic terms is usually associated with a high IQ (intelligence quotient). In fact, apart from academics, spiritual quotient (SQ) or spiritual intelligence in children also needs to be instilled. The benefits of spiritual intelligence are good for growth and development. Spiritual intelligence includes the power of intuition and self-awareness.
Spirituality will teach children that there is a power that creates and regulates everything on earth. That power can be formed through the relationship between humans and God.

Spirituality can help children live life with all its ups and downs. This will later affect the level of happiness. Instilling and intellectually stimulating a child can be started from the prenatal period, since the child is still in the mother's womb. While instilling and stimulating children's emotional and spiritual intelligence becomes the task of parents after children begin to understand norms and rules and choose the right environment to optimize emotional and spiritual intelligence.

Spiritual intelligence needs to be done from an early age, so that a child can have inner and soul sensitivity towards himself and others. In addition, by developing spiritual intelligence a child will be better able to recognize himself, such as the strengths and weaknesses he has. Thus, the child will be able to cover his own shortcomings by sharpening his strengths to the fullest so that he will be successful in the future.

METHOD

In this study, the authors used qualitative research methods. The research method uses qualitative methods and a descriptive approach. Qualitative methods are often called naturalistic research methods because the research is carried out in natural conditions (natural settings). (Sugiyono, 2009: 8) Qualitative methods are defined as social science research methods that collect and analyze data in the form of human words and actions and researchers do not try to calculate or quantify the qualitative data that has been obtained and thus do not analyze numbers (Afrizal, 2016:13).

According to Nana Syaodih Sukmadinata (2011: 73), qualitative descriptive research is intended to describe and describe existing phenomena, both natural and human-made, which pay more attention to characteristics, quality, interrelationships between activities. In addition, descriptive research does not provide treatment, manipulation or changes to the variables studied, but instead describes a condition as it is. The only treatment given was the research itself, which was carried out through observation, interviews and documentation.

RESULTS AND DISCUSSION

Intelligence Quotient (IQ)

Intelligence comes from the word smart which means smart and clever, responsive in dealing with problems and quickly understand when hearing information. Intelligence is the perfection of the development of the mind. Intelligence is a person's ability to solve problems faced, in this case is a problem that requires the ability of the mind. Intelligence or what is commonly called intelligence comes from the Latin "intelligence" which means to connect or unite one another (to organize, to relate, to bind together). For experts who research, the term intelligence gives a variety of meanings. According to them, intelligence is a concept that can be observed but is the most difficult thing to define. This happens because intelligence depends on the context or environment.

According to Dusek, intelligence can be defined in two ways, namely quantitatively and qualitatively. Quantitatively, intelligence is a process of learning to solve problems that can be measured by intelligence tests, while qualitatively intelligence is a way of thinking in constructing how to connect and manage information from outside that is adapted to oneself. Howard Gardner argues that intelligence is the ability to solve or create something of value to a particular culture.

Alfred Binet was a pioneer in measuring intelligence, he explained that intelligence is an individual's ability to encompass three things. First, the ability to direct thoughts or direct actions, meaning that individuals are able to set goals to achieve (goal setting). Second, the ability to change the direction of action when required so means that individuals are able to make adjustments in a particular environment. Third, the ability to self-criticize or do autocriticism, meaning that individuals are able to make changes to mistakes. Furthermore,
Raymond Bernard Cattel classifies mental abilities into two types, namely fluid intelligence (gf) and crystallized intelligence (gc). Fluid intelligence is an ability that comes from biological innate factors obtained from birth and is free from the influence of education and experience. While crystallized intelligence is an ability that reflects the influence of experience, education and culture in a person, this intelligence will increase in levels in a person along with increasing knowledge, experience and skills possessed by individuals. The characteristics of fluid intelligence tend not to change after the age of 14 or 15 years, whereas crystallized intelligence can still continue to develop until the age of 30-40 years and even more.

At the beginning of the 20th century, the only known intelligence was intellectual intelligence, which is an intelligence that is used for logical-rational thinking, namely a linear way of thinking which includes the ability to count, analyze to evaluate and so on. Humans who have high intellectual intelligence, brain intelligence is often likened to the sophistication of computer 'intelligence'. To the extent that this pattern of thinking of intellectual intelligence is deeply ingrained in the collective memory of society, that having high intellectual intelligence guarantees success in life, and conversely having mediocre intellectual intelligence, let alone low so the future is bleak.

For nearly 100 years, intellectual intelligence was the only parameter of human intelligence, so that a child who has a high IQ becomes the pride of his parents, even though that intelligence does not guarantee a person's development and success in life. because intellectual intelligence does not measure creativity, emotional capacity, spiritual nuance and social relationships. According to Rober Copper in Taufik Pasiak, intellectual intelligence only contributes about 4 percent to the success of life. Most importantly, 90 percent of success is determined by other intelligences.

Intellectual intelligence is also commonly referred to as intelligence which is the cognitive ability possessed by a person to adapt effectively to a complex and ever-changing environment and is influenced by genetic factors. Wechsler said that intelligence is the ability to act by setting a goal, to think rationally and to relate to the surrounding environment satisfactorily. Meanwhile, Stern defines intelligence as the ability to recognize new problems and conditions, the ability to think abstractly, the ability to work, the ability to control instinctive behavior, and the ability to accept complex relationships. In addition, intelligence can be grouped into 2 categories, namely G factor, which is a cognitive ability and is influenced by innate or genetic factors, and S is a special ability factor, which is influenced by the environment.

According to Sunar, Intellectual Intelligence (IQ) is the ability to solve problems logically and academically. 9 Broadly speaking, intelligence is a mental ability that involves the process of thinking rationally. Therefore, intelligence cannot be observed directly, but must be inferred from various concrete actions which are manifestations of that rational thinking process. Based on some of the definitions above, it can be concluded that intelligence is a mental ability that involves rational cognitive processes and uses that power of thought in understanding new situations.

The term intelligence is used in a broad and varied sense, not only by the general public but also by members of various disciplines, Sternberg argues that intelligence is not a single and uniform ability but is a composite of various functions. This term is generally used to cover the combination of abilities needed to survive and thrive in a particular culture. According to Stenberg, intellectual intelligence has 3 aspects, namely: 1) the ability to solve problems. Individuals who have intellectual intelligence have the ability to demonstrate knowledge of the problems faced, make the right decisions, solve problems optimally, show clear thinking. 2) Verbal intelligence. Individuals who have intellectual intelligence have a good vocabulary, read with full understanding, are intellectually curious, show curiosity. 3) Practical intelligence. Individuals who have intellectual intelligence understand situations, know how to achieve goals, are aware of the world around them, show interest in the outside world.
Emotional Quotient (EQ)

Intelligence comes from the word smart which means smart and clever, responsive in dealing with problems and quickly understand when hearing information. Intelligence is the perfection of the development of the mind. Etymologically, emotion comes from the word "e" which means energy and "motion" which means vibration. In this case, emotion can be interpreted as an energy that continues to move and vibrate. In terminology, emotion is defined as any activity or upheaval of thoughts, feelings, passions from any great or overflowing mental state. Another opinion says that emotion comes from the Latin, namely emovere, which means to move away. This word can be interpreted that the tendency to act is absolute in emotion. Emotion refers to a feeling related to biological and psychological states and a series of tendencies to act.

According to Nelson and Low, emotion is a state of feeling which is a physiological reaction based on experience as strong feelings and physiological changes where the body is ready to act quickly. These physiological changes are clearly visible in changes in heart rate, breathing rhythm, amount of sweating and so on. Psychologically, emotions are experienced as the most pleasant reaction or the least pleasant reaction which is described by words such as happy, angry and so on.

In 1948 R.W Leeper, a researcher from America introduced the idea of “emotional thinking” which is believed to be logical thinking. However, only a minority of psychologists continue this line of thought for up to 30 years. The term emotional intelligence became widely known around the mid-90s, this term was first used by psychologists Petter Salovey from Harvard University and John Mayer from the University of New Hampshire to describe emotional qualities that seem important for success.

Goleman explains emotional intelligence is the ability to recognize the feelings of oneself and others, the ability to motivate oneself and the ability to manage emotions well in oneself and in relationships with others. Salovey and Mayer define emotional intelligence as the ability to monitor and control one's own feelings and those of others, and to use those feelings to guide one's thoughts and actions.

Furthermore, Howard Gardner revealed that emotional intelligence consists of two skills, namely intrapersonal intelligence and interpersonal intelligence. Intrapersonal intelligence or intrapersonal intelligence is a person's ability to communicate and view oneself (self-image), as well as one's ability to control oneself (self-control). People who are intelligent in intra personal, get the nickname of a mature or mature person. Interpersonal intelligence or inter personal intelligence is a person's ability to communicate with others, socialize, understand others (empathy) and respond (sympathy) to others. Because it focuses on intrapersonal intelligence and interpersonal intelligence, emotional intelligence has greater positive implications in one's life.

Some experts define emotional intelligence as a social intelligence related to a person's ability to monitor both his own emotions and the emotions of others, this ability is used to direct his mindset and behavior. Emotional intelligence is an ability to listen to emotional whispers and make it a very important source of information to understand oneself and others in order to achieve a goal.

Psychologists Cooper and Sawaf say that emotional intelligence is the ability to feel, understand and selectively apply the power and sensitivity of emotions as a humane source of energy and influence. Furthermore, Howes and Herald said that emotional intelligence is a component that makes a person smart in using his emotions. Human emotions reside in the realm of inner feelings, hidden instincts, and emotional sensations that, if recognized and respected, emotional intelligence will provide a deeper and more complete understanding of self and others. Based on the description above, it can be concluded that emotional intelligence can be interpreted as a person's ability to recognize, manage feelings of oneself and others, be able to motivate himself so that it leads to success.
Unlike IQ, which has various measurement tools, emotional intelligence or EQ cannot be measured by numbers. But it can be measured using aspects of emotional intelligence. The five basic emotional and social skills according to Goleman include: 1) Self-awareness. With self-awareness a person is able to understand self-emotions, make judgments to make decisions, and be confident. Someone who has self-awareness can easily know feelings and monitor emotions that arise at certain times and their effects, knows strengths and has beliefs about self-worth and one's abilities. Self-awareness is more of a neutral mode that maintains self-reflection even in the midst of an emotional storm. In the aspect of recognizing self-emotions, there are three indicators, namely: knowing and feeling one's own emotions, understanding the causes of feelings that arise, knowing the effect of feelings on actions. 2) Self-regulation. That is a person's ability to control and handle his own emotions in such a way as to have a positive impact on carrying out tasks, have sensitivity to conscience, and be able to postpone pleasure before achieving a goal and be able to recover from emotional stress. The goal of managing emotions is emotional balance not suppressing emotions. Aristotle said it in natural emotional terms, namely the harmony between feelings and the environment. In this aspect of managing emotions, there are several indicators, including: being tolerant of frustration, being able to control anger better, being able to control aggressive behavior that can damage oneself and others, having positive feelings about oneself and others, having the ability to overcome stress can reduce feelings of loneliness and anxiety. 

The next, 3) Motivate yourself. Emotional tendencies that lead or facilitate a person to achieve goals. People who have this skill tend to be more productive in whatever efforts they make and have persistence in fighting for goals even though there are obstacles and failures. This ability includes the drive to excel, commitment and optimism. An important concept of motivation theory is the strength that exists within humans. According to MC Clelland, individuals can have motivation if they really have the desire to perform better than other people. In the aspect of self-motivation, there are three indicators, namely: being able to control individual impulses, being able to select materials, controlling negative stimuli or temptations that come, being optimistic, and being able to focus on the tasks being done. 4) Empathy. It is awareness of the feelings, needs and interests of others. Empathic people are able to feel what others feel, are more sensitive to the will of others, are able to understand other people's perspectives and foster trusting relationships, and are able to align themselves with various types of relationships. In the aspect of recognizing other people's emotions there are three indicators, namely: being able to accept other people's points of view, having empathy or sensitivity towards other people, and being able to listen to other people. 5) Social skills. People who have the art of building social relationships are able to handle emotions well when dealing socially with others, are able to read situations and social networks carefully, interact smoothly, use these skills to influence, lead, negotiate, resolve disputes, and cooperate with team. Fostering relationships in this relationship there are nine indicators, namely: Understanding the importance of building relationships with other people, being able to resolve conflicts with others, having the ability to communicate with others, having a friendly or sociable attitude, having an attitude of tolerance, having attention to the interest's other people or not selfish, can live in harmony with the group, be happy to share feelings and work together, be democratic.

**Spiritual Quotient (SQ)**

Spiritual intelligence consists of two words, namely intelligence and spiritual. Intelligence comes from the word smart which means smart and clever, responsive in dealing with problems and quickly understand when hearing information. Intelligence is the perfection of the development of the mind. Intelligence is a person's ability to solve problems faced, in this case is a problem that requires the ability of the mind. Etymologically, spiritual, spirituality or spiritualism comes from the word spirit. The meaning of spirit, in the Big Indonesian Dictionary it is explained that spirit has the meaning of spirit, soul, soul and spirit.
And spiritual means something related to or is psychological (soul or spiritual). Spiritual intelligence is a very strong spirit or drive possessed by the soul or spiritual, through a moral order that is truly noble and sublime, the basis for the growth of self-esteem, moral values, the spirit of one's soul in carrying out life. Spiritual gives direction and meaning to human life regarding the belief that there is a non-physical power that is greater than human strength.

According to Danah Zohar, spiritual intelligence is intelligence that is based on the part of us that is related to wisdom outside the ego or conscious soul. In their work Spiritual Intelligence, Danah Zohar and Ian Marshall explain that Spiritual Quotient (SQ) is the core of all intelligence. This intelligence is used to solve problems of meaning and value, namely intelligence used to place behavior and life in the context of a broader meaning, intelligence to judge that one's way of life is more meaningful than others.

Muhammad Zuhri argues, spiritual intelligence is human intelligence that is used to relate to God. Everyone's spiritual intelligence potential is enormous, not limited by heredity, environment or other material factors. Meanwhile, according to Khalil Khavari, spiritual intelligence is the faculty of our non-material dimension which is called the human spirit. Spiritual intelligence is like an unpolished diamond that everyone has. Like the other two forms of intelligence, namely intellectual intelligence and emotional intelligence, spiritual intelligence can be increased and decreased. However, its upgradeability appears to be limitless.

Meanwhile, in ESQ, spiritual intelligence is the ability to give spiritual meaning to thoughts, behaviors and activities, and to be able to synergize IQ, EQ and SQ comprehensively. Michael Levin, in the book spiritual intelligence (a method for developing spiritual intelligence in children) states that spiritual intelligence is a perspective "spirituality is a perspective", meaning directing human thinking towards the deepest nature of humanity, namely self-serv ing to the most holy and all-encompassing. According to Levin, the highest spiritual intelligence can only be seen if the individual reflects his deep appreciation of wisdom and wisdom, according to the holy path to the creator. Spiritual intelligence has existed since humans were born; this is based on the process of breathing the spirit into the human body by God followed by God's spiritual values (God's attributes) into the human body. So that there is no human who does not have spiritual values, but this spiritual value is still a potential that needs to be developed further. Based on the description above, it can be concluded, spiritual intelligence is a human intelligence that is used to solve problems in life by involving God, so that his way of life is more meaningful.

To find out more about the existence of spiritual intelligence (SQ) that has worked effectively or SQ has moved towards positive development within a person, there are several aspects that can be considered. Zohar and Marshall provide nine aspects of spiritual intelligence that have developed. properly, among others: 1) Be flexible. That is able to adapt actively and spontaneously. Someone who is flexible, even though they have differences with the surrounding environment will be able to carry themselves and act subtly and can even influence the surrounding environment without causing damage. 2) Having high self-awareness. Self-awareness is knowing what one is feeling at any given moment and using that to guide one's own decision-making. In addition, self-awareness also means setting realistic benchmarks for self-ability and strong self-confidence. Whatever an individual who has spiritual intelligence does, is done with full awareness. 3) Having the ability to face suffering and take lessons from it. One's ability to face tests and make the suffering experienced as motivation to get a better life in the future. Individuals who are able to face suffering have good patient qualities. According to Ibn Qoyyim, patience means refraining from complaints and hatred, restraining the tongue from complaining, and holding back the limbs from disturbing actions. 4) Being sincere in facing and overcoming pain. Ikhlas is the obedience of a servant intended to draw closer to God alone without anything else, without being artificial, without being aimed at creatures, not seeking the praise of creatures, there is only getting closer to God. 5) Having a quality of life inspired by vision and values. Individual abilities
include efforts to know the boundaries of the area for himself which encourages a person to reflect on what is believed and considered valuable, trying to hold onto the beliefs he has. 6) Tend to see the relationship between different things into something holistic. Spiritual intelligence makes individuals have a comprehensive perspective, because the whole is a unity that is more important than the parts that make it up. Individuals can find their identity, purpose in life and the meaning of life through the relationship they have with society and the spiritual values they have. 7) Tend to ask questions to seek fundamental answers. Fundamentals can be interpreted as basic, basic, or ideological points. People with spiritual intelligence tend to ask questions looking for basic answers so they don't depend on others. 8) Be responsible and inspire others. The person who is responsible means that the person is trying his best to carry out the obligation (trust) in such a way as to produce the best work performance. Of course, the best work will inspire others to obtain the same results or even more.

**Spiritual Question in Community Life**

Spiritual intelligence is closely related to intellectual intelligence and emotional intelligence. In line with what was conveyed by Zohar and Marshall, spiritual intelligence is the foundation needed to function intellectually and emotionally effectively. Intellectual intelligence is the ability of the human soul to carry out logical functions properly, or what we call rational. Meanwhile, emotional intelligence is the ability of the human soul to carry out the function of feeling well, so that it can control feelings in every situation and condition. Spiritual intelligence will be present when we are able to integrate intellectual intelligence and emotional intelligence properly. Therefore, Zohar and Marshal argue that spiritual intelligence is the highest intelligence of a human being. This is because, spiritual intelligence emerges from high logical abilities and high feelings so as to form a phenomenon of balance between the two.

With such an extraordinary explanation of spiritual intelligence, let's see what the universe thinks. In fact, today in urban communities' spiritual intelligence has not become an important thing. It can be seen from the view of today's society that argues that intellectual intelligence is a measure of the success of a human being in the future. The value of mathematical calculations is still a person's favorite reference to be accepted at a job. It is not wrong to think that intellectual intelligence is something that is important. However, putting aside spiritual intelligence is quite worrying. This is because spiritual intelligence has a major role as a form of human nature to return to God. When the sense of divinity is not looked upon, an emptiness will arise in one's life. The emptiness of life will result in the emergence of one's desire to die. Therefore, spiritual intelligence in us is important to pay attention to.

The importance of paying attention to spiritual intelligence in our life's journey is because spiritual intelligence has many benefits. The benefits of spiritual intelligence include being able to distinguish between right and wrong, growing the development of the human brain, and achieving self-development. As well as other benefits are arousing creativity, giving the ability to be flexible, intelligent in religion, and uniting interpersonal with intrapersonal. From these various benefits, it can be concluded that spiritual intelligence will provide an increase in one's self-quality. That is, we can become superior figures in living life when we continue to develop spiritual intelligence. This is due to intellectual and emotional balance, will grow a highest intelligence, namely spiritual which of course will make a human being have meaning in carrying out every activity of his life. Life will be much more peaceful, because noble things will fill our minds. Therefore, with the many benefits of spiritual intelligence for ourselves, we need to increase spiritual intelligence.

**CONCLUSION**

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