

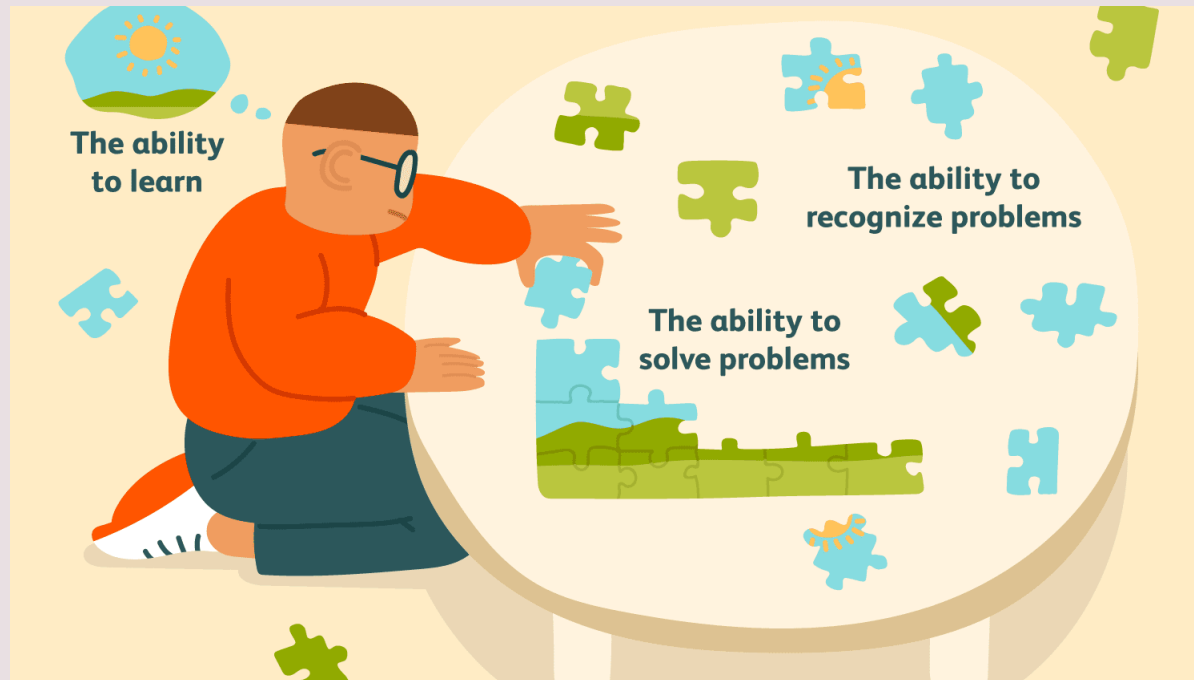
# INTELLIGENCE

Meaning,  
Concept of IQ, EQ & SQ



# *What is Intelligence*

- Intelligence is something abstract .
- Intelligence is the ability to think, to learn from experience, to solve problems, and to adapt to new situations.



# *What is Intelligence*

- Stoddard (1941) : Intelligence is the ability to understand activities that are characterized by difficulty, complexity, abstractness, economy adaptiveness to a goal, social value, the emergence of originals, and to maintain such activities under conditions that demand a concentration of energy and a resistance to emotional factors
- David Wechsler (1939): The aggregate or global capacity of the individual to act purposefully, to think rationally, and to deal effectively with his environment.
- Robert Sternberg defined intelligence as "the mental abilities necessary for adaptation to, as well as shaping and selection of, any environmental context ( 1985)
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# Intelligence is then

- Ability to understand
- Ability to learn.(Bukingham, Dearborn)
- Ability to act purposefully
- Ability to think rationally/ abstractly. ( Binet , Termon)
- Ability to adjust .( Stern, Burt,etc,)

# we can say

- Intelligence is how we perceive and judge others ( person/ material)
- Intelligence is how well we see and understand ourselves ( our learning, understanding capacitiesetc)
- Thorndike has classified three types of intelligence
- Social intelligence
- Concrete intelligence
- Abstract intelligence

# Concept of I Q

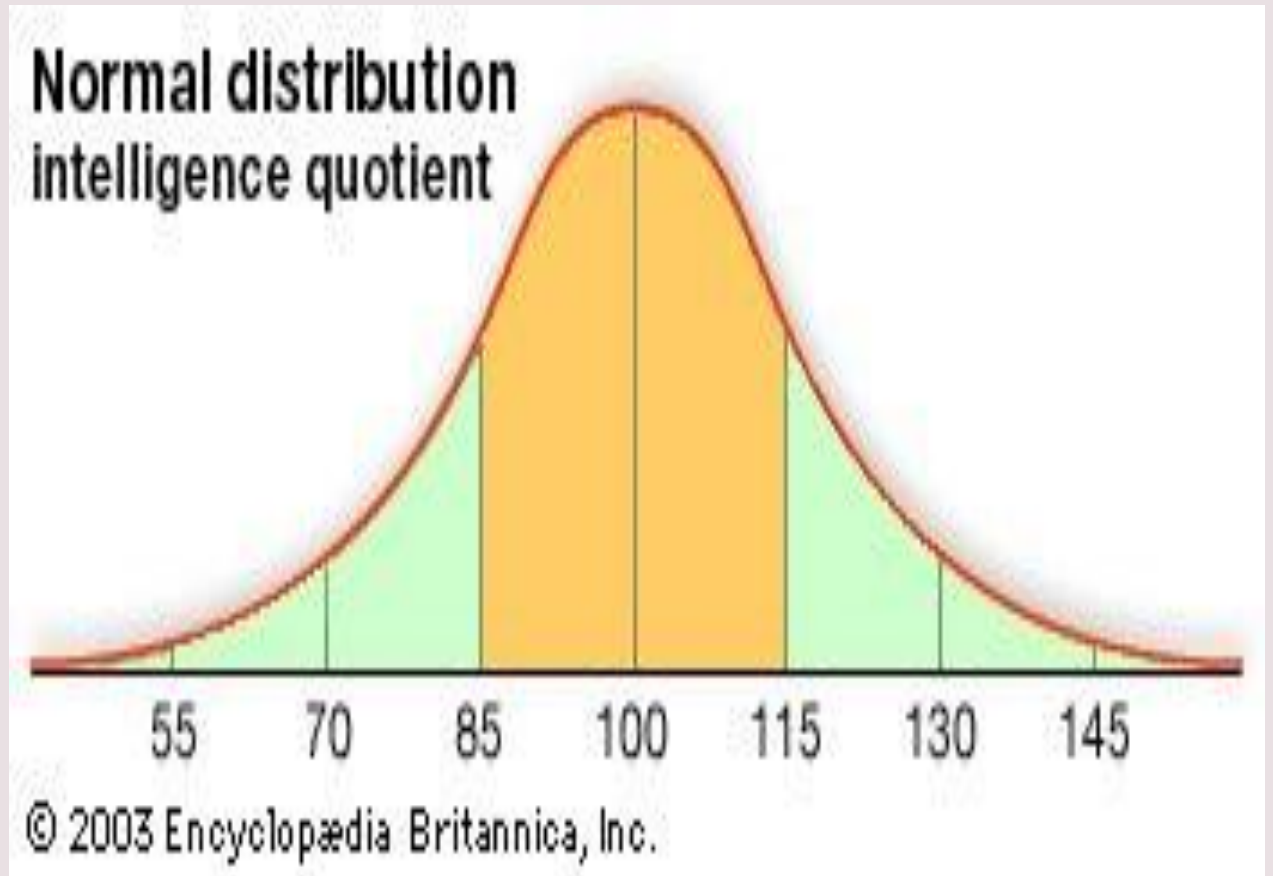
- The term "intelligence quotient," or IQ, was first coined in the early 20th century by a German psychologist named **William Stern**.
- Psychologist **Alfred Binet** developed the very first intelligence tests to help the French government identify schoolchildren who needed extra academic assistance.
- Binet was the first to introduce the concept of mental age or a set of abilities that children of a certain age possess.

# INTELLIGENCE QUOTENT

- The intelligence quotient is the ration between mental age and chronological age
- **Mental Age** :the age level upto which the child is able to perform ( measured through intelligence test ).
- **Chronological Age** : the time elapsed since birth.
- $IQ = \frac{MA}{CA} * 100$
- If a child of 12 years performs better than his age level other children he will score more and will be said bright child.

# Intelligence Quotient

Classification	IQ Range	%
highly gifted	140+	0.4%
Mensa membership	130+	2%
gifted	130+	2%
International High IQ Society membership	124	5%
high	115-129	15%
high average	110-115	25%
average	90-109	50%
low average	85-89	23%
borderline	70-79	8%





# Emotional Intelligence

The concept of emotional intelligence was coined by two researchers, Peter **Salavoy** and John **Mayer** in their article “Emotional Intelligence” in the journal *Imagination, Cognition, and Personality* in 1990.

It was later popularized by Dan Goleman in his 1996 book *Emotional Intelligence*.

# Definition of Emotional Intelligence

- Emotional Intelligence is the “ability to **monitor** one’s own and other people’s emotions, to **discriminate** between different emotions and **label them** appropriately, and to **use emotional information** to guide thinking and behavior” (Salovey and Mayer, 1990).
- Emotional intelligence refers to the ability to accurately **identify, assess, and understand emotions**, as well as to **effectively control one’s own emotions** .

# In other words

- In other words, if you are high in emotional intelligence, you can
- accurately perceive emotions in yourself and others (such as reading facial expressions),
- use emotions to help facilitate thinking,
- understand the meaning behind your emotions (why are you feeling this way?),
- and know how to manage your emotions

# The Components Of Emotional Intelligence

- The four key components of emotional Intelligence are
- (i) self-awareness,
- (ii) self-management,
- (iii) social awareness, and
- (iv) relationship management.

# Components of EQ in detail



# EQ Formula

- emotional quotient has been defined as as the product of wisdom (w) and I.Q.
- This relationship can be expressed mathematically as:
  - $E.Q. = w \times I.Q.$
  - In this relationship
  - 'w' indicates a person's insight, power of judgment and ability to understand others.( based on the test )
  - if the person do not poses the ability of above said qualities , a person with even high IQ will become autocrat, the value will be zero EQ . If the person has the above qualities in relation to IQ he will be democrat.

# Spiritual Intelligence

- Danah Zohar coined the term "spiritual intelligence" and introduced the idea in 1997 in her book *ReWiring the [Corporate Brain](#)*.<sup>[1]</sup>
- Spiritual intelligence is an ability to access higher meanings, values, abiding purposes, and unconscious aspects of the self and to embed these meanings, values, and purposes in living richer and more creative lives.
- Signs of high SQ include an ability to think out of the box, humility, and an access to energies that come from something beyond the ego, beyond just me and my day-to-day concerns.
- SQ, or spiritual intelligence, underpins IQ and EQ

# 12 PRINCIPLES OF SPIRITUAL INTELLIGENCE

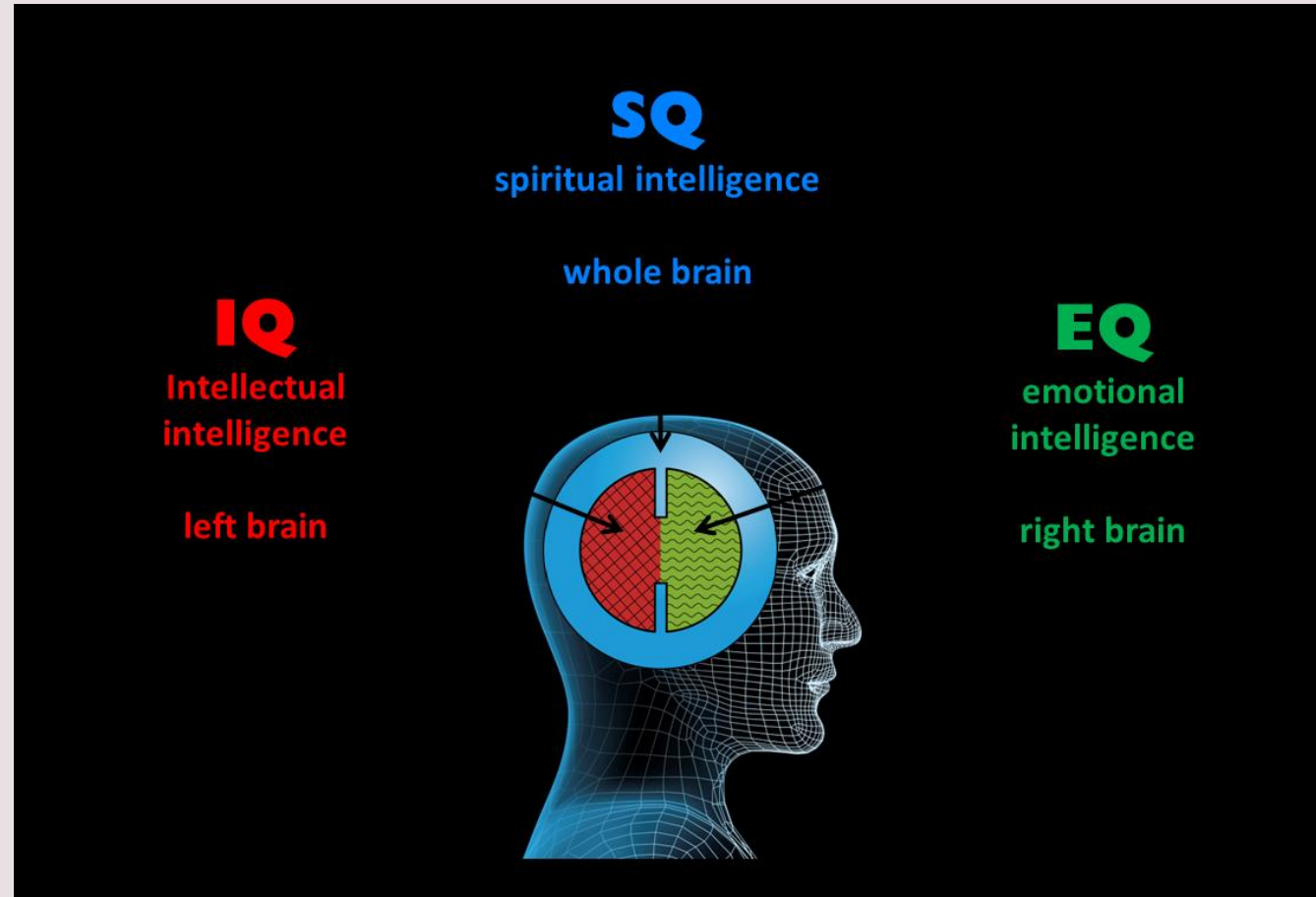
- Self-awareness: Knowing what I believe in and value, and what deeply motivates me.
- Spontaneity: Living in and being responsive to the moment.
- Being vision- and value-led: Acting from principles and deep beliefs, and living accordingly.
- Holism: Seeing larger patterns, relationships, and connections; having a sense of belonging.
- Compassion: Having the quality of "feeling-with" and deep empathy.
- Celebration of diversity: Valuing other people for their differences, not despite them



# 12 PRINCIPLES OF ....

- Field independence: Standing against the crowd and having one's own convictions.
- Humility: Having the sense of being a player in a larger drama, of one's true place in the world.
- Tendency to ask fundamental "Why?" questions: Needing to understand things and get to the bottom of them.
- Ability to reframe: Standing back from a situation or problem and seeing the bigger picture or wider context.
- Positive use of adversity: Learning and growing from mistakes, setbacks, and suffering.
- Sense of vocation: Feeling called upon to serve, to give something back

IQ EQ SQ



# THREE TYPES OF INTELLIGENCE

<b>Capital</b>	<b>Intelligence</b>	<b>Function</b>
Material Capital	IQ: Rational Intelligence	What I think
Social Capital	EQ: Emotional Intelligence	What I feel
Spiritual Capital	SQ: Spiritual Intelligence	What I am

# Spiritual quotient

- Making yourself happy involves ..... I have a " Spiritual Quotient"
- where
- $SQ = D/E$ .
- Where D = Deeds and E = Ego.
- Now you can ONLY have an SQ = infinity when E = 0. If E is little even then SQ is approaching infinity (or one is close to be a "Great Master") but not actually "Pure .
- This appears to be very fascinating but it is highly abstract which cannot be measured experimentally, accurately and precisely..

# Measurable quotient( *Satsangi*)

- Physiological parameters which can be measured accurately and precisely and can be tested and verified experimentally.
- According to this formula S.Q. can be expressed as the ratio of parasympathetic dominance (P.D.) to sympathetic dominance (S.D.).
- $S.Q. = P.D./S.D.$
- Parasympathetic nervous system (PSNS) and sympathetic nervous system (SNS) are the two parts of the autonomic nervous system (ANS) which is largely under hypothalamic control.
- According to this relationship spiritual quotient can be written as: If the value of S.Q. comes  $>1$  (greater than one), it can be assumed that the person is moving towards self-realization and if the value of S.Q. comes  $<1$  (smaller than one) it can be predicted that the person is living under stress.

# Some practical ways to understand about spiritual intelligence. (*Ken O'Donnell*)

- How much time, money and energy and thoughts do we need to obtain a desired result.
- How much bilateral respect there exists in our relationships.
- How "clean" a game we play with others.
- How much dignity we retain in respecting the dignity of others.
- How tranquil we remain in spite of the workload.
- How sensible our decisions are.
- How stable we remain in upsetting situations.
- How easily we see virtues in others instead of defects

*Be intelligent = IQ+EQ=SQ*

