

A REVIEW STUDY OF SPIRITUAL INTELLIGENCE, STRESS AND WELL-BEING OF ADOLESCENTS IN 21ST CENTURY

PRATIMA MISHRA¹ & KAMLA VASHIST²

¹Principal, Raghukul Teacher's Training College, Raghuvveer Pura, Bundi, Rajasthan, India

²Director, School of Education, Jaipur National University, Rajasthan, India

ABSTRACT

As we all know that today's adolescents are facing more challenges and opportunities in this age of Google world. To reduce their stress and improve their well-being is very important issue. Emotional intelligence allows us to judge in which situation we are involved and then to behave appropriately within it. Spiritual intelligence allows us to ask if we want to be in this particular situation in the first place. Spiritual Intelligence has a significant influence on the quality of life and success for Adolescents in 21st century which needs to be understood.

KEYWORDS: Adolescents, Emotional Intelligence, Spiritual Intelligence, Stress, Well-Being