

Spiritual Connection and Well-Being at Work: The Impact of Meditation and Pranic Healing

Sarika Gulati Gupta, Dr. Saboohi Naseem

University AMU, Aligarh, India

Abstract

The study aimed to investigate the relationship between spiritual intelligence(SQ), and subjective well-being (SWB) in the workplace. The research used a sample of 216 participants, who completed the Spiritual Intelligence Self-Report Inventory-24 (SISRI-24), the Workplace PERMA Profiler, and the WHO-5 Well-being Index. Using descriptive statistics and paired t-tests, the study assessed the data. Multiple regression analysis found that spiritual practises such as meditation, yoga, and Pranic healing can be applied to promote workplace performance by helping employees feel more connected to their workplace environment. The results demonstrated a large positive link between SQ and SWB, indicating that those with a higher SQ tend to exhibit greater SWB at work. Moreover, the study found that the use of meditation, yoga, and Pranic healing was analogous with higher SWB levels among participants, these practices can help employees cope with stress, enhance their emotional resilience, improve their well-being. The findings indicate that adopting spiritual tools and techniques into employee well-being initiatives may result in enhanced workplace happiness and well-being.

Keywords: spiritual quotient, subjective well-being, wellbeing at work, workplace, workplace happiness