

# **A Secondary Data Analysis of Spiritual Intelligence, Altruism, and Mental Health**

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**Abstract:** *The relationship among spiritual intelligence, altruism, and mental health was analyzed in adolescents using secondary data sources. Spiritual intelligence helps to develop emotional strength, a cheerful disposition, and moral values in young people. And these qualities promote altruism. These qualities make them show empathy and selflessness. Thus, doing altruism helps to create good mental health by providing psychological satisfaction. A very high correlation has been reported by several past studies between spiritual intelligence, altruism, and mental health. The tendency to do altruism creates social commitment and helps to increase the good mental health of the individual. In short, it can be said that spiritual intelligence builds the foundation, the tendency to do altruism acts as a bridge, and good mental health is the result. Several studies have shown that incorporating Spiritual intelligence in education can improve individual and community mental health, and more research is needed to develop effective policies.*

**Objective:** To explore the connection between Spiritual intelligence, Altruism, and Mental health among adolescents.

**Keywords:** Spiritual Intelligence, Altruism and Mental Health

