

Spiritual Intelligence for Economic Recovery: Need of Mutual Trust and Relations in Post-Pandemic Scenario¹

***Richa Asthana, Asha Srivastava**

**Research Scholar
IMCE, SRMU*

Received: 20 June 2023; Accepted: 25 July 2023; Published: 27 July 2023

ABSTRACT

During pandemic economy has shown slow down it need recovery through various methods. Spiritual Intelligence can be one such method. In this paper, the researcher wants to discuss a solution using a conceptual cum descriptive study as a review to deal with the challenges of socioeconomic growth. In order to achieve socioeconomic growth, it is necessary to think peacefully about economic growth because economic growth is directly related to social structure and relations. Mutual trust and cordial relationships are required for peace, and these two factors can be attained through Spiritual Intelligence (IQ+EQ). The first thing to grasp is that this pandemic has infected 188 nations, resulting in a high number of illnesses and fatalities. The virus has not only turned into a public health emergency, but it has also had an impact on the worldwide economy, reduced productivity, loss of life, disrupted families, business closures, trade disruption, general financial state, and health difficulties are increasingly seen around the globe, along with the extremely difficult aspects of isolation and quarantine. After all, personal and professional lives are significantly impacted by health and financial concerns.

This leads to irritable, irritated conduct, which is why we must deal with spiritual intelligence by pausing our rapid responses and actions in order to mend the relationships. Irony is that everyone knows everything and becomes aggressive, frustrated, misbehaves, irritates, disrupts work life, while there is a need for humanity, intelligence, empathy, and cooperation with mutual understanding, cordial relations, and trust. These things are made possible by factors of Spiritual Intelligence such as (self-control) through Transcendental Meditation, empathy (mindfulness, Consciousness) that is the power of constant wisdom, (Complete control) Trust & peacefulness and (supreme goal) for Inner happiness and cordial relations. There is a link between empathy and spiritual intelligence. As a result, enhancing spiritual intelligence is the best technique for boosting empathy during the COVID19 pandemic.

There is an urgent need to investigate how COVID-19 – as a health and socio-economic development crisis – emerged in the manner that it did, as well as to propose prospects for post- pandemic reforms and a broader rethinking of development. We will now look at how obstacles emerge for thought and action in three main areas: science and decision-making, constructing resilient socio-economic systems, and citizen-state interactions. For each area, we evaluate what has been learnt during the COVID-19 pandemic as well as past epidemics, and we explore the consequences for dealing with future health and other emergencies, as well as for development in general. Therefore, we can highlight the issue of less known fact spiritual Intelligence for economic recovery.

Keywords: *Economic recovery; Socio-Economic Growth; Pandemic; Spiritual Intelligence; Trust and Relations.*

¹ *How to cite the article:* Asthana R., Srivastava A. (July, 2023); Spiritual Intelligence for Economic Recovery: Need of Mutual Trust and Relations in Post-Pandemic Scenario, *International Journal of Advances in Engineering Research*, Apr 2023, Vol 26, Issue 1, 1-6

INTRODUCTION

Global Corona virus (COVID-19) epidemic has created an extremely tough economic climate. Businesses are facing a slew of new issues as international borders shrink, brick-and-mortar stores collapse, and employees are encouraged to downsize. At home, separate yourself, any businesses are facing temporary or even permanent closures, putting their employees at risk. Months of financial instability and concern consumers throughout the world exhibit a range of behaviours so need for optimism about the prospects for economic recovery.

These attitudes are likely to be impacted by their knowledge of the disease, recently announced government preparedness measures such as mobility restrictions and corporate rescue plans, as well as other news events. Consumer behavior has been compelled to shift instantly, and on a vast scale. Those in isolation or under lockdown are unable to go about their daily lives, especially since many local businesses have been compelled to seal their doors for safety concerns. Concerns over the supply of products have prompted a rush to buy in quantity. The risk of a severe and long-term recession would have a substantial influence on consumer perspective, perceptions, and behaviors. The current study is to investigate and assess economic issues as Indian consumers' attitudes, expectations, income expenditures, and behaviours during the corona virus epidemic.

Furthermore, the study focuses on the shift in media consumption patterns, including media kinds and usage, since the COVID-19 epidemic, as well as the many ways in which people are utilizing social media to stay connected, informed, and entertained. Finally, the study has been attempting to determine the COVID-19-induced changes in the behavior of Indian customers for more than a month to relate with economic aspect and spiritual intelligence. Gender and age disparities in media consumption habits and consumer behavior are also investigated. Because the study is somewhat elaborative in character, the primary findings are given and discussed at the conclusion.

These can be difficult times for all of us as we hear about spread of COVID-19 from all over the world, through television, social media, newspapers, family and friends and other sources. The most common emotion faced by all is Fear. It makes us anxious, panicky and can even possibly make us think, say or do things that we might not consider appropriate under normal circumstances.

ABOUT THE PANDEMIC:

In December 2019, a new corona virus was discovered in Wuhan, Hubei Province, China. However, phylo-epidemiologic investigations revealed that the 2019-nCoV did not originate in the Huanan market. The virus was brought in from somewhere else and multiplied in the crowded environment. This virus is a novel strain that has not before been discovered in humans. The virus is now known as SARSCoV-2 (severe acute respiratory syndrome corona virus). The ensuing sickness is known as corona virus disease 2019. (COVID-19) The Chinese government had taken rapid, transparent, and exceptional efforts to limit the epidemic, and had made initial progress. The World Health Organization (WHO) is very worried by the unusually rapid worldwide spread and severity of the outbreak, as well as the ignorance and inactivity of certain governments. As a result, the World Health Organization (WHO) proclaimed the new corona virus epidemic a worldwide pandemic in March 2020.

On January 30, India documented the first instance of the illness. Corona viruses are a broad category of viruses that cause symptoms ranging from the common cold to more serious disorders such as severe acute respiratory syndrome (SARS) Policy acts such as imposition of social distance, self-isolation at home, closure of institutions and public facilities, limits on movement, and even quarantine are examples of strategies to contain the spread. These activities have the potential to have disastrous implications for economies all across the world. To combat the virus's spread, the Indian government imposed a three-week national shutdown beginning March 25, 2020.

All non-essential services and companies are prohibited. Retail enterprises, educational institutions, houses of worship, and public utilities and all government offices around the country will be closed during this time, as will all modes of transportation have been halted, This is by far the most far-reaching move adopted by any country in response to the epidemic. Despite intense global containment and quarantine efforts, the prevalence of COVID-19 continues to climb, with over 1,948,617 laboratory-confirmed cases and over 121,846 fatalities globally. Currently, no particular drug is

suggested for the treatment of COVID-19 patients. The first COVID-19 vaccine is not expected to be available for clinical testing until the end of the year. Governments and pharmaceutical corporations, on the other hand, are battling to discover a quick-acting medicine to combat the corona virus. Access to safe and efficient vaccinations is vital to eliminating the COVID-19 epidemic, thus the fact that so many vaccines are being tested

and developed is extremely hopeful. WHO collaborates with partners to research, produce, and distribute safe and effective vaccinations.

Safe and efficient vaccinations are a game changer, but for the time being, we must continue to wear masks, wash our hands, ensure proper ventilation inside, and physically distance ourselves from and avoid crowds. Being vaccinated does not allow us to disregard caution and endanger ourselves and others, especially when research into how well vaccinations protect not only against sickness but also against infection and transmission is underway.

Migrants are less familiar in their new environment in which they temporarily live. They are prone to various social, psychological, and emotional traumas in such situations, emanating from fear of neglect by the local community and concerns about wellbeing and safety of their families waiting in their native places. Migrants are forced to leave their native places in search of better opportunities and earnings, sometime leaving behind their families. In many instances, the families in native places depend partially or entirely on the money sent by the migrant earning members of the family.

During outbreak of communicable diseases, such a COVID-19, and the restrictions imposed on routine activities as part of social distancing norms to prevent the spread of the disease, scores of migrant workers tend to move back to their native places. During the prevailing COVID pandemic also, many migrant workers used all possible means to reach their destinations. Many of them are however stuck at borders, including state, district and at national border areas. These are the most marginalized sections of the society who are dependent on daily wages for their living, and in times of such distress need sympathy and understanding of the society.

Existing WHO guidance on the safe management of drinking-water and sanitation services applies to the COVID-19 outbreak. Water disinfection and sanitation treatment can reduce viruses. Sanitation workers should have proper training and access to personal protective equipment (PPE) and in many scenarios, a specific combination of PPE elements is recommended. Many health co-benefits can be realized by safely managing water and sanitation services, and by applying good hygiene practices.

The provision of safe water, sanitation, and hygienic conditions is essential for protecting human health during all infectious disease outbreaks, including of corona virus disease 2019 (COVID-19). Ensuring evidenced-based and consistently applied WASH and waste management practices in communities, homes, schools, marketplaces, and healthcare facilities will help prevent human-to-human transmission of, the virus that causes COVID-19.

Frequent and correct hand hygiene is one of the most important measures to prevent infection with the COVID-19 virus. WASH practitioners should work to enable more frequent and regular hand hygiene by improving access to hand hygiene facilities and using multimodal approaches (refer to Hand hygiene practices) to support good hand hygiene behaviour. Performing hand hygiene at the right time, using the right technique with either alcohol-based hand rub or soap and water is critical.

ECONOMIC PROBLEM AND RECOVERY

An underlying issue exists as the global economy gradually recovers from the epidemic and governments continue to deploy enormous stimulus. Governments are betting on GDP as the primary metric for gauging pandemic recovery. That'd be a bad idea. GDP takes into account the overall worth of a country's commodities and services but does not include long-term metrics of prosperity. To completely "build back better," national well-being measurements should look at income inequality, environmental degradation, social inclusion, education, and so on—in other words, the fundamental elements that allow people to trade goods and services. For years, economists have lamented GDP's shortcomings as a measure of national well-being, and the epidemic has further exacerbated its shortcomings. Recent advancements in accounting for nature's assets as economic resources have moved the needle on long-term economic success indicators even farther. The Dasgupta Review, a major study commissioned by the United Kingdom government, emphasised the importance of putting a "price on nature." That is, natural capital should be evaluated on

par with other types of capital. It contends that society's rate of natural resource exploitation has outpaced nature's ability to replenish the supply.

The UN has established the System of Environmental-Economic Accounting—Ecosystem Accounting (SEEA EA), which provides nations with a baseline for measuring the status of ecosystems. These are only a handful of the systems that provide additional indicators to GDP in order to better assist government policymaking.

The Measuring Wealth to Promote Sustainable Development initiative seeks to assist governments in adopting a more thorough accounting of a nation's assets in order to determine whether or not they are actually making progress. It consists of natural capital, produced capital, human capital, financial capital, and social capital.

As global communities strive for a long-term post-COVID recovery, there is a rare chance to reconsider how we value nature. Preventing future pandemics requires recognizing the permanent ties that exist between humans and the natural environment. It is past time for a new statistic that takes into consideration several dimensions of national success as well as our most pressing global challenge—climate change. If we want to avoid irreversible damage, we must rethink our perceptions of economic success.

The Guidelines specify some permissible openings in

Phase 1: Gyms; big venues such as churches, theatres, and restaurants; and elective procedures subject to physical separation (eg, capacity constraints on the basis of a reduced percent occupancy). Schools, organized youth activities such as childcare, and pubs remain closed, and visits to elder living homes and hospitals are prohibited.

In Phase 2, the Guidelines urge that schools and organized youth activities be restored; bars be opened, subject to physical distance constraints; and nonessential travel be permitted. Individuals who are vulnerable should remain indoors. Physical separation can be relaxed for vulnerable persons.

In Phase 3, visits to senior homes and hospitals will be feasible, and bars will be able to operate with increased occupancy. In addition to continuing to fulfill requirements defined in the gating phase, Phase 1, and Phase 2, Phase 3 adds new requirements in all categories. These new standards could aid in avoiding retrogression at a time when the illness is widely seen as under control and applying limits may have become politically and socially problematic. This is also the stage at which political leaders must focus on the position of their state in respect to other states and/or nations, because this is the time when the primary risk to their jurisdiction will be exposed.

Spiritual Intelligence and Multidisciplinary Problems

Spiritual Intelligence:

Spiritual intelligence is the capacity to access higher meanings, values, enduring purposes, and unconscious elements of oneself and to incorporate these meanings, values, and purposes in order to live fuller and more creative lives.

Spiritual intelligence is a higher degree of intellect that awakens the traits and powers of the genuine self (or soul) in the form of wisdom, compassion, integrity, joy, love, creativity, peace, and empathy. Spiritual intelligence leads to a sense of greater meaning and purpose, as well as advances in a wide range of key life and job abilities.

Mutual Trust and Cordial Relation

Mutual trust refers to the belief that each party will fulfill its duties and act in accordance with expectations. Trust is at the core of today's knowledge economy. With trust as a basis, organizations or groups within a company may share their know-how to accomplish outcomes. Trust frees partners to adapt to the unexpected jointly, which is vital for cordial relations and

Innovation. Trust also fosters excitement, enabling the highest performance from everyone. Building trust between organizations is all-encompassing; it covers people, politics, priorities, culture, harmony, and structures.

Trust and relationships have a direct relationship with one another, characterized by warm and frequently hearty

friendship, favor, or approbation a cordial welcome, politely pleasant and friendly two nations having cordial ties truly or profoundly felt a cordial disdain for each other.

Recovery of Economic Problems

Economic efficiency can be achieved only when individuals are in a position to function at their best and to think quietly and freely in order to devise strategies for goal attainment, as well as a sufficient degree of motivation and inspiration to execute on the plan.

Recovery is somewhat more difficult than achievement, just like obtaining a position is not as tough as maintaining that position in the future.

Here, the researcher is discussing economic recovery, which means that it is harder to achieve that again after getting lost, and it becomes more and more difficult when the entire surrounding is in the same pain, stress, and difficult challenging situation, and no one is there to cooperate to others because of self-pain, and the entire surrounding is full of needy and crying situation due to pandemic.

To perform better and recover from an enormously painful situation, everyone needs mutual cordial relations, mutual trust and cooperation, and a positive democratic atmosphere in which to understand each other and freely share their problems, assuming a positive response leading to harmony at each level of human values. These harmonial stages can be achieved by spiritual intelligence.

As we all know, Spiritual Intelligence is a blend of intellectual and emotional quotients. As a result, when we are emotionally intelligent with a positive mentality and mindfulness, our intellectuality may perform well in terms of goal attainment.

Spiritually intelligent persons have a greater ability to motivate themselves, therefore insulating themselves from stress, worry, confusion, and reliance.

Spiritual intelligence fosters a positive environment for oneself, one's family, society, and the environment. All that is required is for us to unite as spiritually aware people.

Spiritual Intelligence assists in performing collaboratively and empathetically by living in peace. Studies have also shown that there is a substantial positive relationship between spiritual intelligence and empathy.

Spiritual Intelligence is a wonderful tool for relieving stress in one's own life as well as in the lives of others.

We discovered that individuals who work with Spiritual Intelligence can appreciate their lives with all of their ups and downs as a part of life and constantly keep themselves happy, which should be everyone's primary aim in life regardless of the scenario.

Happiness is brought about by Spiritual Intelligence, and Happiness has total access to achieving success and prosperity. To discover success, it is vital to first explore oneself with the assistance of Spiritual Intelligence, which may be learned through practice.

FINDINGS AND SUGGESTIONS:

Researchers discover a positive relationship between Spiritual Intelligence and empathy in other available studies, which is why if organizations follow through on educating about Spiritual Intelligence through concerned Workshops, Faculty Development Programs, Conferences, Seminars, Guest Lectures, or from good Speakers, etc., Everyone will be able to perform better to achieve goals in a more effective and efficient way with developing art of living in all four stages as segregated as self, family, society, environment and surroundings. So that life will be simple, structured, tranquil, and exciting, as is required after a pandemic.

CONCLUSION:

Non-pharmaceutical measures will form the foundation of the COVID-19 management toolset in the absence of a widely distributed vaccination. One of the greatest concerns in decision making and public communication is that the process of reopening economies and societies is viewed as unidirectional, with a predictable march toward openness on predetermined dates and no chance of reversal. That is problematic since local conditions will undoubtedly result in varying speeds and, in many cases, setbacks. It will be critical to share current information and effective communication with policymakers and the general public about the likelihood of setbacks in various areas, the need for caution in moving forward, and the disparity between the thresholds for reopening businesses and vulnerable individuals returning to in-person socioeconomic activity and social interaction.

It is not for us to provide the specific data sources and methods that will operate in various locations, given the very varying environments. Rather, we wish to stress the importance of focusing on relevant actions and activities at each level, as well as building cohesive data

sources. Transparent, defensible analysis that explains the basis for judgments will be more trustworthy and may be less confusing to the public. The need to change policies at each level and convey the reasons behind those adaptations with reference of spiritual intelligence will be critical to establishing more effective recovery management.

The analysts' purpose is to help decision makers identify continuing issues that demand urgent attention as well as requirements for continued development toward open social and economic activities. We hope that by implementing this process, policymakers will be able to not only identify the types of parameters and activities that will inform their policymaking, but also understand what issues and indicators will indicate the need for pauses or resets in the transition toward a normal level of activity—both the removal of unusual restrictions and the development of public confidence that working and socializing as before are not overly risky. This is a deliberate process, and socioeconomic recovery from the disturbances caused by COVID-19 will continue long after the epidemic has passed.

However, policies and actions implemented in the early phases of pandemic response can have a significant impact on future local and national fates in the months and years ahead.

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