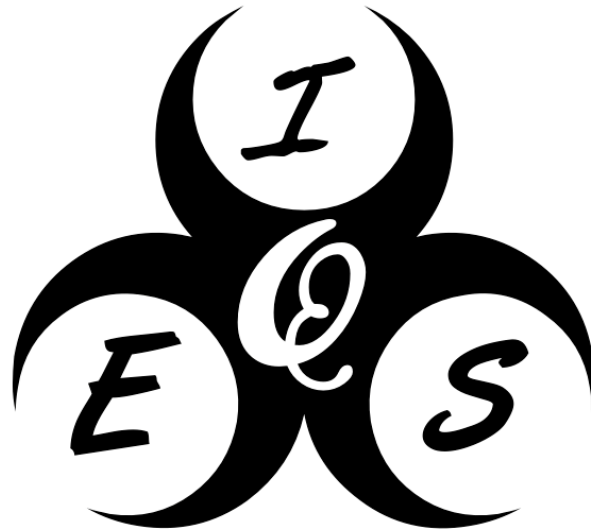


IQ, EQ, SQ

(Manifestation of Human Potentialities)



For long, the world gave much importance to Intelligent Quotient.

“My son has an IQ of 210!” the proud mother would gush. “He’s going to be a scientist.” This attitude is a legacy of the early 20th century when psychologists devised tests to measure intelligence.

Intelligence is a description of how good someone is at mentally doing something. Intelligence involves thoughts. Intelligence includes the ability to reason, plan, solve problems, think abstractly, and comprehend ideas and language and to learn. Schools and the education system would have us believe that we are only intelligent if we are able to solve complex abstract problems or remember facts and figures. This type of intelligence is normally referred to as IQ or ‘intelligence quotient’ (a phrase coined by an American psychologist named Lewis Terman).

In mid-1990’s, Daniel Goleman revealed findings in neuroscience and psychology that stressed the importance of Emotional Quotient (EQ). This makes us aware of our feelings and that of others. It gives empathy, motivation, compassion and an ability to respond skillfully to pleasure and pain

EQ is the capacity to create positive outcomes in our relationships with ourselves and others. These learnable skills create joy, love, and success of all kinds.

Studying EQ it becomes clear that IQ has less to do with success in life than EQ. The good news is that we all have EQ and that it can be developed. We can develop our EQ to help us build our relationships with others, to use our emotions appropriately, to focus our efforts and to become more successful in life.

Can we look beyond IQ & EQ?

Last year, however, authors Dana Zohar and Ian Marshall introduced a new dimension to human intelligence. Spiritual Quotient (or SQ) is the ultimate intelligence, they claim. This is the intelligence used to solve problems of meaning and value.

SQ considers your views beyond the materialistic living of modern life. Without spirituality it is possible to become very unhappy or dissatisfied with life no matter how much material possessions we accumulate.

The transformative power of SQ distinguishes it from IQ and EQ. IQ primarily solves logical problems. EQ allows us to judge the situation we are in and behave appropriately. SQ allows us to ask if we want to be in that situation in the first place. It might motivate us to create a new one. SQ has little connection to formal religion. Atheists and humanists may have high SQ while someone actively religious may not.

To be happy and successful in life focus on your EQ and SQ. If you are fortunate enough to have some IQ too then the entire better - but don't rely on your IQ alone.

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