

1. Record Nr.	UNINA9910734888103321
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Titolo	Spirituality, Mental Health and Quality of Life : Pathways in Indian Psychology / / by Naveen Pant
Pubbl/distr/stampa	Singapore : , : Springer Nature Singapore : , : Imprint : Springer, , 2023
ISBN	981-9927-03-X
Edizione	[1st ed. 2023.]
Descrizione fisica	1 online resource (157 pages)
Disciplina	616.89
Soggetti	Psychology Mental health Quality of life Spirituality Positive psychology Religion Behavioral Sciences and Psychology Mental Health Quality of Life Research Positive Psychology
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	1. Introduction;- 2. Spirituality, Mental Health and Quality of Life: An Introduction -- 3. The Relationship of Spirituality with Mental Health and Quality of Life: A Review -- 4. The Role of Spirituality in Predicting Mental Health and Quality of Life Among Early Adults -- 5. Indian Psychology of Mind and Mental Health.
Sommario/riassunto	This book is about spiritual intelligence and its effects on mental health and quality of life. As mental health and related problems are increasing rapidly and have become a matter of great concern, there has not been a unanimous and empirical approach to assess and cure it, due to its divergence or other causes. This book is based on the most developed construct: spiritual intelligence and its effects on mental health and quality of life. Spirituality and its other constructs are one of the most interesting topics nowadays in the area of

positive/indigenous/transpersonal psychology and among social/behavioral scientists. This book provides content on spirituality, spiritual intelligence, mental health, and quality of life. The book also attempts to review related literature (whether review or empirical), to have a look at past and current scenarios on spirituality and mental health and quality of life research. Through an exploration of Indian indigenous psychology, this book provides a look at mental health and the mind from an Indian psychological perspective and examines Indian psychology, taking into consideration modern psychological concepts.
