

Relationship between Spiritual Intelligence and Emotional Intelligence with Mental Health of Students

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Abstract:

We aimed to investigate relationship between spiritual intelligence and emotional intelligence with mental health of students of Islamic Azad University of Zanzan. The population of this research was Students of Islamic Azad University that 300 subjects were randomly selected as sample. The sample consisted of undergraduate academic degree, bachelor's and master's degree requirements. Measures were General Health Questionnaire (GHQ) and Emotional Intelligence Inventory-(EQ-I) and Spiritual Intelligence Scale (ISIS). To analyze data simultaneous multiple regression analysis method (MANOVA) was used. The results showed that spiritual and emotional intelligence are overlapping on intervening example of intelligence, spiritual intelligence can improve emotional intelligence. It is hoped that the findings for intervention in field of spiritual and emotional intelligence can be useful and also by using these results, we hope to increase level of mental health.

Key words: spiritual intelligence, emotional intelligence, mental health

Introduction

Mental health can be based on broader definition of well-defined. Over the past century has changed our perception of wellbeing widely. Longer life than the average, life-saving human lives than the risk of fatal diseases with discovery of antibiotics and scientific and technical advances in diagnosis and treatment, current concept of wellness that not only reflects lack of disease. It is also possible to achieve high level of fitness means. It requires sense of balance in all aspects of life in terms of physical, intellectual, social, occupational and spiritual. These dimensions interact with each other, so that each person can impact on others and environment will affect them. So mental health is not just absence of mental illness, but also refers to a level of performance that person with your life style and comfort is no problem. In fact, it is thought that person must be in control of his life and only in such manner that it can be on his or her part of problem is changed (Ryff, 2002).

To achieve an appropriate level of mental health intervention indicators numerous and many factors play role in mental health. Emotional intelligence is one of the factors predictive of mental health.

Emotional intelligence is very closely related to mental health and physical health. Therefore, emotional intelligence in areas such as psychology, counseling, medical and psychiatric hardware of interest and research are discussed. The results of research in recent years have shown high correlation between emotional intelligence and readiness to suffer from various diseases. Stress, anxiety and depression, weaken immune system and stop causing vulnerability against all diseases, from common cold to cancer. When mind is overwhelmed with stress,

discomfort or anxiety, which makes message body to fight disease and reduce energy consumption. This makes it vulnerable against new disease seriously or more.

New medical researches show that apparent correlation between anxiety and variety of serious diseases like cancer, there. Emotional intelligence skills back to health as quickly impart. In addition, various studies and surveys have shown that between spirituality and life purpose, life satisfaction and health, Solidarity, there are people who have spiritual orientation, in face of injury, treatment, and better respond to better cope with injury and illness (Paragament & Mahoney, 2002).

Also, another factor that predicted record would be good for mental health is spiritual intelligence unlike spiritual intelligence and emotional intelligence that computers that possess top can be seen in some mammals, particularly humans. Spiritual intelligence is new dimension of human intelligence and of all those things that we believe in and we believe in them. Serious questions about where we come from, where to go and what is purpose of life is manifestation of spiritual intelligence (Moalemi, Raghibi & Salari, 2009).

Considering that development and maintain health of community will provide knowledge, it would be healthy for society that is able to science and technology for welfare and health of population to be served and mental health is actually community of healthy people, especially people who are more educated, have more impact on cultural and psychological dynamics and challenges of society. The aim of present study was to examine relationship between spiritual intelligence and emotional intelligence with mental health of students.

Method

This research survey is based on Causal Comparison

The population

The population was all students of Islamic Azad University of Zanjan who were enrolled in 2011-2012 at university. Of these, 300 were university students from different schools were selected by random cluster sampling

Measures

- General Health Questionnaire (28_GHQ)

This test has 28 items in this questionnaire will be given to two groups of phenomena: a) inability of people to enjoy healthy, productive action, b) new phenomena of with disabilities. This questionnaire has four subscales: (Physical symptoms, symptoms of anxiety and insomnia, social dysfunction, symptoms of depression). This scale has been run on normal group consisted of 80 subjects were randomly assigned in 2013 in Mashhad and Tehran. And Cronach's alpha was calculated at $p=0.05$ was significant and reliability of Mental Health questionnaire %0.91.

-Emotional Intelligence Inventory (EQ-I)

The questionnaire contains 90 questions that have five dimensions (interpersonal skills, dealing with pressure, adaptability and job creation) and fifteen sub-scales. Test's answers are on 5 Likert scale (strongly agree, agree, somewhat disagree and completely disagree), test measures include: Emotional self-Awareness(ES), Assertiveness (AS), Self Regard (SR), Self- actualization(SA), Independence(In), Empathy(EM), Social – Responsibility(RE), Reality Testing (RT), Flexibility (FL), Problem solving (PS), Stress Tolerance(ST), Impulse Control(IC), Optimism(OP), Happiness(HA). Alpha level for all tests was 0.93 of amount (Samouei et al, 2005).

-Spiritual Intelligence Scale (ISIS)

Spiritual Intelligence Scale was developed in 2007 by Amraam and drier. To make first questionnaire-based studies, Walsh

(1999) Characteristics of spiritual religions like Buddhism, Christianity, Islam, Judaism, and Taoism recognized and defined. Definitions of characteristics for development of spiritual people Amraam and drier 71 interviews with people from all religions (in Buddhism, Christianity, Islam, Hinduism, Judaism, Taoism and yoga) at least four interviews were conducted for each religion. The main characteristics of 22 studies were identified in all religions as spiritual property cases in which questionnaires were 22 properties in seven categories, including:

1-Consciousness (awareness, combine) 2-good (beauty, gratitude, pleasure), 3-inner direction (vision and intellect, independence), 4-the concept (the target service), 5-Existence and character (visualization, insights), 6-truth and honesty (admission, thoughtful, optimistic, peaceful, self-acceptance), 7-integrity and wholeness (holiness and purity dependence of sacred, higher self, training and practice, refused). The questionnaire in Iran is translated and validated by Husseini (2011). The survey questionnaire was administered to a group of 280 people. Validity of this study was determined 0.96 by Cranach's alpha coefficients.

For statistical analysis of data simultaneous multiple regression analysis method (MANOVA) was used.

Results

Table1. Regression model, analysis of variance, multiple correlation coefficients and coefficients of determination dimensions of emotional intelligence and spiritual intelligence to predict general health

Model	Sum of Square	df	mean of square	F	Sig.	Multiple correlation coefficients (R)	The coefficient of determination (R2)	Estimation of error
1	29751.25	19	1565.81	15.007	0.000	0.71	0.51	10.21

In general, results in Table 1 indicate that significant according to F, multiple correlation coefficients is significant and shows

the relationship between emotional intelligence and 4 after 15 strong spiritual intelligence is general health. Moreover, significant F-statistic in this model indicates that model predictions of general health by dimensions of emotional intelligence and spiritual intelligence, good model fit to the data in that field.

Also, results (coefficient of determination) indicates that total, with 4 of 15 dimensions of emotional intelligence, spiritual intelligence is able to explain more than 51 percent of students is change in public health. Overall, these results show that with dimensions of emotional intelligence, spiritual intelligence to predict aspects of general health into regression equation to be only determining factor of %8 is added to equation, indicating partial overlap of emotional intelligence and spiritual intelligence.

Also, Table 2 shows regression coefficients, standardized regression coefficients and significance of the coefficients show predicted 15 after 4 emotional intelligence and spiritual intelligence.

Table 2 Regression coefficients of emotional intelligence and spiritual intelligence with general health

Variable	Regression coefficient (B)	standard error	Coefficient Effect (β)	t	Significance level
Constant	21.503	10.954		1.963	0.051
Problem Solving	0.222	0.239	0.042	0.0755	0.451
Happiness	1.537	0.239	0.407	6.242	0.000
Independence	0.105	0.281	0.025	0.373	0.709
Stress Tolerance	0.025	2.251	0.152	0.320	0.720
Self-actualization	0.647	0.337	0.165	1.921	0.056
Emotional consciousness	0.108	0.167	0.034	0.648	0.517
Realism	0.519	0.302	0.098	1.718	0.087
Interpersonal	0.716	0.212	0.180	3.374	0.001
Optimism	0.267	0.217	0.072	1.231	0.219
Self-esteem	0.602	0.287	0.138	2.09	0.037
Impulse Control	0.645	0.192	0.184	3.367	0.001
Flexibility	0.702	0.298	0.144	2.353	0.019
Social Responsibility	-0.381	0.265	-0.081	-1.437	0.152

Empathy	0.136	0.245	0.029	0.554	0.580
Self-Presentation	-0.001	0.266	0.000	-0.005	0.996
Existential Thought	0.790	0.134	0.391	5.894	0.000
Production of personal meaning	0.397	0.163	0.168	-2.441	0.015
Transcendental Consciousness	-0.059	0.176	-0.024	-0.336	0.737
States of consciousness	-0.047	0.130	-0.025	0.365	0.715

Significant t-statistics in Table 2 indicate emotional and spiritual simultaneously entered into equation were removed after 15 EI, 6 Next happiness, stress tolerance, interpersonal relationships, self-esteem, flexibility, impulse control and 4 dimensions of spiritual intelligence, thought and produced two significant effects in explaining general health has personal meaning.

Moreover standardized regression coefficient or multiplier effect (beta coefficient) also shows that among predictor variables, happiness (dimensions of emotional intelligence) and thought (of spiritual intelligence) than other predictors' students have greater impact in explaining changes in public health. Finally, sign of the coefficients show that all dimensions of emotional intelligence and spiritual impact positively on general health of students are explained.

Discussion and Conclusions

Overall, these results indicate that dimensions of emotional intelligence, spiritual intelligence, as well as aspects of general health into regression equation to predict. Only 8 percent of coefficient of determination is added to equation, which represents relative overlap of emotional intelligence and spiritual intelligence.

The 15 dimensions of emotional intelligence, 6 Next happiness, stress tolerance, interpersonal relationships, self-

esteem, flexibility, impulse control, and four dimensions of spiritual intelligence, two significant influences in explaining thought and personal meaning of public health are students.

Mc Hawk believes spiritual intelligence than secular education and realistic knowledge, intuition, insight and wisdom are more closely related. Nonspecific nature and its holistic perception and use of symbolism expand and deepen it. This practice helps to enrich and improve relationships. In addition, move towards greater self-actualization and spiritual growth, spiritual intelligence is related to need to control and bound rituals and customs. It seems that people who are integrating spiritual intelligence may have different lifestyles (Nasel, 2004).

Overall, findings are consistent with past research showing that aspects of students' spiritual intelligence, awareness of others' feelings and emotional intelligence plays role. Therefore, results could be conceded that if man works and secular axis placing his reliance on God and His commandments, to communicate with others and help others in any event, can be seen as pious man, it was God-fearing and God-fearing. In fact, this type of action, satisfaction of God and His creation, thus reinforcing obedience of God's spiritual intelligence, improved social behavior, respect for feelings and rights of others or in other words, to improve and enhance emotional intelligence.

Finally, it is suggested that research on different samples with different levels of education should be implemented.

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