

Examine the Role of Spiritual Intelligence on Optimism and Psychological Well-Being of Teachers in City Taibad of Iran

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ABSTRACT

The present study aims to investigate the role of spiritual intelligence on optimism and psychological well-being of teachers. The research design was correlative descriptive and included all the teachers in city Taibad, and 310 of them were selected by multistage random sampling. For data collection the questionnaire spiritual intelligence of Abdollah Zadeh et al. in 2008, Shearer and Carver's direct - orientation test of life in 1985 and Psychological well-being scale of Ryff in 1989 were used. Data analysis using Pearson correlation and regression analysis showed there was a significant relationship between the spiritual intelligence and its components and optimism and psychological well-being at level ($P < 0.01$). Based on these results, providing support factors to enhance the spiritual intelligence can leads to optimism and psychological well-being.

KEYWORDS: Spiritual Intelligence, Optimism And Psychological Well-Being.

1. INTRODUCTION

The importance of spirituality and spiritual development of man, in the last few decades, has increasingly attracted psychologists and mental health professionals' attentions. Advancement of Science of psychology on the one hand and the dynamic and complex nature of modern society on the other hand, has led to the spiritual needs of human stand against desires and material needs and become more important. So that The World Health Organization in definition of the dimensions of human existence points out the physical, psychological, social and spiritual dimensions, and raises the fourth dimension, namely the spiritual dimension in the development and perfection of human. Despite the scientists' growing emphasis on the spiritual dimension of human growth still is not provided a single definition that encompasses the entirety of spirituality [1].

Vaughan [2] has defined spirituality as a human constant effort to answer the whys of life. Spirituality is an inner need of human that some experts say it is the highest levels containing of growth in the areas of cognitive, moral, emotional, interpersonal [3] and the person's continuous trying to answer the whys life [4]. Spirituality, meaning of life, or "a method for being" and experiencing that is created with an awareness of an immaterial dimension and the spiritual values determines it [5] and it is a high sense that increases the human's enthusiasm and the tendency to justice and equity and creates cohesion and conformity with itself and the universe [6].

Psychologists to explain the ability of people, reason and also excitement and emotion use the terms such as IQ, and Emotional Intelligence and besides these concepts, terms Spiritual Intelligence (SQ) in recent years has attracted the attention of psychologists. Zohar and Marshall [7], in his book of spiritual intelligence, have bring it as the basic intelligence. Gain and Purohit [8] believe that spiritual intelligence is the experienced ability that allow individuals to achieve greater knowledge and understanding and provide background to achieve perfection and progress in life. Emmons [9], considers spirituality from the angle of intelligence and suggests that spiritual intelligence is a framework for identifying and organizing the needed skills and abilities, in a way that using spirituality the adaptability of individual is increased. Amram [10] believes that spiritual intelligence is the ability to use and develop the resources, values and spiritual qualities, such that can to promote daily functioning and well-being (physical and psychological). Because individuals pass the events relied on his faith easier, less subject to stress and therefore the individual expectations of the future are more hopeful and optimistic. Various study have shown the role of spirituality in different aspects of mental health such as optimism and psychological well-being and have made clear the importance of religion and spirituality as a source for coping with tensive events of life [11].

Optimism or positive thinking is considered as one of the main subclasses of positive psychology approach such positive characteristics of man which over the past decade has allocated a special position in the

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field of psychology of development, psychology of the family and mental health [12]. According to Peterson [13], optimism or positive thinking refers to the orientation in which usually the positive consequences are waited and the consequences are considered as a constant, generally and internal factors, in other words, optimism or positive thinking is a tendency to adopt the most hopeful view, and points an emotional and cognitive pre-prepared about that the good things are more important than the bad ones, and it requires that a person how to assess and predict the consequences of living [14].

Other items that are in the area of positive psychology and shows a positive relationship with spirituality, is psychological well-being. In the last two decades, psychological research in literature has been studied widely and its range studies are extended from the individual life scope to the social interactions [15]. In order to define the conceptual structures, Goldsmith et al. [16] say well-being refers to a sense of health which included awareness of the integrity of all aspects of the person. Psychological well-being includes the cognitive values of individuals from their life and people will have value their conditions differently [17].

Mental well-being is a psychological component of life quality which have been defined in the area of mental functions and emotional behavior and mental health aspects as individuals' understanding of their own life [18]. Some scholars describe psychological well-being as a cognitive process that life satisfaction is a key indicator of it. Some of others in describing psychological well-being insist the role of the intellectual processes, such as purpose in life that lead to optimal performance [19]. Some others pointed out personal and social processes such as meaningful relationships with others [18], so it seems psychological well-being can be conceptualize according to the emotional, physical, cognitive, spiritual, personal and social processes.

Given the importance of optimism and psychological well-being and performance of teachers as the education of the next generation, investigating new ways for the promotion of positive mental health of them has an important status and the benefits. On this basis, is an inner spiritual needs of the man, and some experts believe that it is the highest level containing of cognitive- moral growing grounds and continuous trying of the man to give meaning to life and respond to the whys of life. Islam places great emphasis on spiritual growth and insights arising from spiritual, and given that spiritual intelligence is one of the new structures proposed in the psychology, as the foundation for person beliefs can play a fundamental role in a variety of fields especially optimism and psychological well-being [20].

The conducted researches has also demonstrated that spiritual intelligence is associated with successful performance category [21], and mental health [22], and on the other hand the intellectual structures such as dependence on God [23] religion, spirituality and peak experiences [24], the adaptation based on finding meaning [25], and spiritual well-being [26] are positively associated with psychological well-being [27].

Therefore, spiritual intelligence as the underlying beliefs of the individual could play a substantial role in various fields; particularly the promotion and provision of mental health that optimism and psychological well-being are its symptoms. Therefore, attention to spiritual intelligence and explaining it can assist teachers to understand the value and meaning of life, solving problems related to the self, others and the world, a sense of security and satisfaction with living.

The findings of this study in addition to clear the role of spiritual intelligence on optimism and psychological well-being, can provide valuable learning, training and practical strategies to teachers, administrators and experts of training issues. Thus, given the above, doing research in order to achieve spiritual intelligence and optimism and psychological well-being is necessary, because its results in terms of the planning, rehabilitation and promotion of mental health is considerable. So according to the above, the aim of present study was to investigate the role of spiritual intelligence on optimism and psychological well-being of teachers.

2. MATERIALS AND METHODS

Methods of this study are descriptive correlation. The study population consisted of all teachers of Taibad city in the 2013- 2014 school year, according to statistics collected by the Department of Education of Taibad city they were 1595 people, among them, 837 teachers were employed in elementary schools, 373 people in primary schools and 385 persons in secondary schools.

For sampling, multi-stage random sampling method was used. Thus, in cooperation with the authorities a list of all school teachers were prepared separately, then based on the ratio of the total population of teachers and in consideration of gender and based on Morgan table, 310 sample were selected, so that 165 people were in the primary school, 71 people in the first grade of high school and 74 people in the secondary grade of high school. Then, meetings were arranged with selected individuals and necessary and important points on how to work and to complete the questionnaire was delivered to them and the questionnaire were given to them to complete.

Spiritual Intelligence questionnaire:

The questionnaire was standardized in 2008 by Abdollah Zadeh in collaboration with Kashmiri and Arab Ameri. Firstly, 30 words elementary questionnaire were developed by the creators of the test, after a final review 29 words were set [28]. Each question in the questionnaire has 5 options assigns a score 1 to choose completely disagree, score 2 for disagree, score 3 for somewhat, score 4 for agree and score five for completely agree and the score range of score is 29 to 145 [28].

Table 1. Interpretation of scores of boys and girls separately

Girls		Boys	
Very high	127 to high	Very high	135 to high
high	129 to 136	high	124 to 134
Average	111 to 128	Average	106 to 123
low	94 to 110	low	86 to 105
Very low	93 to low	Very low	85 low

In rotation to the Varimax for reducing the variables, 2 main factors were obtained so that the first factor was named with 12 questions "understanding and communicating with the source of the universe" and the second factor with 17 words "spiritual life or relying on the inner core". The first factor 1,4,5,7,8,9,11,15,16,24, 27 and 29 and the second factor included phrases: 2,3,6,10,12,13,14,17,18,19, 20,21,22,23,25, 26 and 28.

Psychometric characteristics:

The reliability of the test in the preliminary phase was equal to 0.87by Alpha. In the analysis of question by loop method phrases12 was removed and 29 phrases was remained. In the final step the questionnaire was administered to 280 subjects, the reliability of this phase was 0.89.

This test in the years 2010 and 2011 also accomplished on the 490 students of University of Payam Noor Behshahr and the obtained Cronbach's alpha was0.88. The correlation between the first factor of the questionnaire and 83 phrases comprehensive spiritual intelligence questionnaire of Amram [10] was obtained 0.76 at level 0.01. The correlation between the second factor of the questionnaire and 83 phrases comprehensive spiritual intelligence questionnaire of Amram [10] was obtained 0.71 at level 0.01. This shows the convergent validity of the questionnaire. The above results (convergent validity) were achieved of implementing the two questionnaires on 200 residents of Bandar Gazand 190 students of Behshahr Payame Noor University. To evaluate validity in addition to and face content validity of the questions with supervision of the experts (Colleagues) was approved. Factor analysis also was used and the correlation of all the questions above was 3.0 [28].

Life Orientation Revised Test (LoT-R)

Life-orientation test was designed by Shearer and Carver [29] and was revised by Bridges et al. [30]. Revised test for life-orientation is a ten-point self-report test that measures general expectations about the positive aspects of life in front of the aspects of life. Respondents are asked to rate their agreement for each item on a 5-point Likert scale that has a range from zero (completely disagree) to 4 (strongly agree). Shearer and Carver reported a favorably validity (by convergent and discriminant method) and reliability (Cronbach's Alpha 0.78) for the scale. For determining the convergence validity of the test in Iran, Lot-R test correlation with five factors of Beck Hopelessness Scale was used. Association significant of the first factor with the fourth and fifth factors and Beck hopelessness scale total score and the optimistic-pessimism scale reflects a reliability validity of the questionnaire. In the research of MousaviNasab et al. [31] retest reliability of the questionnaire on 27 high school students was with an interval of 10 days and validity 0.70 [31].

Psychological Welfare scale

In this study, to evaluate the students' psychological well-being, the 84-item version psychological scales of Ryff [19] have been used. In the scales the response to each matter is determined on a 6 degree range (from strongly disagree to strongly agree). Each scale consists of 14 questions, and dimensions of psychological well-being of Ryff [19] include self- acceptance assesses environmental mastery, positive relations with others, purpose in life, personal growth and independence. Ryff [19] in order to standardize measures of psychological well-being conducted the test on a sample of 321 people. He has report consistency coefficient of subscales of the questionnaire as follows: autonomy 0.76, environmental mastery 0.90, personal growth 0.87, positive relationships with others0.91, purpose in life 0.90, and self- acceptance 0.93. The retest reliability of subscales in a sample of 117 people and within 6 weeks is 0.81 to 0.85. In another study, the internal consistency coefficient of subscales of autonomy 0.78, environmental mastery 0.77, personal growth 0.74, positive relationships with others 0.83, purpose in life 0.76 and self- acceptance 0.79have been reported. Retest reliability of the subscales in an 8-week interval between 0.74and0.84 have been reported [32]. Bayani et al. [32] performed it on a sample of 145 students at the Islamic Azad University of Azadshahr branch in order to standardize scales of psychological well-being. The retest method reliability coefficient of psychological well-being scale of Ryff [19] was 0.82and subscales self-acceptance, positive relations with others, autonomy, environmental mastery, purpose in life and personal growth, were obtained 0.71, 0.77, 0.78, 0.70, 0.77and 0.78, respectively, which was statistically significant.

In the study of Skokri et al. [33], Cronbach alpha coefficients for each of the scales of psychological well- being self- acceptance, environmental mastery, positive relations with others, purpose in life, personal and independence growth were obtained 0.77, 0.77, 0.74, 0.75, 0.72 and 0.60, respectively. A significant correlation between the scales of Psychological well-being of Ryff [19] and questionnaires life satisfaction, happiness and self-esteem implies the validity of the tests [33].

3. RESULTS

In this study, descriptive and inferential statistics methods were used. Descriptive statistics are known to those statistical methods that help researchers to classify, summarize and interpret and communicate through the gathered information. In descriptive statistics, mean, standard error of the mean and standard deviation scores of the subjects have been specified and in the inferential statistic, relationship between the variables was calculated according to the scores through Pearson correlation, analysis of regression and multivariate analysis of variance. Description of the subjects scores are given in Table 3.

Table 3. Statistical indicators of spiritual intelligence, quality of life and psychological well-being

Variable		Average	Standard error	Standard deviation
Spiritual Intelligence	Understand and communicate with the source being	46.016	0.695	12.249
	spiritual life by relying on the inner core	73.187	0.544	9.592
	Total	119.322	1.133	19.948
Optimism		26.064	0.291	5.125
Psychological well-being		306.158	2.950	51.952

Table 3 shows the mean scores of subjects of variable spiritual intelligence (119.322) was in moderate level, variable optimism in the range (26.064) above moderate and in the psychological well-being variable (306.158) above moderate.

To investigate the first hypothesis, “there is a significant correlation between spiritual intelligence and its components and optimism of teachers, “first, correlation amount between the variables was calculated and the results of multivariable regression analysis have been expressed.

Table 4. Correlation coefficient between the spiritual intelligence and optimism

Variables	Optimism			
	The correlation coefficient	The coefficient of determination	The standard error of prediction	Significance level
Spiritual Intelligence	0.197	0.039	5.033	0.000

The results of the Pearson correlation between spiritual intelligence and optimism showed a significant positive relationship, in this regard correlation coefficient is equal to (0.197) and its significance level (0.001) is desired, it can be concluded whatever spiritual intelligence is higher, subjects optimism will also increase, that is, these are positively correlated with each other. Moreover, the coefficient of optimism determination based on spiritual intelligence is 0.039.

Table 5. Correlation coefficients between spiritual intelligence components and optimism

Components	Optimism		
	The correlation coefficient	The coefficient of determination	Significant level.
understanding and communication with the source of life	0.192	0.037	0.001 **
the spiritual life by relying on the inner core	0.181	0.033	0.001 **

** $P \leq 0.01$ and * $P \leq 0.05$

According to the table, there is a significant relationship between the components of spiritual intelligence (understanding and communication with the source of life and spiritual life by relying on an inner core) and optimism at alpha level of 0.01.

Table 6. Results of regression analysis between spiritual intelligence components and optimism

Change source	Sum of squares	Degrees of freedom	Mean square	F	Significance level
Regression	340.645	2	170.323	6.723	0.001
The remaining	7778.064	307	25.336	-	-
Total	8118.710	309	-	-	-

The results of the regression analysis between the components of spiritual intelligence and optimism shows that the calculated F (6.723) is significant at level ($P \leq 0.01$), so the null hypothesis is rejected and hypothesis of the study is approved, so it can be said with 99% confidence there is a significant correlation between spiritual intelligence components and the optimism.

To investigate the second hypothesis," there is a significant correlation between spiritual intelligence and its components and physiology well- being of teachers" first, correlation amount between the variables was calculated and the results of multivariable regression analysis has been expressed.

Table 7. Correlation coefficient between spiritual intelligence and psychological well-being

Variables	Psychological well-being			
	The correlation coefficient	The coefficient of determination	The standard error of prediction	Significance level
Spiritual Intelligence	0.260	0.067	50.250	0.000

The results of the Pearson correlation between spiritual intelligence and Psychological well-being shows a significant positive relationship, in this regard, correlation coefficient is equal to (0.260) and its significance level (0.001) is desired, it can be concluded whatever spiritual intelligence is higher, subjects Psychological well-being will also increase, that is, these are positively correlated with each other. Moreover, the determination coefficient of Psychological well-being based on spiritual intelligence is 0.067.

According to the table, there is a significant relationship between the components of spiritual intelligence (understanding and communication with the source of life and spiritual life by relying on an inner core) and Psychological well-being at alpha level of 0.01.

Table 8. Correlation coefficients between the components of spiritual intelligence and psychological well-being

Components	Psychological well-being		
	The correlation coefficient	The coefficient of determination	Significant level.
understanding and communication with the source of life	0.181	0.033	0.001**
the spiritual life by relying on the inner core	0.294	0.087	0.000 **

(** Means $P \leq 0.01$) and (* Means $P \leq 0.05$)

Table 9. Results of regression analysis between the components of spiritual intelligence and psychological well-being

Change source	Sum of squares	Degrees of freedom	Mean square	F	Significance level
Regression	73525.847	2	3626.924	14.620	0.000
The remaining	761495.407	307	2480.441	-	-
Total	834021.255	309	-	-	-

The results of the regression analysis between the components of spiritual intelligence and psychological well-being shows that the calculated F (14.620) is significant at level ($P \leq 0.01$), so the null hypothesis is rejected and hypothesis of the study is approved, therefor it can be say with 99% confidence there is a significant correlation between spiritual intelligence components and the psychological well-being.

4. DISCUSSION AND CONCLUSION

According to the purpose of this study that is to investigate the relationship between spiritual intelligence and optimism and psychological well-being and with a background in research, research hypotheses were developed. In other words, the results of performing Pearson test and multivariable regression indicate there was a significant relationship between spiritual intelligence and its components and optimism and psychological well-being. In other word, the result says the hypothesis has been confirmed and there is a significant relationship among variables of the research.

Spiritual beliefs have a huge impact on physical health and mental disease. Taylor et al. [34], in this context implies that if the common perception of people be along with a positive sense of self and self-control and a positive view even false about future, help people not only a life tide administration but also coping with very stressful and threatening events of life.

According to research done also this point is emphasized that the spiritual intelligence significantly predict optimism and psychological well-being and since people with high spirituality show higher degrees of mental health, it can be concluded that the provision of supportive factors (such as religion and spirituality) can improve mental health and well-being.

The results of this study are consistent with previous research results, including: Yaghoubi [20] study showed there is a significant relationship between the spiritual intelligence and mental health of students. Raeisi et al. [35] showed there isa significant relationship between happiness and spiritual intelligence and academic achievement of students in Qom University of Medical Sciences. Yaghoubi [1] in a study entitled “determining the relationship between spiritual intelligence and happiness of students of Bu Ali Hamadan University showed that with increasing spiritual intelligence, happiness scores also increased.

ShehniYeylagh *et al.* [36] in their research try to examine the causal relationship between religious attitude, optimism, mental health and physical health of ShahidChamran University of Ahwaz. Based on the research findings, direct paths from the religious attitude to optimism, from optimism to mental health and from mental health to physical health were significant.

Asgari *et al.* [37] in a research showed there is a significant relationship between the faith, spiritual health and optimism. Bagheri *et al.* [38] showed there was a linear significant correlation relationship between the three variables spiritual intelligence and happiness namely transcendental consciousness, spiritual experiences and patience and also the total score of nurses' spiritual intelligence and happiness. Akbarizadeh *et al.* [39] in a research entitled the relationship between the spiritual intelligence, hardiness and public health among nurses showed there was a significant relationship between hardiness and spiritual intelligence, public health and hardiness. Marashi *et al.* [40] in a research entitled the impact of education of spiritual intelligence on physiology well-being, existence anxiety and spiritual intelligence of students indicated that spiritual intelligence training significantly affect all components of psychological well-being (self-acceptance, purpose and direction in life, personal growth, environmental mastery, independently and autonomy and positive relationships with others) and spiritual intelligence and existential anxiety. Hamid *et al.* [41] in a study entitled determining the relationship between mental health and spiritual intelligence and resiliency of students in Kermanshah University of Medical Sciences showed there was a significant positive correlation between mental health and resilience, and a significant positive correlation between spiritual intelligence and resilience. Naderi and RajaeiPoor [42] suggest that spirituality at work increase performance and management cause to the effectiveness of the organization.

Research results of Diener *et al.* [43] showed that people with spirituality enjoy higher levels of happiness and optimism. Dekman [44] pointed out a positive impact on mental health of spiritual intelligence. Pollner [45] found that the fixed social support, the feeling of closeness to God and a friendly impression of God are correlated with happiness and mental health.

Unterrainer *et al.* [46] in a research showed that different aspects of spirituality and religiosity are positively associated with various indicators of health or mental illness and personality.

Mays *et al.* [47] in a study tried to investigate the relationship between spirituality and religion and optimism, understanding health status and growth of HIV. The results showed that people, who had a higher spirituality, reported a better health than those who had less spirituality and were more optimistic. Setty and Sligman [48] examined the relationship between optimism and various religious beliefs. The results showed that there was a positive correlation between optimism and religious fundamentalism [49].

Elmer *et al.* [9] found that spirituality is along with less disease and longer life and people who have more spiritual orientation, when faced with an injury respond better to treatment and cope with injuries and defects better. Amram [21] in his study showed that the spiritual exercises increase knowledge and insight into multiple levels of consciousness (meditation) and have a positive impact on performance. Amram [10] in his study has shown that in the biological basis for the ability of empathy with others, there is an element of spiritual intelligence. Tse and Yip [50] in a research showed that there was a significant correlation between forgiveness and psychological well-being and interpersonal compatibility positive and cause to improve and increase these two variables in the people.

Other research [7] has shown that spiritual practices enhance individual features that are useful for the benefit of spiritual intelligence. These features include wisdom, integrity (completeness), compassionate, having a holistic view, open mind and flexibility. Research also indicates that there is a positive relationship between the spirit and purpose and satisfaction of life, health and well-being. The intellectual capabilities can brought the positive effects and products useful for individual, especially when the results are evaluated on the basis of social and cultural environment of the individual [20].

On this basis, the implementation of the intervention and educational workshops in relation to spiritual intelligence, optimism and psychological well-being as well as the context for understanding and applying spiritual intelligence in the home and school in order to promote mental health have been proposed. Also, the limitations of this study include the lack of local scientific resources in the field of spiritual intelligence and tendency to exaggerate and showing self as a good human by the subjects.

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