The Relationship between Spiritual Intelligence and Psychological Capital of Fathers with Happiness of High School Girls in Babol, Iran

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Abstract

The aim of this study was to investigate the relationship between spiritual intelligence and psychological capital of fathers with happiness of high school girls in Babol, Iran. The methods in this study were functional, descriptive and correlation type. The study population included all high school girls in Babol, Iran, to the number of 11565 people who have been in the academic years of 2015-2016, and in this study the sample consisted of 372 students of high school girls in Babol, Iran, who was selected through multi-stage cluster sampling. Data collection tools were Oxford Happiness Inventory, psychological capital questionnaire of Luthans, spiritual intelligence questionnaire of Abdullah Zadeh et al. Pearson correlation coefficient, and stepwise multiple regression analysis was used to analyze the data, and Kolmogorov-Smirnov test was used for data normality. The results showed that high school girls who have earned more points in happiness, spiritual intelligence and psychological capital scores of their fathers were higher.

Keywords: Spiritual Intelligence, Psychological Capital, Happiness.
1. Introduction

In recent decades, positive psychologists were interested in improving human potential, and they insist on the fact that human capabilities are not secondary, subsidiary, deceptive, aftermath, and rounder. Positive psychology as a new approach to psychology focuses on understanding and explaining happiness and sense of well-being and also to accurately predict the factors that affect those (Seligman & Rashid, 2006). In this regard, Seligman (2002) in his book "Authentic Happiness" classifies positive emotions into three categories of those which are related to past, present and future. Positive emotions related to the future are consisted of optimism, hope, trust, faith and belief. Gratification, satisfaction, pride and peace of mind are major positive emotions that are related to the past. In relation to positive emotions of present, there are two distinct classes: the instant pleasure and the stable satisfaction. The pleasures are both physical and higher pleasures. Physical pleasure derived from the senses, on the contrary, higher pleasure are obtained from more complex activities, and involves feelings such as happiness, delight, comfort, hope, joy and happiness.

Happiness is a human need and a necessity for life. The word happiness, consists of several mental concept like joy, satisfaction, pleasure and pleasant, but it doesn’t mean baseless sense of optimism and self-delusion, denial of reality and ignoring the problems of their own and others. So, a number of psychologists use the more general concept of "subjective well-being" which consists of evaluations such as life satisfaction, excitement, and positive mood and the absence of depression and anxiety (Diener et al., 2002). From the psychological perspective, there are two kinds of happiness, happiness through sensible conditions of living like marital, educational, employment and financial opportunities and prosperity is called objective happiness. Other kind which is influenced by internal feelings and perceptions of a person is referred to as mental happiness (Thelwell et al., 2010).

On the other hand, the family is the founder of the character, values and standards of individual's intellectual which plays an important role in determining the fate, life style and policy, and ethics, and mental health of a person largely depends on it (Ahadi and Mohseni, 2008). In this regard, it seems that the psychological status and the ability of parents have impacts on happiness of the children.

Psychological capital is an indicator of positive psychology which is with defined by the features such as a person's belief in his ability to achieve success, perseverance in the pursuit of goals, make positive attributions about themselves and endure the problems. Researchers considered four components for psychological capital, as hope, optimism, self-efficacy and resistance (Luthans et al., 2004). Having a psychological capital enable people to cope better and to be less stressed in addition to better fight against stressful situations, and to have high power against the problems, and to have a clear vision about their own, and be less affected by daily events. Therefore, such people have higher mental and physical health (Brandt et al., 2011).

On the other hand, a few years after the introduction of intellectual intelligence and emotional intelligence after that, in the late twentieth century, some evidence showed that another type of intelligence, which can give a complete picture of human intelligence which is called spiritual intelligence (Ardalan et al., 2014). Emonez (1999, quoted by Sohrabi & Naseri, 2012) introduces spiritual intelligence as a collection of abilities to take advantage of religious
and spiritual resources. In other words, people apply their spiritual intelligence when they want to use intellectual capacity and resources to make important decisions and ideas on matters of existence, or to solve their daily problems (Emonez 2003, quoted by Sohrabi & Naseri, 2012). Spiritual Intelligence contains a kind of compatibility in problem-solving behavior that includes the highest development in various fields such as ethical, cognitive and emotional, and it can help the person in order to harmonize with the surrounding phenomena and achieving integration within and outside. This intelligence makes a general overview about the life and work of human and enables them to re-frame their experience and to deepen their cognition and knowledge. Spiritual intelligence can affect physical and mental health of all people. It also helps individuals to have stable self-steam, and to reduce their concerns and anxieties, and to communicate more deeply with others (Raisi et al., 2013). Studies have also emphasized that the spiritual intelligence affects a wide range of emotions and psychological states (Lysne et al., 2011; Ardalan et al., 2014; Khodabakhshi et al., 2014, Raisi et al., 2013). Reviewing the research shows that the researchers have not consider the influence of psychological and spiritual intelligence of parents on happiness of their children, therefore, the present study is to answer the question of whether fathers' spiritual intelligence and psychological capital is associated with the happiness of girls?

2. Methodology

This study was conducted with the aim to investigate the relationship between spiritual intelligence and psychological capital of fathers with happiness of high school girls in Babol, Iran. The methods used in this study were functional, descriptive and correlation type. The study population included all high school girls in Babol, Iran, to the number of 11565 people. An inclusion criterion was the high school girls under the guardianship of their father. The sample size was determined by using Cochran formula. There were 41 girls' high schools in Babol, Iran, and by multi-stage cluster sampling 6 high schools were selected by draw. 62 students from each high school were selected in alphabetical order, as a total of 372 people. The data collection tools in this study were the following questionnaire.

The Oxford Happiness Inventory: This questionnaire was made by Argyle, Martin and crosland to measure happiness. The Oxford Happiness Inventory has 29 multiple-choice substances, which options are scored from zero to 3, and each sample score is placed between zero and 87. And in each question individuals judge about their feels of very happy to unhappy. Argyle et al. (1989) have reported the reliability of this questionnaire as 0.90 by Cronbach's alpha and its test-retest reliability as 0.78 in seven weeks. In Iran, this questionnaire was translated by Ali Pour & Noorbala (1999) and it was approved by eight experts. Validity and reliability of the questionnaire was administered to 110 undergraduate students of Allameh Tabatabai University and Tehran Shahed, Iran. Cronbach's alpha was 0.98 and split-half reliability was 0.92, as well as test-retest reliability which were 0.79 after 3 weeks.

Psychological capital questionnaire: The questionnaire contains 24 questions, which has 4 subscales of hope, resistance, optimism and self efficacy, and each subscale consisting of 6 items and subjects response to each item on a scale of Likert's 6 level (strongly disagree to strongly agree). Questions 1 to 6 was related to subscales of self efficacy, questions 7 to 12 on the subscales of hopes, questions 13 to 18 on the subscales of resistance, and Questions 19 to 24 were about the subscales of optimism. To obtain a Psychological Capital score, the score of each
subscales are separately obtained, and then their total will be psychological capital. In a study, the chi-square ratio of this test were 24.6, and CFI and RMSEA statistics in this model were obtained equal to 0.97 and 0.80, respectively (Yusuf & Luthans, 2007). Also, in the research of Bahadori et al. (2012), the reliability of this questionnaire obtained by Cronbach's alpha was 0.85.

Spiritual Intelligence Questionnaire (Abdullah Zadeh et al., 2009): Spiritual Intelligence Questionnaire has been valued on students, by Abdullah Zadeh with the cooperation of Fatima Arab Ameri & Mahdieh Keshmiri, in 2008. The reliability of this test in preliminary phase was 0.87 by using alpha. In analyzing the questions by loop method, Question 12 was removed. The final questionnaire was set with 29 questions. In the final stage, the reliability of this phase was obtained as 0.89. To search for content validity, factor analysis was used, and correlation of all questions was above 0.3. In Varimax rotation method, two main factors were obtained to reduce variables that the first factor with 12 questions was named as "Understanding and communicating with the fountainhead of existence", and the third factor with 17 questions was named as "spiritual life or reliance on inner core". Scoring on this test is that for this test, one score is given to the option strongly disagree, and two scores to disagree, three scores to neither agree nor disagree, and four scores to I agree, and five scores to strongly agree, and the range of scores are 29 to 145 (Abdullah Zadeh, 2009).

3. Results
The obtained data were analyzed and the results are presented in the following tables:

<table>
<thead>
<tr>
<th>Variables</th>
<th>Mean</th>
<th>Standard deviation</th>
<th>Variance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Happiness of Girls</td>
<td>84.46</td>
<td>15.61</td>
<td>243.88</td>
</tr>
<tr>
<td>Psychological Capital</td>
<td>45.85</td>
<td>14.14</td>
<td>200.22</td>
</tr>
<tr>
<td>Spiritual Intelligence of Fathers</td>
<td>81.68</td>
<td>16.70</td>
<td>279.11</td>
</tr>
</tbody>
</table>

As you can see, the average happiness of Girls is 84.46, the psychological capital is 45.85, and the spiritual intelligence of fathers is 81.68.

<table>
<thead>
<tr>
<th>Predictor Variables</th>
<th>Criterion Variable</th>
<th>Correlation Coefficient</th>
<th>Significance Level</th>
<th>Type of Test</th>
</tr>
</thead>
<tbody>
<tr>
<td>Psychological Capital of Fathers</td>
<td>Happiness of Girls</td>
<td>0.319</td>
<td>0.001</td>
<td>Pearson</td>
</tr>
<tr>
<td>Spiritual Intelligence of Fathers</td>
<td>Happiness of Girls</td>
<td>0.344</td>
<td>0.022</td>
<td>Pearson</td>
</tr>
</tbody>
</table>

According to 95% confidence level and a significance level of Pearson correlation coefficient, psychological capital of fathers with happiness of Girls (0.001) which is lower than the default value (0.50), it can be concluded that there is a significant positive relationship...
between psychological capital of fathers and happiness of Girls. Also, according to 95% confidence level and a significance level of Pearson correlation coefficient, spiritual intelligence of fathers with happiness of Girls (p= 0.022) which is lower than the default value (0.50), it can be concluded that there is a significant positive relationship between spiritual intelligence of fathers and happiness of Girls.

Stepwise multivariate regression test was used for determining multiple correlation of spiritual intelligence and psychological capital of fathers with happiness of girls, and predicting the happiness of girls based on the psychological capital and spiritual intelligence of fathers.

Table 3 Analysis of the Variance of Spiritual Intelligence and Psychological Capital of Fathers in Anticipating Happiness of Girls

<table>
<thead>
<tr>
<th>Indicators Variables</th>
<th>Sum of Squares</th>
<th>df</th>
<th>Mean Square</th>
<th>F</th>
<th>R</th>
<th>R2</th>
<th>sig</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spiritual Intelligence of Fathers</td>
<td>Regression</td>
<td>7528.86</td>
<td>1</td>
<td>7528.8</td>
<td>6</td>
<td>37.97</td>
<td>0.363</td>
</tr>
<tr>
<td></td>
<td>Remaining Total</td>
<td>47999.31</td>
<td>223</td>
<td>215.24</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Psychological Capital of Fathers</td>
<td>Regression</td>
<td>11468.82</td>
<td>2</td>
<td>5734.4</td>
<td>1</td>
<td>28.89</td>
<td>0.454</td>
</tr>
<tr>
<td></td>
<td>Remaining Total</td>
<td>44058.36</td>
<td>222</td>
<td>198.46</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

As it can be seen in Table 3, in the first model that the variable of spiritual intelligence of fathers has entered into the equation, the correlation coefficient (R) is equal to 0.368. This means that spiritual intelligence of fathers explained 13.6 percent of the variance of happiness of girls. In the second model, by adding variable of fathers’ psychological capital, the amount of R has increased to 0.454. It means that 20.7 percent of the variance of happiness of girls is determined by both psychological capital and spiritual intelligence of fathers.

Table 4. The Coefficients of the Independent Variables in Predicting Happiness of Girls

<table>
<thead>
<tr>
<th>Indicators Variables</th>
<th>Unmeasured B Coefficient</th>
<th>The Standard Error</th>
<th>β Coefficients</th>
<th>T</th>
<th>Significance Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Constant</td>
<td>68.56</td>
<td>5.45</td>
<td>12.57</td>
<td>0.000</td>
<td></td>
</tr>
<tr>
<td>Spiritual Intelligence of Fathers</td>
<td>0.306</td>
<td>0.05</td>
<td>0.324</td>
<td>5.35</td>
<td>0.000</td>
</tr>
<tr>
<td>Psychological Capital of Fathers</td>
<td>1.31</td>
<td>0.29</td>
<td>0.270</td>
<td>4.45</td>
<td>0.000</td>
</tr>
</tbody>
</table>

To test the significance of regression coefficients, F test was used, which is done based on the ratio between the mean square of remaining regression. As the F tests shows in both
regression analysis, the effects of spiritual intelligence and psychological capital of fathers are at significant level of $P < 0.001$.

Also, $\beta$ coefficients indicate that fathers' spiritual intelligence ($\beta = 0.324$) and psychological capital of fathers ($\beta = 0.270$) respectively have the most ability to predict the happiness of girls. According to non-standardized coefficients, the following regression equation can be set for predicting the happiness levels of girls, based on variables in the model:

$$\text{Happiness of Girls} = 68.56 + 0.306 \times \text{spiritual intelligence of fathers} + 1.314 \times \text{psychological capital of Fathers}$$

### 4. Conclusion

Based on the results of the study, it was indicated that there is a positive and significant relationship between the psychological capital of fathers and happiness of high school girls in Babol, Iran. Therefore, it can be said that there is a positive and significant relationship between the psychological capital of fathers and happiness of high school girls in Babol, Iran, that by increasing the amount of fathers' psychological capital, the happiness of girls will also increase. This finding is in line with the results of previous researches, as Imani & Mohajeran (2015), in a study by the title of the relationship of Psychological capital and spiritual intelligence with the vitality of students of Urmia University, concluded that there is a positive and significant relationship between the psychological capital and the vitality of students of Urmia University. So, the findings of this study are consistent with the conclusion.

Based on the results of the study, it was indicated that there is a positive and significant relationship between the Spiritual intelligence of fathers and happiness of high school girls in Babol, Iran. Therefore, it can be said that there is a positive and significant relationship between the Spiritual intelligence of fathers and happiness of high school girls in Babol, Iran, that by increasing the amount of fathers' Spiritual intelligence, the happiness of girls will also increase. This finding is in line with the results of previous researches, including, karimzadeh et al. (2014), as their research was about the relationship between spiritual intelligence and its components with the happiness of employed and non-employed unmarried girls, in Sari, Iran, they have concluded that the component of spiritual experiences have the greatest impact on happiness. So, the findings of this study are consistent with the conclusion.

Also, based on the results of the study, it was indicated that there is a little positive relationship between the psychological capital of fathers and their Spiritual intelligence. Therefore, it can be said that there is a little positive relationship between the psychological capital of fathers and their Spiritual intelligence. This finding is in line with the results of previous researches; including Golparvar et al. (2013) have concluded in their research as predicting psychological capital through the role of spirituality in nurses, that the role of spirituality has been a reinforcing factor for psychological capital.

And generally, based on the results of the study, it was indicated that there is a positive and significant relationship between the psychological capital and Spiritual intelligence of fathers with happiness of high school girls in Babol, Iran, that by increasing the amount psychological capital and Spiritual intelligence of fathers, the happiness of girls will also increase. This finding is in line with the results of previous researches, as Imani and Mina, Mohajeran (2015), in their study by the title of the relationship of Psychological capital and spiritual intelligence, found out that there is a positive and significant relationship between the psychological capital and the
vitality of students of Urmia University. Mahmoudi (2013) suggests in a study that critical thinking, personal meaning making, transcendental consciousness, consciousness spreading and psychological capital have a positive and significant relationship with happiness of primary teachers, and the results of this study are in line and consistent with these findings.
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