Investigating the Relationship between Spiritual Intelligence and Happiness and Quality of Life for Girl Students

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Abstract

This research was performed to investigate the relationship between spiritual intelligence and happiness and quality of life for girl students of Tonekabon Azad University. The research method for this study is correlational. The population includes all students of Azad University Tonekabon in the academic year of 2012-2013 at this university which they are studying and the number of these students is 4301. Since the society is composed of different subgroups, stratified random sampling method is used and a sample of 358 individuals is selected. The instrument used in this study includes: King Spiritual Intelligence Questionnaire (2008), The World Health Organization Quality of Life Questionnaire of Short Form (1989) and Oxford Happiness Questionnaire (1989). In analyzing the data, simple correlation analysis and advanced statistical analysis canonical correlation are used. The findings showed that spiritual intelligence components, producing personal meaning with \((B = 0.25, t = 2.46, p<0.01)\), existential thinking with \((B = 0.22, t = 5.79, p<0.001)\), expanding state of consciousness with \((B = 0.38, t = 3.74, p<0.001)\) and transcendental consciousness with \((B = 0.10, t = 2.02, p = 0.04)\) had a significant role in predicting the quality of life. Among these variables, expanding state of consciousness with \((B = 0.38)\) has the highest share. Further result of this study showed that all components of spiritual intelligence and happiness were associated and this correlation in the component of personal meaning had the highest rate. In other words, it can be said that the quality of life and happiness are increased through spiritual intelligence.

Keywords: Spiritual intelligence, Happiness, Quality of life.
1. Introduction

Spiritual intelligence is one of the concepts that was discussed and developed in high interest in global psychologists of religion and spirituality (Wolman, 2001). Spiritual intelligence combines spirituality and intelligence structures in a new structure and this is defined as human capacity to ask questions about the ultimate meaning of life and simultaneous experiences and integrated relation between us and the world in which we are living (Baqueri et al., 2011). Zohar and Marshall (2000) believe that spiritual intelligence makes the individual find a deep insight against events and the difficulties of life and he does not fear the difficulties of life and deals with patience and thinking with them and find reasonable and humane solutions for them. In fact, spiritual intelligence is a set of activities that in addition to softness and flexibility in behavior results in the individual's self-awareness and a deep insight into the life and its purpose and this leads to the individual's adaptation to the environment that this adjustment, in turn, enhances and promotes mental health (Farahbakhsh et al., 2005).

One of the health variables is the quality of life which high levels in life provide peace and happiness of people. The World Health Organization has considered the quality of life as an expression of the imaginations of people from their position with respect to cultural and value conditions in which they live and whatever these assumptions are better and more positive, the person enjoys a higher quality of life and vice versa (Tarkhan, 2011).

According to Snyder and Lopez (2003), happiness is one of variables affecting human life and is considered the most important component in the quality of life and as far as it can be claimed that all human efforts to achieve happiness. Zeinali and Setoudeh NAVROUDI (2012) also in a research showed that happiness could predict the quality of life and it was one the factors affecting in improving the quality of life. On the other hand, this is one of the variables predictors of happiness of spirituality (Diener et al., 2011).

Lelkes (2006) showed in his research that religion and happiness enjoyed a positive relationship. Happiness is related to the evaluation of people from life (Lelkes, 2006). When a person has high psychological well-being, he experiences life satisfaction in abundance and rarely experiences negative emotions such as anger and anxiety (Diener, 2000). According to studies, the importance of religion and its role in people's lives have been clearly demonstrated; also, the joy and happiness in the quality of life and public health have always been of interest to researchers. Given that spiritual intelligence and spiritual intelligence structures have been combined in one structure, while spirituality of searching for finding is sacred elements, meaning, high consciousness, transcendence, spiritual intelligence includes the ability to use such subjects that can predict individual performance and compatibility and this can result in productions and valuable results. If the ability to take advantage of spiritual resources is considered intelligence, so it should be able to solve problems and achieve life goals and help lead to better adaptation.

However, in this paper, we attempted to study this structure in students. Since the student class plays an important role in making every country; however, this more should be considered and examined and areas of improving the quality of life and their health are developed subsequently. In order to achieve these goals, the present study seeks to answer the question that is there any relationship between spiritual intelligence and happiness and the quality of life for girl students of Azad University?
2. Method

The research method for this study is correlational. The population includes all students of Azad University Tonekabon in the academic year of 2012-2013 at this university which they are studying and the number of these students is 4301. Of these, stratified random sampling method is used and a sample of 358 individuals is selected. The instrument used in this study includes:

King Spiritual Intelligence Questionnaire (2008): This tool is made by King (2008) and includes 24 items and consists of four dimensions of existential thinking, producing personal meaning, transcendental consciousness and expanding state of consciousness. Dimensions of existential thinking and transcendental consciousness are assessed each one with 7 questions and producing personal meaning and expanding state of consciousness are also assessed each one with 5 questions. The questionnaire is filled based on the Likert 5-point scale (strongly disagree, disagree, idea, agree and strongly agree) which includes to each one scores 40, respectively (Yaqoubi, 2009). Whatever total score of an individual is high, he enjoys more spiritual intelligence.

Oxford Happiness Questionnaire: The questionnaire contains 29 items that measures a person's level of happiness. This was made in 1989 by Argyle and Based on Beck depression questionnaire. Each item includes four options. Five-fold classes of the response in the questionnaire include: strong agree, agree, not agree not disagree, disagree and strongly disagree and each one in possessed scores 0 – 4. The score of happiness is obtained from the sum of scores of 29 items. The reliability of the questionnaire using Cronbach's coefficient 0.90 and test-retest reliability 0.78 has been reported in seven weeks (Alipour & Agah Haris, 2007).

Quality of Life Questionnaire: The questionnaire is made by the collaboration of 15 international centers by The World Health Organization in 1989. The original version has 100 questions, but because of hardness of performance, short version is presented. The short form of questionnaire includes 26 questions that the first two questions will evaluate the quality of life and overall health of the individual and 24 other questions assess four main dimensions of the questionnaire which these four dimensions are: physical health, mental health, social relationships and living environment health. The questionnaire is scored based on five-point Likert scale from 1-5 and only at 3,4,26 questions, grading is done in reverse order. The score of cutoff is the score 40 indicating a good quality of life. Alpha coefficient of physical health, mental health, social relationships and health of living environment in external research are 0.87, 0.74, 0.55 and 0.74 (Rafiee, 2009).

3. Findings

To study, whether predictor variables (SQ) to what extent explain the criterion variables (happiness, quality of life), advanced statistical analysis canonical correlation (basic) was used.

Table 1: Summary of analysis of multivariate variance on the set of criterion variables
In the above Table, the results of multivariate analysis of variance on the set of criterion variables (happiness and quality of life) are provided. Meaningful results in all three statistics ($p<0.001$) show that there is a focal correlation between two sets of the variables significantly. Test of Wilk Lambda which is significant in the above Table (Sig = 0.001) shows that with a probability of 99 percent, the focal correlation between two sets of variables is approved.

### Table 2 Summary of Focal Correlation

<table>
<thead>
<tr>
<th>Focus</th>
<th>Value of focal correlation</th>
<th>Common variance</th>
<th>$F$</th>
<th>dF1</th>
<th>dF2</th>
<th>Significance level</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>0.84</td>
<td>0.70</td>
<td>35.15</td>
<td>20</td>
<td>1158.45</td>
<td>0.001</td>
</tr>
<tr>
<td>2</td>
<td>0.48</td>
<td>0.23</td>
<td>11.08</td>
<td>12</td>
<td>926.3</td>
<td>0.001</td>
</tr>
<tr>
<td>3</td>
<td>0.29</td>
<td>0.09</td>
<td>5.49</td>
<td>6</td>
<td>702</td>
<td>0.001</td>
</tr>
</tbody>
</table>

The results of focal correlation analysis based on the data of the above Table show that the value of focal correlation of spiritual intelligence with happiness and the quality of life in three focuses from four focuses ($p<0.001$). In other words, of predictor variables (components of spiritual intelligence) have been able to explain in the first focus 70%, in the second focus 23% and in the third focus 9% of the variance of the variable of happiness and the quality of life.

### Table 3 Bars, coefficients of basic scores of spiritual intelligence with happiness and the quality of life

<table>
<thead>
<tr>
<th>Variable</th>
<th>First focus</th>
<th>Second focus</th>
<th>Third focus</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Focal bars</td>
<td>Standard coefficients</td>
<td>Focal bars</td>
</tr>
<tr>
<td>Physical health</td>
<td>0.91</td>
<td>0.31</td>
<td>0.24</td>
</tr>
<tr>
<td>Mental health</td>
<td>0.63</td>
<td>0.21</td>
<td>0.60</td>
</tr>
<tr>
<td>Social relations</td>
<td>0.88</td>
<td>0.34</td>
<td>0.14</td>
</tr>
<tr>
<td>Living environment</td>
<td>0.83</td>
<td>0.29</td>
<td>0.27</td>
</tr>
<tr>
<td>happiness</td>
<td>0.29</td>
<td>0.14</td>
<td>0.51</td>
</tr>
<tr>
<td>Existing thinking</td>
<td>0.71</td>
<td>0.34</td>
<td>0.45</td>
</tr>
<tr>
<td>Transcendental consciousness</td>
<td>0.80</td>
<td>0.06</td>
<td>0.50</td>
</tr>
</tbody>
</table>
Standard focal correlation coefficients which show the relative importance of each of the main variables in calculating the amount of focus in each of the focal variables, this factor is as beta values in the regression analysis; the criteria 0.30% was considered as the score of cutoff (Tabachnik and Fidel, 2001) and bars of components of more than 0.30% were studied to identify the relations among the variables. As Table 3 shows, in the first focal correlation, the strongest correlation with the quality of life and happiness were components of personal meaning (0.94), expanding consciousness state (0.93), transcendental consciousness (0.80) and existing thinking (0.71); if each of structural values of the dependent variable is squared, this obtains a variance percent which is explained by a main variable. In other words, it can be said that producing personal meaning 88%, expanding consciousness state 86%, and transcendental consciousness 64% and existing thinking 50% explain the variance of components of the quality of life and happiness. In the second focal correlation, the strongest correlation with the quality of life and happiness were components of transcendental consciousness (0.50) and existing thinking (0.45); In other words, it can be said that transcendental consciousness 25% and existing thinking 20% explain the variance of components of the quality of life and happiness. In the third focal correlation, the strongest correlation with the quality of life and happiness were components of transcendental consciousness (0.32) and existing thinking (0.052); In other words, it can be said that transcendental consciousness 10% and existing thinking 27% explain the variance of components of the quality of life and happiness.

In relation to the variables of the criteria, in the focal correlation obtained, the strongest relation with the spiritual intelligence has been in the first focus with physical health (0.91), social relations (0.88), living environment (0.83) and mental health (0.63), in the second focus, social relations (0.92), mental health (0.55), physical health (0.52), and happiness (0.41), in the third focus, happiness (0.80) and social relations (0.42). In other words, in the first focus, physical health (83%), social relations (77%), living environment (69%), mental health (40%), in the second focus, social relations (85%), mental health (30%), physical health (27%) and happiness (17%) and in the third focus, happiness (64%) and social relations (18%) explain the variance of spiritual intelligence.

4. Discussion and conclusion

The results of focal correlational analysis showed that the value of focal correlation of spiritual intelligence and happiness and the quality of life were significant in three focuses (p<0.001). In other words, of predictor variables (components of spiritual intelligence) have been able to explain in the first focus 70%, in the second focus 23% and in the third focus 9% of the variance of the variable of happiness and the quality of life.

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Based on the results obtained, it can be said that spiritual intelligence has a positive impact on meaning to life. Having meaning and purpose in life, a sense of belonging to a source of the sublime, hoping to God in difficult circumstances of life, enjoyment of social and spiritual support, etc., are all methods that people with spiritual intelligence can suffer less damage in the face of stressful life events. People, who have stronger religious beliefs, cope better with stressful situations. They will recover faster than non-religious people when they are ill. They experience a lower level of negative emotions and depression and enjoy higher academic performance and social support and they have less anxiety. Religion meets many of basic needs of human beings and fills moral, emotional and spiritual gaps, hope and power strengthen in an individual and also strengthens moral and intellectual characteristics in the individual and communities and this creates a strong base of human against problems and deprivation of the life (Sediqi Arfaee et al, 2012). Whatever human feels closer to a source, he feels more positive hope, vitality and emotions and as a result, he gets away from stress, insomnia and depression. Happiness is one of those emotions that include a wide range from emotional actions of a sense of relief to sense of pleasure and ecstasy. In happiness, evaluation of people and their lives can include cognitive aspects, such as judgments about the pleasures of life and emotional aspects such as creating or emotion in response to life events. Therefore, given that spiritual intelligence is correlated to person's attitudes and value systems and high levels for the person creates a more positive framework and value system, people can have a better understanding of themselves, their feelings, facts, events and relationships based on these positive and reassuring values. This creates peace and joy to the person. Frisch (2006) believes that inner experience of lasting happiness and satisfaction can increase confidence, optimism and self-efficacy, positive interpretation of others, cordiality, activity and energy and harmony with society and security behaviors and physical health and proper compliance with the challenges and pressures and purposeful behaviors. Zeinali and Setoudeh Navroudidi(2012) also in the study of hope, happiness, quality of life and mental health found that happiness could predict the quality of life and it was one the factors affecting in improving the quality of life. Peterson (2000) believes that happy people tend to see themselves and others positive and interpreted positive events. They do not think about failing and they also make logical decisions from opportunities they are getting and they are optimistic to events. The results of the research of Diener et al (2011) are on the effect of religion on happiness indicating the effeteness of religion on happiness. The results showed that being religious resulted in enhancing the joy in people and religious people enjoyed more happiness and joy in life and they also enjoyed more psychological well-being and the quality of life.

Total researches based on happiness show that happy people are different in terms of knowledge, judgment and motivation with unhappy people and they also enjoy more individual, family, occupational, educational and social performance (Lyubomirsky et al., 2005). Therefore,
people are with spiritual intelligence are happier who experience more positive emotions and consequently they have better feeling on assessing of life and as a result, they experience higher the quality of life.
References