

# Relationship between emotional intelligence and spiritual intelligence with mental Health of University Students gilangharb

<sup>1</sup> Farhad Heydari, <sup>2</sup> Hagar Firuzbakht, <sup>3</sup> Seyede Parisa Shah Safi, <sup>4</sup> Nahid Mohammadi Javid

<sup>1</sup> M.Sc.Educational Management, Department of Management and Accounting, Islamic Azad University Center Gilangharb, Iran.

<sup>2</sup> Expert and educational sciences teacher education in Kermanshah Province,iran.

<sup>3</sup> M.Sc. Sport Management, University of Melkan -Iran

<sup>4</sup> Sports Physiology PhD student, University of Kermanshah, Iran

\*Corresponding author's E-mail:sem.pls.iran@gmail.com

## ABSTRACT

The aim of this study was to investigate the relationship between emotional intelligence and spiritual intelligence is the mental health of students of Islamic Azad University gilangharb.research method is descriptive and correlation in the target population that is applied to all students of Islamic Azad University gilangharb are referring to morgan table and simple random sampling method of 250 subjects were selected . Order to to gather EI Vizyng Data (1998); AMRAAM spiritual intelligence questionnaire (2008) and General Health Questionnaire (GHQ) Gldynbrk and Hiller (1979) was used. To analyze the data, descriptive and inferential statistics such as test kolmogorov Smirnov test, Pearson correlation test and multiple regression analysis were used. Findings showed a significant level ( $p \leq 0 / 005$ ); between emotional intelligence and spiritual intelligence with mental health and there is a direct correlation. Results regression analysis also revealed that emotional intelligence and spiritual intelligence have about 29% of the variance in mental health changes predicted.The spiritual intelligence which is the largest in the prediction.

## Original Article:

Received 15 Feb. 2014

Accepted 20 May. 2014

Published 30 May 2015

## Keywords:

Emotional intelligence , spiritual intelligence , mental health, students,

## 1. Introduction

One of the facts important universe, Despite the diversity of the phenomenon in the world. Not only the diversity of animals and plants are different, but also with the members of each species are different. Humans are also subject to the same rules. pupils and students from in terms of mental abilities, learning methods, preparation, talent, personality, interest and motivation of to knowledge acquisition and done educational activities together are different. Therefore, taking into consideration individual differences in education and pupils and students clash proportional with special characteristics of the main tasks of teachers and educational centers(Najmeh, zemestaniee, 2013,Gharamaleki 2011).On the other,this in today's world it is very important, because human issues, communication and relationships between people has increased. In particular, individual jobs is declining. Here is that we realized the effect of emotional intelligence needed to improve individual performance. Emotional intelligence is the biggest factor in predicting performance at work and the most powerful force for leadership and success (ba ezat, Sharif-Zadeh, Sadat ,2012). Perhaps the best score of emotional intelligence is that a very flexible skills that people can exercise to improve it. ( Jorfi , Moghadam , 2010).Evidence current show that intelligence to not only indicative our success in life and work and emotions play a key role in organizational success (Naderi, Eshrati , 2010) Smart people can be emotional for develop organizational effectiveness at all levels and social interaction with others, play an

important role in the quality and effectiveness (Mooran, 2009). Diggins (2004) emotional Intelligence to people in the field more aware from methods interpersonal, identify and manage the impact of emotions on thinking and behavior, develop the ability to recognize social mobility in the workplace and helps them to understand how to manage and improve relations (Diggings, 2004). Bar-on (2006) Emotional Intelligence is defined as a set of capabilities and skills described non-cognitive on individual ability and success in dealing with environmental pressures influence( Bar-On, 2006). In other words, he believed that emotional intelligence is the ability to understand emotions and their effects on interpersonal relationships is how. Thus , emotional intelligence as a key structure at between social science researchers has found a special place and rapid growth in the field of sports psychology has found ( Fletcher, 2007) On the other hand, another factor that enables people to improve their performance and effectiveness of spiritual intelligence( Naderi, Nahid, Rajai pur,2010). Spiritual intelligence aspects of external intelligence the integration of the internal aspects of spirituality and capacity are created wonderful in person in a manner that could spirituality to the application form used (Sisk, Torrance,2009). Yang (2007) states: Spiritual intelligence is the capacity to search and ultimate questions about the meaning of life and simultaneously experience seamless link between each of us and the world in which we live (Zareie, Kheirandish, and jahany , Hurieh. 2011). The researchers of spiritual intelligence to as IQ that to solve problems, to define the meaning and value that with using it can be applied in the context

## UCT Journal of Social Sciences and Humanities Research

of our life that from deeper and broader meaning, the contract and It can be used to measure which way of life of other ways and means of more efficient, more effective and is more meaningful. Having individuals spiritual intelligence is more a cause peace of mind and inner satisfaction they are in also increase creativity, optimism, confidence and respect to their human values highlighted and to positively on the performance of the individual and social impact (Abdel-Khalek 2010). Institute Prodyv awareness survey (2005) In investigation showed that the growth of spiritual intelligence, emotional intelligence helps enrich and strengthen, eI also help the person to a higher spiritual intelligence, therefore, to achieve a happy life without stress and promote mental health; Intellectual intelligence and emotional intelligence interdependent. mental health one from important aspect of health. About mental health there is disagreement among psychologists; according to the world Health Organization defines mental health is the ability of harmonious relationships with others, the reform of personal and social environment and to resolve conflicts and personal desires are reasonable, fair and appropriate. In fact, mental health is more than the absence of mental illness, that is not only due to mental illness in a person's mental health can not be a hundred percent confirmed (KhalatbaryJavad, Aziz Zadeh, haghighee, 2011) Mental health, a concept that how people think, feel and performance in the face of stressful situation shows, in other words, to rate of mental health practice in stress management, communication with others, assessment and selection of different coping strategies( Johnson, Batey, Holdsworth, 2009) Study of factors affecting mental on mental Health is fairly complex, because this concept is broad dimensions that environmental factors and personal factors that affect it. The aim of this study was to investigate the relationship between emotional intelligence and spiritual intelligence is the mental health of students of Islamic Azad University Gilangharb?

### Methodology

Emotional Intelligence Questionnaire is a questionnaire of 25 questions and Vizingr (1998) was designed in five dimensions self-control (5 questions) self-awareness (5 items), motivation (5 items), social skills (5 items) and empathy (5 questions) measures. Emotional intelligence score between 25 and 125 people will be on the basis of emotional intelligence score less than 50 as low, average and high scores of 50 to 100 of 100 represents the emotional intelligence of people. In addition, for each of the five components of emotional intelligence, predicted 5 items in total scores of measures of these questions. Various research is to validate the questionnaire. In this study, using Cronbach's alpha coefficient of reliability was 0/84.

(B) Questionnaire spiritual intelligence spiritual intelligence questionnaire with 44 items and AMRAAM (2008) has been developed

That 5 components, intelligence and self-awareness, gift, a sense of meaning and purpose, excellence, truth-seeking and using a Likert scale of five values are measured. These tests Abdollahzadeh in 2008 by cooperation with mahdieh Kashmiri and Fatemeh Ameri Arab students is the norm. Reliability coefficient this Questionnaire in this study was 0/81.

(C) General Health Questionnaire (GHQ)

General Health Questionnaire (GHQ) by goldnrbk and Hiller (1979) was created. The questionnaire contains 28 questions in five subscales mental health ( physical symptoms, anxiety, depression and dysfunction and social reaction) to measure. This questionnaire in 1997 by Hooman teacher training at the University of Tehran were studied. The raw scores and scores on standardized internal consistency coefficient this scale, based on Cronbach formula respectively 84% and 83%, respectively. In this study, to analyze the data in the statistical tables and charts of indexes such as frequency distribution, mean and standard deviation, and inferential statistics tests such as Kolmogorov

Smirnov test to determine the type of data distribution (normal or abnormal), one sample t test, t-test for two independent groups, Pearson correlation test for determine the relationship between variables, multiple regression analysis (same model) (to determine the amount of variable to predict the criterion variable between, are used. Notes that the software used to analyze the premises of this software is SPSS21.

### Results

Based on indicators descriptive statistics, more than 70percent of people samples (205) were men and 30per cent of means 45 of whom are women. In the 50/4 per cent of patients (135 cases) under thirty years,. The number (135) of 56% has been studying at the undergraduate level. To the relationship between emotional intelligence and mental health aspects of Pearson's correlation coefficient was used. (Table 1).

Table 1. The correlation between emotional intelligence and mental health dimensions

| Optimis<br>m | Using<br>emotion<br>s | Social<br>skills | Self-<br>regulatory | Evaluate<br>their<br>feelings | Assess<br>feelings<br>of<br>others | Emotional<br>Intelligence | Dependent<br>variable |
|--------------|-----------------------|------------------|---------------------|-------------------------------|------------------------------------|---------------------------|-----------------------|
| 250          | 250                   | 250              | 250                 | 250                           | 250                                | N                         |                       |
| 0.332        | 0.369                 | 0.255            | 0.271               | 0.395                         | 0.492                              | R                         | Mental<br>Health      |
| 0.001        | 0.003                 | 0.001            | 0.001               | 0.000                         | 0.002                              | SIG                       |                       |

As can be seen in Table 1, according to Pearson correlation coefficients component of emotional intelligence 0/492 and evaluation of feelings of others 0/395, 0/273 assess their feelings, self-regulation 0/255, 0/384 social skills, Using emotions 0 / 299, 0/335 and levels of optimism significantly ( $p \leq 0 / 005$ ); it is clear that the dimensions of emotional intelligence and mental health and there is a direct correlation.

Table 2. correlation coefficient between intelligence and spiritual dimensions of mental health

| Students' mental health |                            |        | Independent variable                    |
|-------------------------|----------------------------|--------|---|
| sig                     | Correlation<br>coefficient | Number | Dimensions of Spiritual<br>Intelligence |
| 0.001                   | 0.292                      | 250    | Consciousness and self-<br>awareness    |
| 0.001                   | 0.271                      | 250    | Gift                                    |
| 0.000                   | 0.457                      | 250    | Sense meaning and purpose               |
| 0.003                   | 0.096                      | 250    | Seeking Excellence                      |
| 0.001                   | 0.31                       | 250    | Truth Seeking                           |

As can be seen in Table 2 between spiritual Intelligence and the mental health of students of Islamic Azad University Gilangharb there is a significant positive correlation at 0.05. In the end, to study examined extent to which emotional intelligence and spiritual intelligence of the mental health of university students to predict Gilangharb.

Table 3 summarizes the regression model

| Standardized error<br>of estimate | R <sup>2</sup> | R     | Indicator |
|-----------------------------------|----------------|-------|-----------|
| 0.106                             | 0.298          | 0.548 | Amount    |

Table 3 shows the summary regression model. According to the table the coefficient of multiple correlation between emotional intelligence and spiritual intelligence and mental health of (298/0 = R<sup>2</sup>) is. This is indicative of the fact that emotional intelligence and spiritual intelligence have about 29% of the variance in mental health changes predicted.

Table 4. Variable statistic regression models emotional intelligence and spiritual intelligence incoming

| sig   | T     | Beta  | Std.B | B     | Variable name          |
|-------|-------|-------|-------|-------|------------------------|
| 0.002 | 12.81 | -     | 5.43  | 58.69 | Width from the source  |
| 0.000 | 3.169 | 0.482 | 0.319 | 0.878 | Spiritual Intelligence |
| 0.001 | 2.275 | 0.231 | 0.575 | 0.647 | Emotional Intelligence |

As can be seen in Table 4, according to the Beta= 0/482 can be said between the two variables, the spiritual intelligence predicted the greatest impact on the mental health of students of Islamic Azad University is Gilangharb.

## 2. Conclusion

The purpose of this study survey relationship between emotional intelligence and spiritual intelligence islamic Azad university students with mental health gilangharb that results showed in significant level ( $p \leq 0 / 005$ ); between emotional intelligence and dimensions mental health and there is a direct correlation. . The results of this line with the research portion of the study with ezat and colleagues (2012). Shah-Hosseini and colleagues (2012) jerfy and colleagues (2010) is. In explaining the results we can say that qualities such as emotional intelligence to understand personal emotions, feelings, interpersonal understanding and managing personal emotions depends to a great extent art communicating with people skills to manage feelings of others. People who have an understanding of the feelings of others in their work environment suffer less stress and have better mental health in general it can be said that the events and people in stressful situations and strong emotions, have a higher resistance and active and positive sources of stress encountered and realistic understanding of emotions others, less anxiety and depression and better social functioning and ultimately have better mental health. The results also showed that between intelligence and spiritual dimensions of mental health Kermanshah University of Medical Sciences at 0.05 and there is a significant positive relationship. In line with the research results Pyrbluty Ghasemi and colleagues (2014) Zareie Mahmoud Abadi and colleagues (2014), Najmeh and colleagues (2013). Najmeh and colleagues (2012) and Moran (1999) is. Results like this can be deduced spiritual intelligence external aspects of the internal aspects of spirituality combined with intelligence and extraordinary capacity of the person, so that it can be used spirituality as practical. Spiritual intelligence is the capacity to search and ultimate questions about the meaning of life and simultaneously experience seamless link between each of us and the world in which we live. Spiritual intelligence with the inner life of the mind and the soul and its relationship with the association, and the capacity of a deep understanding and insight into the existential questions including multiple levels of consciousness. Awareness of the breath, as the context or life force of its creative evolution. Spiritual Intelligence appears in the form of consciousness. And the ever growing awareness of the life, body, mind, soul and spirit comes. The spiritual intelligence is nothing more than a person's mental abilities beyond the individual and the soul connects. Moreover, spiritual intelligence go beyond conventional psychological development therefore self-awareness including knowledge of the relationship with existing transcendental, other people, earth and all beings are spiritual intelligence by searching for the meaning of situations, concern for issues and efforts to establish connections between events grows. As well as learning and recognition and listening to voice messages or inner intuitive guidance, thinkers, enhance self-awareness, learn from your mistakes and be honest with increased

spiritual intelligence screw. People Having more spiritual intelligence cause peace of mind and satisfaction of their conscience and increase creativity, optimism, confidence and given the high value of human life appears to be growing, so positive spiritual intelligence affecting the mental health of people affected. Results of regression analyzes revealed that emotional intelligence and spiritual intelligence have about 29% of the variance in mental health changes predicted. The spiritual intelligence which is the largest in the forecast is in line with research results Pyrbluty Ghasemi and colleagues (2014) agricultural Mahmoud Abadi and colleagues (2014), Najmeh and colleagues (2013). Najmeh and colleagues (2012) and Moran (1999) is. Hence we can say that spiritual intelligence is unique intelligence to solve problems and issues related to meaning of life and values are used. Cindy Vigls Worth (2004), spiritual intelligence as the ability to act with compassion, kindness, and wisdom to maintain inner peace and outer rear without proceeding to consider Dandaz Emmons (2000) Spiritual Intelligence adaptive use of spiritual information to problem solving in daily life and the process of achieving the goal is. People who have a spiritual perspective, to change, flexible and looking for purpose and meaning for their lives. Connect to understand the importance of a greater whole, perception and individual expression of their spirituality. These people have the mentality that is widely believed that there are sufficient resources for all and need not compete as a result, easier for people to trust each other, share information and work in partnership with colleagues and members of their group are coordinated to achieve their ultimate goals and ensure their mental health. Therefore, although the formation of a belief in religious terms as one dimensions spiritual intelligence, which has a high correlation with mental health the environment, especially families formed outside the university, but the university can operate instances in terms of their belief in their organizational strategy and performance. For example, courses in religious education, faith ask questions, offer suggestions reward the faith and belief is one of the examples.

## References

- Abdel-Khalek AM(2010). Quality of life, subjective well-being, and religiosity in Muslim college students. *Qual Life Res.* ;19:1133-1143.
- ba ezat, freshteh, Sharif-Zadeh, Hakimeh Sadat (2012). The relationship between intellectual intelligence and emotional intelligence and job stress University. *Journal of Occupational and Organizational Consulting.* Volume IV, Volume 13, 68-55.
- Bar-On, R. (2006). The Bar-On model of emotional-social intelligence (ESI). *Psicothema*, 18, 3 13-25
- Diggings, C. (2004), "Emotional Intelligence: The Key to Effective Performance and to Staying Ahead of the Pack at Times of Organizational Change", *Human Resource Management International Digest*, Vol. 12, No. 1, pp: 33-5.
- Gharamaleki SobhiNasser (2011) prediction of academic achievement motivation based on emotional intelligence of students. *Journal of School Psychology*, Vol. 1, No. 3 page 62-49.
- Johnson, S . Batey, M. Holdsworth, L. (2009). Personality and health: The mediating role of Trait Emotional Intelligence and Work Locus of Control. *Personality and Individual Differences* 47. 470–475.
- Jorfi, H., Jorfi, S., Moghadam, K., (2010) Impact of Emotional Intelligence on Performance of Employees in Postmodern Openings, Year 1, No.4, Vol 4.
- KhalatbaryJavad, Aziz Zadeh haghigheh, freshteh (2011) The effect of teaching life skills and coping with stress on

## UCT Journal of Social Sciences and Humanities Research

- mental health of female students. *Journal of Applied Psychology*. Twelve years. (2).
- Meyer, B.B. and Fletcher, T.B. (2007) Emotional Intelligence: A theoretical overview and implications for research and professional practice in sport psychology. *Journal of Applied Sport Psychology* 19, 1-15.
- Mooran MR.(2009). The study of association between use of spirituality (religious attitude) with mental health in safe community. Proceedings Congress on the Safe Society Tehran City; 2009 Augst256-276; Tehran, Iran. [Persian].
- Naderi, Farah, Eshrati, Parviz, (2010) the relationship between intellectual intelligence and emotional intelligence and life satisfaction. *New findings in psychology*. 9.
- Naderi, Nahid, Ali Rajai pur, Said. (2010). Management of intellectual approach (indicators to assess the realization of spirituality in the organization), *Journal of Islamic Studies in the Humanities, Engineering*, Vol. I, page 138-119.
- Najmeh Hamid, zemestaneee, Hamid (2013). Spiritual intelligence and personality characteristics in medical students' quality of life. *Hormozgan Medical Journal Title IV Number Persian date Aban 92 October and pages 355-347*
- Sisk, D. A. & Torrance. E. P. (2009). *Spiritual intelligence: Developing higher consciousness*. 17 .
- Yang, Ke-ping and Maou, Xiu-Ying. (2007). "A study of nurses spiritual intelligence: A cross-sectional questionnaire survey", *international Journal of nursing studies* vol.44, pp:999-1010.
- Zareie Matin, Hassan and Kheirandish, and jahany Mehdi, Hurieh. (2011). Identify and measure the components of spiritual intelligence in the workplace; *Lbafynzhad Tehran hospital case study, research, public management*, Issue XII, page 94-71.