International Academic Institute for Science and Technology

International Academic Journal of Accounting and Financial Management
Vol. 1, No. 2, 2014, pp. 39-45.

ISSN 2454-2350

International Academic Journal of Accounting and Financial Management

www.iaiest.com

The impact of social intelligence of the management on the mental health in the Supreme Audit Court

Mehdi Asadi*

**Corresponding author, MA Management Graduated, Sanandaj branch, Islamic Azad University, Sanandaj, Iran*

Abstract

The purpose of this paper is to examine the impact of social intelligence of the managers on the mental health in the Supreme Audit Court. This study is an applied research and the method is correlational research component and the data collection method was a quantitative research. The population consisted of all managers of Supreme Audit Court in the year 2015 that accounted total number of 156 people, so 117 persons selected randomly by using kocran's formula as samples. Measurement tools are standard questionnaire. The results of regression analysis showed that there is a meaningful relationship between social intelligence (Self-Regulation, Self-Awareness and Social skills) and mental health of managers in the Hamedan Supreme Audit Court.

Keywords: social intelligence, mental health, Supreme Audit Court.

Introduction

Every profession demands certain specific skills and competence on the part of its practitioners. Social intelligence has become a vital component for human wellbeing and success of any profession. Social intelligence is the ability of an individual to react to social situations of daily life. It is the ability to get along well with others. It includes an awareness of situations and the social dynamics that govern them and knowledge of interaction styles and strategies that can help a person achieve his or her objectives in dealing with others(Arnold et al 1991). It is also involves a certain amount of self-insight and a consciousness of one's own perceptions and reaction patterns. Different professions require different

levels of social intelligence. Today most of the health professionals would agree that health involves much more than simply absence of disease. It is quite possible for a person to be free of disease but still not enjoy a vigorous satisfying life. Researches have shown that psychology for throughout its history has focused more on negative emotions, but eliminating excess negatives does not produce happiness, it produces emptiness (Cobb, 2013). Even the great historian of medicine, Sigerist (1941) defined health in positive terms, "Health is … not simply the absence of disease: it is something positive, a joyful attitude toward life, and a cheerful acceptance of responsibilities that life put upon the individual." This statement tries to establish health as a state that can be described conceptually at least, in positive terms, not merely as absence of negative elements. Thus, Positive health can be embodified as building up of positive behavior / experiences which provide a buffer against/ or prevents illness and help the individual not only to endure and survive, but flourish. The positive, subjective experiences are associated with past (well-being, contentment and satisfaction), present (happiness and flow), and future (optimism and hope). Every culture is looking for mental health based on their specific criteria; goal of society is to prepare conditions that ensure the health of community members. Mental health and hygiene is think health and power compatibility with the environment and those around (Mohtasham, 2009, p3). Mental health is a successful mode of mental interaction that their result is productive activities, satisfying relationships with others, ability to adapt to changes and deal with harsh. Role of Mental health is undeniable from early childhood until death, developing thinking skills, communication, learning, emotional growth, flexibility and self-esteem. These factors help to person until play a role in society (Seyyed Mohseni, 2006, p32).

Word emotional intelligence is a few years in the scientific literature, beginning in psychology and then in other sciences was introduced as applied .The root word is derived from the concept of social intelligence that the first time was described in 1920 by Thorndike .Peter Salovy and John Mayer in 1990, the basic concept of his theory for the first time as "Emotional Intelligence" published. Golmen, The most famous a person who in the field done a lot of studies and emotional intelligence can be defined: emotional intelligence is a skill that its owner can handle their morals trough self-awareness and improve by self-management, their impact understand by empathy and through relationship management behave in a way that raise your morale and others (Golmen, 1995, p206). Interest and motivation is based on many issues that humans are successful in it. Motivation gives force and direction to behavior and people will mobilize to achieve its goals (Gilaninia&et al, 2011). On the other hand Larousse psychology great culture that defines mental health:" Mental aptitude for coordinated, pleasant and effective work, for difficult situations, flexible and to recover their balance, have ability". Health World Organization: Mental health takes within the general concept of health and Mental Health Namely: Complete ability for playing the role of social, psychological and physical and isn't as lack disease or lag (Bani Hashemian & et al, 2009, p49) Today, many companies know knowledge as wealth (Gilaninia&et al, 2011).Schutte & et al (2007) in their study concluded that better health status is associated with higher emotional intelligence. Research findings Augustolanda & et al (2008) showed that there is distinct impact of emotional intelligence components in stress and health. Johnson & et al (2009) concluded that people with high emotional intelligence features recognize better your character that result of stress, in addition they are able to better manage their emotions full of stress. Emotional intelligence and psychological are important concepts of psychology that recently it has been enter in management field. In this study was

measured the relationship between emotional intelligence and its components (1 - Self-Regulation 2 - Self-Awareness 3 - social skills) that were raised by Shrink with mental health of students.

Self-Regulation: refers to exposure in good mental condition and giving direction and guidance feelings and emotions towards goal, and emotional restraint and to delay demands and prevent efforts (Faghirpour,2009,p84) Changing one's behavior so as to follow rules, match ideals, or pursue goals is thus a (very useful) form of self-regulation. To change a response does not necessarily mean to override it, although self-restraint is a common form of self-regulation, but so is the amplification or prolonging of a response.

Social Consciousness: Skills impact of words and deeds on others and also knowing these that if the impact of their behavior is negative, it will change their behavior. An example of this ability is empathy skill that ability log in feel others or ability understand emotion in intelligent decision-making process of individual or group (Faghirpour, 2009, p84)

Social skills: Awareness and understanding to others emotions and feelings, skills of attitude listening to others' feelings. It is when others are experiencing excitement and emotion, through efficient methods to help them be aware towards their emotions and its effects on others (Faghirpour, 2009, p84).

Mental health is more than the mere lack of mental disorders. The positive dimension of mental health is stressed in WHO's definition of health as contained in its constitution: "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity" (Hoy et al, 2003). Concepts of mental health include subjective well-being, perceived self-efficacy, autonomy, competence, intergenerational dependence and recognition of the ability to realize one's intellectual and emotional potential. It has also been defined as a state of well-being whereby individuals recognize their abilities, are able to cope with the normal stresses of life, work productively and fruitfully, and make a contribution to their communities (Tasto et al, 2007). Mental health is about enhancing competencies of individuals and communities and enabling them to achieve their self-determined goals. Mental health should be a concern for all of us, rather than only for those who suffer from a mental disorder. Mental health problems affect society as a whole, and not just a small, isolated segment. They are therefore a major challenge to global development. No group is immune to mental disorders, but the risk is higher among the poor, homeless, the unemployed, persons with low education, victims of violence, migrants and refugees, indigenous populations, children and adolescents, abused women and the neglected elderly (Markes, 2000).

As many as 450 million people suffer from a mental or behavioral disorder. Nearly 1 million people commit suicide every year. Four of the six leading causes of years lived with disability are due to neuropsychiatric disorders (depression, alcohol-use disorders, schizophrenia and bipolar disorder). One in four families has at least one member with a mental disorder. Family members are often the primary caregivers of people with mental disorders (Korkmaz, 2013). The extent of the burden of mental disorders on family members is difficult to assess and quantify, and is consequently often ignored. However, it does have a significant impact on the family's quality of life. In addition to the health and social costs, those suffering from mental illnesses are also victims of human rights violations, stigma and discrimination, both inside and outside psychiatric institutions. Mental health problems affect many employees — a fact that is usually overlooked because these disorders tend to be hidden at work. Researchers analyzing results from the U.S. National Comorbidity Survey, a nationally representative study of Americans ages

15 to 54, reported that 18% of those who were employed said they experienced symptoms of a mental health disorder in the previous month (Markes, 2000).

But the stigma attached to having a psychiatric disorder is such that employees may be reluctant to seek treatment — especially in the current economic climate — out of fear that they might jeopardize their jobs. At the same time, managers may want to help but aren't sure how to do so. And clinicians may find themselves in unfamiliar territory, simultaneously trying to treat a patient while providing advice about dealing with the illness at work.

As a result, mental health disorders often go unrecognized and untreated — not only damaging an individual's health and career, but also reducing productivity at work. Adequate treatment, on the other hand, can alleviate symptoms for the employee and improve job performance. But accomplishing these aims requires a shift in attitudes about the nature of mental disorders and the recognition that such a worthwhile achievement takes effort and time.

(Khoshakhlagh & Faramarzi, 2012) investigated the relationship between emotional intelligence and mental health among high school students is the city of Iran (Rasht) Findings showed that there is significant relationship between components of emotional intelligence of students with mental health that predictive variables can explain about 29 percent of criteria variable. Among the components of emotional intelligence, Self-Regulation variable B=0/623 and Self- Control B=0/613 have a significant role in predicting mental health that among two components Self- Control Beta= 0/306 has a greater role in mental health. in this paper the conceptual model is presented like below shape

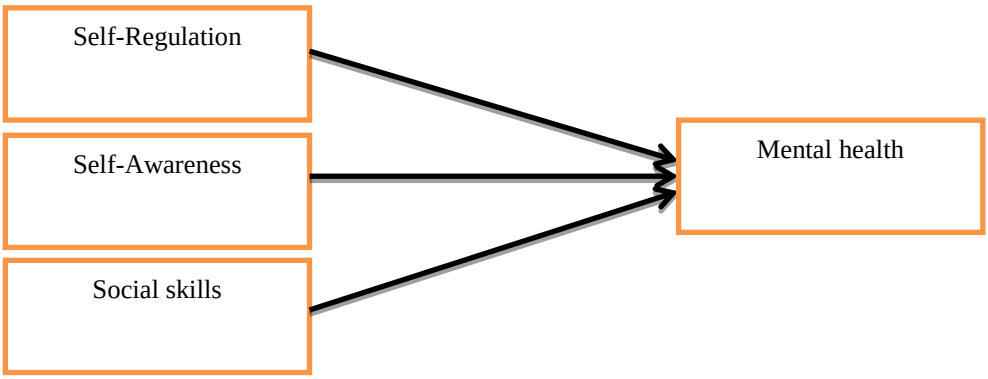


Figure 1: conceptual model: (Khoshakhlagh & Faramarzi, 2012)

And present following hypothesis:

There is a meaningful relationship between Self-Regulation and mental health of managers in the Hamedan Supreme Audit Court.

There is a meaningful relationship between Self-Awareness and mental health of emploees working in the Hamedan Supreme Audit Court

There is a meaningful relationship between Social skills and mental health of emploees working in the Hamedan Supreme Audit Court.

Method

Statistical population of the present study includes all managers in the Hamedan Supreme Audit Court at 2015 that of these 117 managers selected randomly as sample. This research is applicable in terms of goal and descriptive from solidarity category in terms of methodology and is survey in terms of collecting data. To examine the theoretical bases and literature of research, library method and documentary research (books, articles, and periodicals) have been used. A standard questionnaire used for examining Social Consciousness and mental health. In the end, the general questions of the demographic were added. To determine the validity of questions a confirmatory factor was used and for reliability Cornbrash's alpha coefficient was used that the results the results showed good reliability and validity of research variables. For research hypothesis test, regression modeling was used.

Results

All of 117 selected people are male. Over 50% of them have an academic educational degree and about 70% of them are more than 35 years old.

By using Enter method, significant model was obtained that R= 0.537 and Rsquare =0.289. It means that predictive variables can explain about 29 percent of Criteria variable. Also according to significant level can be seen that impact of Criteria variable is significant on Mental Health. According to column B values can be said that respectively, Self-Regulation variables with B= . 547 and Self-Awareness B= . 411 and Social skills B= . 321 have a significant role in predicting mental health. The results are consistent with findings Martins & et al(2010), Fiori & et al(2011), Li& et al(2009), Greven & et al(2008), Schutte&et al(2007), Augustolanda& et al(2008), Austim & et al(2005), Brscket& et al(2004), Raena(2010), Faghirpour (2009),Mohtasham(2009),Banihashemian & et al(2009),Firozshad(2009),Ghanbari(2009), Omarae(2008),Ahmadi(2005).

Table 1: Regression results

model	B	Beta	t	Sig
Self-Regulation	-0.547	0.210	-3.25	0.000
Self-Awareness	-0.411	0.189	-4.22	0.000
Social skills	-0.321	0.132	-2.36	0.000

Conclusion

Considering accepting hypothesized relationship between emotional intelligence and mental health, emotional intelligence should play a very prominent role in organization.it can help to learn and be effective in achieving national goals. Mental health of people in achieves national goals and utopian communities have most important in terms of savings in cost material and spiritual. Research literature on the relationship between emotional intelligence and mental health indicates relationship between these variables so it is suggested emotional intelligence be used as one of assessed topics in organization by counselors and organization officials. For strengthen skills of emotional intelligence and attention to

mental health of managers, update program and enhance emotional intelligence is offered for all managing levels, especially top management. Emotional intelligence training programs for all managers should be considered as periods of education programs and such beginning periods of service. In order to strengthen manageress's' emotional intelligence and mental health is necessary, planning be performed for coordination and integration. Emotional intelligence is a new structure and it need to more investigation .On the other hand, for assessment and more accurate of study emotional intelligence professors and experts in the field of science education efforts to make a standardized questionnaire and comply with standards of Islamic and Iranian society.

References

Arnold, J., Roberson, I.T., & Cooper, C.L.(1991). Work Psychology: Understanding Human Behavior in the Workplace, London: Pitman.

Augustolanda, J. M. & Lopez-Zafra, E. berrios Martos, P. Aguilar-luzo`n, M. D. C. (2008). "the relationship between emotional intelligence, occupational stress and health in nurses: A questionnaire survey" international journal of studies 45,pp: 888-901

Cobb, S.(2013). Workload and coronary heart disease, in American Statistical Association Proceedings, Social Statistics Section, December.

Faghirpour,maghsood.(2009). Evaluation of ways to promote emotional intelligence in primary and secondary students in Guilan Province, Education Studies Council in Guilan Province.

Gilaninia.Sh; Ganjinia.H; Babaei.z;Mosavian.S.J. (2011). Dimensions of Knowledge Management on Good Urban Governance (Case Study: Municipality of Rasht City, Iran), Journal of Management and Strategy, Vol. 2, No. 3, pp91-101,www.sciedu.ca/jms.

Gilaninia.Sh; Razaz Razaghi.S.J; Amoopour.M; Shakibaeic.Z,Mosavian.S.J. (2011).Critical Reading, Journal of Basic and Applied Scientific Research, J. Basic. Appl. Sci. Res., 1(9)1173-1176, www.textroad.com.

Golman,D. (1995) . " Emotional intelligence, New York, Bantam books.Salovy, p. & Mayar, J . D. (1990). "Emotional intelligence, imagination, cognition and personality, No (9), pp: 185-211

Hoy, W. K., & Wolfolk, A. E. (2003). Teachers sense of efficacy and organizational health of schools. The Elementary School Journal, 4, 355-372.

Johnson , S.J. & Batey , M. & holdsworth, L. (2009). "Personality and health :The mediating role of trait emoyional intelligence and work locus of control" , Elsevier;personality and individual differences 47.

Khoshakhlagh, H., & Faramarzi, S. (2012). The Relationship of Emotional Intelligence and Mental Disorders with Internet Addiction in Internet Users University Students. Addiction & Health, 4(3-4), 133–141.

Korkmaz, M. (2013). The Relationship between organizational Health and Social Intelligence. Educational Research Quarterly, 1, 14-36.

Markes, D.(2000).Health psychology. Theory ,Research and practice .London .SAGE publications Itd.

Mayer, J. D, & Salovey, P, & Caruso, D. R. (2001). "Models of Emotional Intelligenece, In R. Sternberg (Ed)'' Handbook of Intelligenece. (pp. 396 - 420).

Mohtasham,siamak.(2009). Investigate the relationship between Emotional intelligence, job satisfaction and mental health workers Relief Committee of Imam Khomeini in Tehran, Thesis of master,Azad University Of Tonkabon,Iran.

Schutte, N. S. & Malouff, J. M. &.thorsteinsson, E. B. & Bhullar , N. Rooke, S. E. (2007) "A meta-analtic investigation of the relationship between emotional intelligence and health" personality and individual differences 42 , 921-933.

Seyyed mohseni,vahid.(2006).the relationship between girls Emotional intelligence of first level and mental health of mothers in high school of Tehran, Thesis of master, Science Research branch,Azad University of Tehran,Iran

Sigerist, H.E. (1941). Medicine and HumancWelfare. New Haven, CT: Yale University Press

Tasto, D., Colligan, M., Skjei, E., & Polly, S. (2007). Health Consequences of Shiftwork, Washington DC: NIOSH US Government Printing Office