

The study of the relationship between spiritual intelligence and personality traits of married women in Mahvelat County

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Abstract

This study aims to investigate the relationship between spiritual intelligence and personality characteristics of married women with the application of research correlational descriptive method. The studied samples were 100 married women randomly selected from the available community and responded to two spiritual intelligence self-evaluation questionnaires scale and the short form of NEO Personality Inventory.

Results showed a significant negative correlation between Neuroticism and spiritual intelligence, and a positive and significant correlation between extraversion, openness, agreeableness, conscientiousness and spiritual intelligence.

Keywords: Personality traits, Extroversion, agreeability, conscientiousness and spiritual intelligence

Introduction:

One of the important effects of spirituality in life is health promotion. Doubtlessly we all agree that maintaining health requires good nutrition, exercise, get enough rest, and avoiding bad habits. But our beliefs also affect our health and long life; Studies have shown that strong spiritual orientations and positive attitude promote health. To achieve calm, relaxed and satisfying life, first and foremost, we must modify our thinking. Then our life will change by itself; because our life is based on our thought.

Finding meaning in life is one of mental health and relaxation skills; this skill requires knowledge of the universe and its Creator and oneself as part of the part of the existence collection. Meaning in life means what we live for. Living for a simple idea and thinking for honest service of human kind is the best meaning religion gives to human (Ramezini Z. M., 2013).

We are not human beings with a spiritual experience, we are spiritual beings with human experiences (Prvutha (Rchardian)).

We cannot always do great things in our lives. However, we are trying to search for meaning in our lives. There is spiritual intelligence inside us, what leads our abilities to human experiences. Spiritual intelligence is pure light that illuminates the way for us and makes our life meaningful. We get depression and stress when we ignore the power of this intelligence (Abdolahzadeh et al, 2009).

Problem statement

Psychological perspective on mental health knows the main purpose of human life to open horizons and broaden perspectives and escape the limitations or deficiencies (Shahidi, 1998); these goals cannot be achieved unless blessed by the growth and breeding ground of the "spiritual" and mental health which has a fundamental role in psychological health. This approach is based on belief that humans are not "biological, psychological and social" but "biological, psychological, social and spiritual" and any psychological intervention must encompass all these dimensions. In fact, the vast majority of theorists believe individual entity include dimensions of biological, mental, social, spiritual and dimensions, and it is more and more important to focus on human's spiritual dimension. Doubtlessly, "spirituality" and human's religious needs are so close and separating "religion" and "spirituality" is sometimes so difficult and even impossible, though many western researchers have tried to separate spirituality from religious believes. "Murray" and "Zenter" (1989) have defined spirituality as follows:

Spirituality is a mental quality higher than religious believes, which motivates human and creates emotions like divine awe and respect for creation in person.

Spiritual person is purposeful in life and realizes the meaning of life even in case of the person who does not believe in God! Spiritual dimension forces human to think about creation and the infinite world. This important dimension in life is highlighted when human is in emotional pressure, severe illnesses and death (Sadeghi Jahanban, Najm Araghi, 1999)

According to this definition, although at the beginning of the spiritual path, faith in God may not exist, but after deep reflection and thought that is necessary in spiritualizing, this belief will be somehow strengthened.

Religion can help in creating a sense of hope, a sense of intimacy with others, emotional peace, prosperity, opportunity, comfort, control impulses, intimacy with God and solving the problem (Newman and Pageant, 1990).

Spiritual intelligence is related to inner life of the mind and its relation to being and existence in the world. Spiritual intelligence is the ability to understand the deep spiritual questions and insights and is from multiple internal and intelligence. Spiritual intelligence is inner full consciousness, deep knowledge of the object, substance, spirit and spirituality. Spiritual intelligence is rather individual's mental ability, and is related to individual, interpersonal and psychological concerns. The concept of spiritual intelligence involves a kind of adaptation and problem solving behavior and the highest levels of growth

in different domains of cognitive, moral, emotional, interpersonal, etc. and helps the person to harmonize with the surrounding phenomena and achieve internal and external integration.

A new study by neuroscientists suggests that some brain activity is associated with spiritual experiences, so that spirituality affects some parts of the brain. One of the parts of the brain, is the temporalis lip just behind the temporalis area of the lip that is sometimes confusing and neuroscientists call in "God part"; Because the artificial stimulation of spiritual topics, such as meeting with God, religious dialogue, devotion, dedication, philanthropy and so on appears.

Various studies have shown that there is a relationship between spiritual intelligence and psychological factors. Abedi and Sorkhi have shown that there is a significant negative relationship between spiritual intelligence and characteristic traits (using 5 factors' questionnaire) in the population aged 19-50, that there is a significant negative correlation between spiritual intelligence and neurosis. There is a significant positive relationship between spiritual intelligence and extroversion personality factors and conscientiousness. There is no significant relationship between spiritual intelligence and Agreeableness (Faramarzi et al. 2009)

Buzhmehrany investigated into the issue of the relationship between spiritual intelligence and personality disorders using a million questionnaire and spiritual intelligence questionnaire among 110 mothers in Aliabad Katul. In this study it was found that there is a relationship between spiritual intelligence and alcohol dependence and disgrace.

There are lots of foreign researches related to spiritual intelligence; some of them are mentioned briefly. Studies have shown that there is a correlation between spirituality and purpose of life, life satisfaction and health.

Emmons showed in his research that people with intellectual orientation respond to treatment better when faced with injuries and more cope with the damage appropriately.

In his study, McDonald (quoted by Abdollahzadeh et al.) found people with higher spiriyual intelligence experience less depression. According to the new structures and theories in relation to this intelligence and to advance understanding of it, the study of the relationship between spiritual intelligence and known structures as character can be very useful and increase our vision of the narrative structure. On the other hand, understanding of spiritual intelligence as part of a wider system can sensitize the scholars to this issue, the issue that to which parts of characteristic it be connected or moderate its effects (Zare H. et al, 2011)

Methodology

This study was descriptive and was done with correlational method. The study population consisted of all married women in Mahvelat city of Khorasan Razavi whose 100 persons were selected by simple random sampling. For analysis of this research's data, indexes and statistical methods as Pearson correlation coefficient was used by SPSS software.

Measurement tools

1. Spiritual intelligence self-evaluation questionnaire made by King on 2008 to evaluate the mental abilities of spiritual intelligence.

Desico and King reported the total Cronbach alpha coefficient of this test alpha test to be 92/0 and its subscales as follows: existential critical thinking= 0.78, personal meaning production=0.78, transcendental awareness = 0.87, and sign consciousness= 0.91.

Aghababae et al (2010) executed this test on 580 students and talabehs (414 students and 166 talabehs, 365 women and 212 men) order to standardize it. The average age of participants was 21.72, with the range of and the standard deviation of 3.83. Stability coefficient of subscales and total scores are as follows: under scale expansion of consciousness mode= 0.75, personal meaning production 0.75, transcendental awareness= 0.67, existential critical thinking= 0.70 and stability coefficient of the test= 0.88, which indicates the favorable stability of the test (Aghababae et al. 2010).

Foreign credit: Convergent validity of spiritual intelligence self-report questionnaires through correlation score with a few questions such mystical experiences, religious orientation and emotional intelligence became respectively, 63/0, 48/0, 46/0, has been proven.

Iranian credit: Aghababae et al. (2010) in order to study the convergent validity of self-report questionnaires' spiritual intelligence, its correlation with religious orientation test based on the spirituality of Islam and gained self-assessment scale. The correlation between the questionnaires indicates convergent validity of this tool. In order to assess construct credit, the groups of students and talabehs were compared. This study showed this scale can show the differences between the groups that are differences between them in terms of the variables studied. The results showed that talabehs were reported with significant higher total marks in scales of first to third

2. Neo five-factor inventory: Neo characteristic questionnaire was made and released on 1992 by Costa and mccrac. This questionnaire consists of 60 articles performed on 1986 according to factor analysis performed and acquired. The reliability of Neo results of several studies suggests that Neo scales have good internal consistency. Costa and Mccro have reported higher cost and Cronbach's alpha coefficient between 68/0 and for (the agreement) to 86/0 (for Neuroticism). NEOquestionnaire in Iran is validated by Grossi. Using retest method within 3 months, the validity of this questionnaire is reported to be respectively 0.83, 0.75, 0.80, 0.79 and 0.79 for factors of Neuroticism, extraversion, openness to experience, agreeableness and conscientiousness (grossi, 1988).

Results and findings

As mentioned in the previous article, the aim of this study is to investigate the relationship between spiritual intelligence and personality traits of married women is Mahvelat. According to findings of this research, $\alpha = 99$, $\alpha = 0.01$.

Discussion

- There is a significant negative relationship between neuroticism and existential critical thinking of married women with $r = -0.324$.
- There is a significant negative relationship between neuroticism and personal meaning production of married women with $r = -0.369$.
- There is a significant negative relationship between neuroticism and transcendental consciousness of married women with $r = -0.354$.
- There is a significant negative relationship between neuroticism and sign consciousness of married women with $r = -0.225$.
- There is a significant positive relationship between extroversion and existential critical thinking of married women with $r = +0.152$.
- There is a significant positive relationship between extroversion and personal meaning production of married women with $r = +0.188$.
- There is a significant positive relationship between extroversion and transcendental consciousness of married women with $r = +0.78$.
- There is a significant positive relationship between extroversion and sign consciousness of married women with $r = +0.002$.
- There is a significant positive relationship between openness and existential critical thinking of married women with $r = +0.174$.
- There is a significant positive relationship between openness and personal meaning production of married women with $r = +0.183$.
- There is a significant positive relationship between openness and transcendental consciousness of married women with $r = +0.217$.
- There is a significant positive relationship between openness and sign consciousness of married women with $r = -0.200$.
- There is a significant positive relationship between agreement and existential critical thinking of married women with $r = +0.132$.
- There is a significant positive relationship between agreement and personal meaning production of married women with $r = +0.002$.
- There is a significant positive relationship between agreement and transcendental consciousness of married women with $r = +0.002$.
- There is a significant positive relationship between agreement sign consciousness of married women with $r = +0.002$.
- There is a significant positive relationship between consciousness and existential critical thinking of married women with $r = +0.002$.
- There is a significant positive relationship between consciousness and personal meaning production of married women with $r = +0.002$.
- There is a significant positive relationship between consciousness and transcendental consciousness of married women with $r = +0.002$.
- There is a significant positive relationship between extroversion sign consciousness of married women with $r = +0.002$.

This study demonstrated the role of characteristic traits in married women's spiritual intelligence. From the five personality factors, variables of extraversion, openness, agreeableness and conscientiousness have significant negative correlation between spiritual intelligence and variable Neuroticism. Therefore, it seems necessary given the characteristics of personality assessment as a predictor of spiritual intelligence. Additionally it can be deduced that with increasing levels of spiritual intelligence and spiritual strategies in life, Neuroticism is reduced.

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