



SPIRITUAL INTELLIGENCE WITH THE HAPPINESS IN PHYSICAL EDUCATION STUDENTS

**MAHMOOD VAFAEEYAN¹, ABBAS DOOSTDAR RUZBAHANE², MAHMOOD
BASHIRI³, FATEME TEHRANI⁴, ALI KHADEMI⁵**

1, 3: Department of physical education and Sport Sciences, karaj Branch, Islamic Azad University, alborz, Iran.

2: Teacher at Department of Sciences and Technology Farabi, Farabi Univeristy .

4: Department of physical education and Sport Sciences, Tabriz Branch, Islamic Azad University, tabriz, Iran.

5: Sama technical and vocational training college, Islamic Azad University, Andisheh branch, Andisheh , Iran

ABSTRACT

Spirituality is one of the innermost needs of human, in a way that some experts have considered it to comprise the highest levels of cognitive, moral and emotional development basis and also constant efforts of man to respond to questions of life. Spiritual intelligence, as the basis of individual's beliefs, has a major role in various fields, particularly the promotion and provision of mental health and on the other hand, the importance of happiness in mental health, physical health, efficiency and social participation has become one of the most important priorities of psychology. Therefore the purpose of the present study is to examine the relationship between spiritual intelligence and happiness in the students of Azad University of Ardabil. The research method is descriptive and of correlation type. Statistical population includes all physical education students of Islamic Azad University of Ardebil and in proportion to population of faculty, by taking into account the gender ratio, 165 subjects (75 male, 90 female) were selected as the sample of the study by using multistage sampling method and spiritual intelligence questionnaire with 14 options and Oxford Happiness Inventory with 2 items were used as data collection tool. Analysis of the results was done by using t-Test for independent and correlated samples and analysis of variance showed that there is a significant difference between the mean of different groups of students. This means that by increase in score of spiritual intelligence, the happiness scores were also increased

Keywords: Spiritual Intelligence, Happiness, Mental Health

INTRODUCTION

In the last few decades, the importance of spirituality and spiritual growth in man has increasingly attracted the attention of psychologists and mental health professionals to itself. The advancement of psychology on the one hand and the dynamic and complex nature of modern society on the other hand, have caused spiritual needs of human to more signalize themselves against material needs and demands and become more important. In a way that World Health Organization in definition of dimensions of man's existence refers to physical, psychological, social and spiritual dimensions and proposes the fourth dimension, spiritual dimension, in the growth and development of human. But despite the increasing emphasis of scientists on the spiritual dimension of human development, there is still no single definition that encompasses the entirety of spirituality. Won (1993) has defined spirituality as a constant effort of human to answer the questions of life. Spirituality is one of the innermost needs of human, in a way that some experts have considered it to comprise the highest levels of cognitive, moral, emotional and personal development basis (Farrow, 1983) and also constant efforts of man to respond to questions of life (West, 2005). More clearly, efficient use of the creativity and curiosity to find related

reasons, along with survival and living and, therefore, growth and development, constitute an important part of spirituality (Shahidi, 2013). Spirituality means the role of life, or "way of being" and "experiencing" which is created by getting awareness about immaterial dimension and determines its discernible values (Elkins et al. 1988). And it is a noble sense that increases enthusiasm and tendency of human for justice and fairness and creates a conformity and coherence with the entire universe (Tesay, 2003). In order to explain the ability of people, reason, logic and emotions and excitement, psychologists use words such as intelligence quotient (IQ) and emotional intelligence (EQ) that beside these concepts, the term of Spiritual Intelligence (SQ) has attracted the attention of psychologists in recent years. Zohar and Marshall (2000), in their book of spiritual intelligence, have mentioned it as fundamental intelligence.

Gain, M. and Purohit, P. (2006) consider spiritual intelligence as experienced ability that gives people the possibility of achieving knowledge and understanding and provides the basis to achieve perfection and advancement in life. Spiritual intelligence is called as multiple ways of understanding and integration of the interior life (mental

and spiritual) with outer life in the world (Emmons, 2006).

Elkins et al (1988) have proposed four presumptions about Spiritual Intelligence:

The component under the title of spiritual dimension is the spirituality of a human phenomenon and exists in all individuals in the form of capability and capacity, spirituality is not synonymous with being religious, spirituality can be defined, described and measured.

Researchers and scholars have mentioned five abilities and skills regarding the spiritual intelligence:

Develop and maintain communication with the ultimate origin of all things, success in the quest for the meaning of life, finding an ethical way that helps us in getting the right direction, understanding spirituality and values in personal life, and interpersonal interactions; therefore we can say that spiritual intelligence is all those things that we believe in and it shows the role of beliefs and norms, opinions and values in the activities that we undertake. (Abdullah Zadeh, 2012). Dekman (2012) refers to the impact of spiritual intelligence on the mental health. West (2005) believes that people who have a spiritual life are undoubtedly healthy people in terms of psychology. A new branch of psychology

and its new approach under the title of positive psychology are seeking to study the psychological capacities and powers instead of psychopathology. The basic idea of the new perspective is that measurable positive characteristics as a shield can protect people against the dangerous and undesirable events (Masten et al., 1998). Psychologists, who are interested in the field of positive psychology, have focused on the potential sources of positive feelings, such as happiness (Seligman & Csikszentmihalyi, 2000 as quoted by Cohen and Bressman 2005) that hope and joy are one of the cognitive-motivational factors that have been highlighted in this area (Snyder and Louper, 2003). Emotional responses are an important part of physiological interactions of human that affect his ability to survive and maintain his health against various diseases. Happiness is one of these emotions that include wide range of emotional interactions taken from sense of relief up to feel of joy and ecstasy (Khodayarifard, Abedini, 2012).

Argyle, Martin and Crossland (1989) consider happiness as combination of positive emotion, lack of negative emotion and life satisfaction. Some authors (Kozma and Stones, 2000) have considered mental health synonymous with happiness and life satisfaction and assume the psychological health as a balance between positive and

negative emotions. Some researchers believe that mental health is the positive perception of the events and circumstances of life, so that an optimist person believes that any situation and circumstance will ultimately have a positive result. (Swetman et al., 1993 quoted by Bezner, Steinhardt, 1997) Happy people by valuing their skills become associated with positive events rather than negative events (**Carr, 2004**). Research results of Meyers (2001) and Peterson (2011) indicate that happiness is effective in improving physical and mental health. Lyubomirsky, Sheldon and Schkade, (2005) believe that each person has a model for happiness that causes to interpret events in a way that helps to maintain and increase happiness and gives meaning to life and makes you feel valuable. From the perspective of Peterson (2011), happy people tend to see themselves and others positive and interpret events positively. They do not think much about the failure and make logical and sound decisions from the opportunities they gain and have a realistic optimism towards events. Researches and studies on happiness indicate that happy people are different with unhappy ones in terms of the structure of thought, judgment and motivation and possess higher levels of individual, familial, career, educational and social efficiency (**Lyubomirsky et al., 2005**). Seligman

(2012), has predicted that by 2025, one out of every two people living on Earth will suffer from depression, for this reason, today, studies on happiness and factors associated with it are considered as the most important priorities of psychology.

Since spirituality is one of the innermost needs of human, in a way that some experts have considered it to comprise the highest levels of cognitive, moral and emotional development basis and also constant efforts of man to respond to questions of life and spiritual intelligence, as the basis of individual's beliefs, has a major role in various fields, particularly the promotion and provision of mental health that happiness is considered as one of the symptoms mental health. The main purpose of the present study is to examine the relationship between spiritual intelligence and happiness in the students of Azad University of Ardabil.

METHODOLOGY

The research method is descriptive and of correlation type. Statistical population includes all physical education students of Islamic Azad University of Ardebil who have studied in this university in academic year of 2013 and in proportion to population of faculty, by taking into account the gender ratio, 165 subjects (75 male, 90 female)

were selected as the sample of the study by using multistage sampling method.

Following tools were used in this study:

Spiritual intelligence questionnaire with 14 questions and five options that internal validity of the questionnaire was assessed by the investigator and the Cronbach's alpha was 0/85 which indicates high reliability of it. The revised Oxford Happiness Inventory of Argyle (2001) (quoted by Carr, 2004) with 29 items of four options which are graded from 0 to 3 and the sum of the scores of the 29 items that constitute the total score of the scale and its range of scores are from zero to 87. In Iran this test has been validated by Ali Pour (2008) that its Cronbach alpha was obtained as 0/91.

Research questions:

How is the status of spiritual intelligence of physical education students of Islamic Azad University of Ardabil?

How is the status of happiness of physical education students of Islamic Azad University of Ardabil?

Are there any differences in the degree of spiritual intelligence between boys and girls?

Are there any differences in the degree of happiness between boys and girls?

Is there any relationship between the level of happiness and spiritual intelligence of physical education students of Islamic Azad University of Ardabil?

RESULTS

According to the results of the **table 1**, the mean of the spiritual intelligence of students is 43/02 which is 12 scores higher than the expected mean and this difference is statistically significant. ($p < 0/05$)

According to the results of the **table 2**, the mean of happiness is 37/2 in girls and 39/03 in boys that the mean of boys is higher, but this difference is not statistically significant. ($p > 0/05$)

According to the results of the **table 3**, the mean of spiritual intelligence is 46/2 in girls and 45/01 in boys that the mean of girls is higher than the mean of boys, but this difference is not statistically significant. ($p > 0/05$)

Table 1: How is the status of spiritual intelligence of physical education students of Islamic Azad University of Ardabil?

Significance level	Degree of freedom	t- value	Expected mean	Observed mean	Number	Index Variable
0/000	164	15/46	34	43/02	165	Spiritual intelligence

Table 2: Are there any differences in the degree of happiness between boys and girls?

Significance level	Degree of freedom	t- value	Mean	Number	Index Gender
0/32	163	0/76	37/2	90	Female
			39/03	65	Male

Table 3: Are there any differences in the degree of spiritual intelligence between boys and girls?

Significance level	Degree of freedom	t- value	Mean	Number	Index Gender
0/61	163	0/46	46/2	90	Female
			45/01	65	Male

Table 4: How is the status of happiness of physical education students of Islamic Azad University of Ardabil?

Significance level	Degree of freedom	t- value	Expected mean	Observed mean	Number	Index Variable Happiness
0/000	164	7/46	43	38/05	165	

Table 5: Is there any relationship between the level of happiness and spiritual intelligence of physical education students of Islamic Azad University of Ardabil?

Standard deviation	Number	Mean	Index Status
11/12	53	34/47	Low
9/7	97	46/93	Average
6/5	25	52/26	High

According to the results of the obtained mean, spiritual intelligence in students with low happiness is 35/57, in students with average happiness it is 47/94 and in students with high levels of happiness this score is 53/2, therefore whatever spiritual intelligence increases, the happiness also increases. Analysis of variance was used to assess significant differences between the mean of groups. According to table of analysis of variance between the mean of different groups of students on the basis of happiness, in terms of spiritual intelligence there are differences that these differences are statistically significant ($p < 0/05$) and as it was seen in the table of the means, it is in favor of groups with higher happiness score.

DISCUSSION AND CONCLUSIONS

The findings of the present study indicated that there is a significant difference between the mean of different groups of students, according to the happiness in terms of spiritual intelligence. This means that with increase in the spiritual intelligence, the level of happiness of students also increases and these finding are consistent with the results of the researches conducted by Oishi, Diener, & Lucas (2007) (quoted by Hadianfard, 2012) who state that individuals who enjoy spirituality have higher levels of happiness, since spiritual intelligence is an experienced ability that gives people the possibility of achieving knowledge and understanding and provides the basis to achieve perfection and advancement in life (Gain, M. and Purohit, P. 2006)

Research results of Meyers (2001) and Peterson (2011) indicate that happiness is effective in improving physical and mental health and creates the feeling of security and satisfaction in the life and higher participation spirit and individuals who have a spiritual life are undoubtedly healthy people in terms of psychology (West 2005). Therefore it can be said that individuals who enjoy higher levels of spiritual intelligence have higher levels of happiness, because both components are intimately linked to mental health and this explanation is consistent with the research results of Yaghubi and colleagues (2013) who indicated that there is a significant relationship between spiritual intelligence and mental health of students. Also Dekman (2012) refers to the impact of spiritual intelligence on the mental health. From the perspective of Peterson (2011), happy people tend to see themselves and others positive and interpret events positively. Researches and studies on happiness indicate that happy people possess higher levels of individual, familial, career, educational and social efficiency (Lyubomirsky et al., 2005), also findings of this research are consistent with the studies conducted in the field of spiritual intelligence and happiness. Pollner (2013) has found that constant social support, the feeling of closeness to God and having a

friendly impression of God are associated with happiness. Ellison (2013) demonstrated that the persistence of social support and firm faith, bring happiness and Jina (1996) found that mental health is correlated with the inherent tendency towards religion, and a serious commitment towards religion by itself can be regarded as the ultimate goal, and having a goal in life is positively correlated with happiness. Therefore it can be concluded that spiritual intelligence, as the basis of individual's beliefs, has a major role in various fields, particularly the promotion and provision of mental health that happiness is one of its signs. Therefore focusing on the spiritual intelligence and its explanation helps students to understand value and meaning of life, solve problems regarding themselves, others and the world.

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