



Comparison of dysfunctional attitudes and Spiritual Intelligence in normal individuals and addicts: Addiction treatment center of *assalouyeh*

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ABSTRACT

Introduction: the present study examines the Comparative study of dysfunctional attitudes and Spiritual Intelligence in normal individuals and addicts. Method: In this study, 50 patients with substance dependency were selected using easy sampling method and same number of people were selected as the control group Research Tools were King's Spiritual Intelligence Questionnaire, DAS questionnaire. The analysis of the data was done using SPSS version 16 software. Results: The results showed there was a significant relationship between dysfunctional attitudes toward addiction in addicted. There was a significant relationship between dysfunctional attitudes and critical reflection and spiritual consciousness, consciousness development and generate personal meaning in normal individuals ed. A significant correlation was shown between dysfunctional attitudes and critical reflection, to produce personal meaning and spiritual awareness in addicted. Conclusions: With awareness of the consequences of drug use, modified approaches to practical methods of prevention programs to reduce the tendency towards drug addiction could conserved as a Step to reduce the dysfunctional attitudes.

Key words: Addicts, Dysfunctional attitudes, normal individuals , Spiritual intelligence.

INTRODUCTION

Spiritual intelligence is the level of understanding of the reality and truth. Spiritual intelligence , particularly ,impact on quality of life and make a valuable and purposive life. Spiritual intelligence is one of the concepts that are formed by psychologist's interest and attention. Religiosity and spiritual soul case significance, specially, spiritual intelligence is felt in different ways .One of these necessities ,an topologically ,is spiritual dimension from scientist, view , specially , who experts they are called humans as biological , social and spiritual creature. (Halfdan Mahler, WHO, 2008).

Human societies have always faced with many problems and damages. Since social damage is devoted considerably ,part of affairs and capitals to its own and attention to damages result in preventing and treatment of them ,this has always been human's interest in different periods and they look at them with epistemological view and dominant knowledge of his era and sough to explanation of why and how they have been viewed . One of the social damage is addiction that society always involved with it. To days one of the main concerns and problems is abuse and substance dependency. Since abuse of substance has Inhibitor effects on development and prosperity of society, it is a serious threat and worry .Substance dependency and abuse are considered chronic and recurrent disorders with biological ,cultural ,mental, social ,behavioral and spiritual effects. In histogram , horizontal axis indicates respond ants educational groups and vertical axis indicates frequency percent according to reach their educational groups. As you can see the max frequency percent (33) and minimum one are related to under diploma and undergraduate, respectively . The study of lysine et al (2011) ¹indicates that spirituality leads to increasing individual resistance against pain (Lysne & Wachholtz, 2011). Spiritual intelligence is correlated with psychological terms that can be implied to extroversion , emotional and behavioral stability and also resiliency against stress. Zouhar & marshal

(2000) ² imply three kinds of intelligence, intellectual, emotional and spiritual. The person who has high spiritual intelligence, have the following specifications. They are flexible, high consciousness ability to face with problems, pains and overcome to them. Also, inspired by values and insight, avoiding bad-temper to others, unity-oriented thinking in dependency to others, and resistance against methods and normal traditions –Beck point of view. Dysfunctional attitudes are the attitudes that someone is vulnerable against depression. These attitudes are active immediately and after occurring negative events and after occurring negative events and after activation, information processing patterns are motivated that have negative orientation or on the other hand have determined with negative mistake in thinking. These negative attitude can be mental health dysfunctional factors. The relationship between dysfunctional attitudes and depression in normal population is investigated by Kumari and Blackburn (2002) and the result indicate that dysfunctional attitudes are one of the depressing factors in these individuals. Also Miranda, Gross, and persons and Hahn, have found that there is a relationship between dysfunctional beliefs and depression and anxiety signs. In addition to these findings, Oliver and Klocek study indicates that dysfunctional attitudes have correlated with negative perception from family, but with depression and anxiety as a result of controlling, this correlation wasn't observed. Cognitive theory has a special place. According to Beck cognitive theory, these are including negative schemas (with low self-esteem), fixed and irrational ideas (indicates dysfunctional attitude) (Beck et al, 1979). Dysfunctional attitudes are beliefs and assumption-based that a person has in relation to his own, world, around and future. These attitudes result in base in understanding and perception. From events and affected foaling and behaviors and the person prone to depression and the other psychological distress. Beck and Lark (1988), cognitive theory is a psychotic therapy system that attempt to reduce emotional reactions and self-narcotization behavior with improving faulty thinking or error-based thinking and inconsistency ideas that are infrastructure of these reactions. Ellis says that humans have strong orientation for incorrect thinking from these point of view irrational ideas and dysfunctional attitudes turn to behavioral confusing basis. This philosophy from one side is binding (committed) thinking that is powerful and on the other hand leads to catastrophic implications. Beck has emphasized dysfunctional attitudes role and incompatible cognates in making consistency behaviors with different concepts. Based on Ellis (1973), clients should be aware of what they are thinking in second step must be detected wrong thoughts and then with replacing dyadic judgments instead of wrong and necessary feedback that is indicating correct changes, complete the treatment term. The role of other beliefs, attitudes and mental process in most of behavioral problems and disorders is indicated and revealed that irrational beliefs can be server individual's pain. Salovey et al (1999), have mentioned, consumers and abuse persons consume in responding to a bad event, because they believe that substance abuse is effected negative mood. According to Islamic foundation as a complete religion, there is a revealed vacuum in using religious terms in preventing and treatment programs specially, addiction. Moalemi with comparing spiritual intelligence with mental well-being in addicted and normal individuals have indicated there is a meaning full difference between scale of spiritual mental well-being so that addicted have lower mental well-being to normal group. Also, in both of them, spiritual intelligence and mental well-being have been observed a meaning full correlation. Accordingly the present study examines the Comparison of dysfunctional attitudes and Spiritual Intelligence in normal individuals and addicts: Addiction treatment center of Assalouyeh

EXPERIMENTAL SECTION

In this study, 50 patients with substance dependency were selected using easy sampling method and same number of people were selected as the control group. Research Tools were King's Spiritual Intelligence Questionnaire, DAS questionnaire. Using subject matching method population is divided to two groups that are the same in age, sex, and education: control and test group. Addicts group of patients admitted to drug treatment centers in Assalouyeh were selected. While the *normal* group of healthy individuals were selected in Assalouyeh. The analysis of the data was done using SPSS version 16 software.

Tools:

A). spiritual intelligence tests

Spiritual intelligence questionnaire that developed by King ¹, has 24 items and is filled by liker t 50 options scale. High score is indicating high spiritual intelligence or existence of this capacity. Based on studying and analyzing by King, personal meaning production, transcendental awareness and conscious state expansion. Evidence related to reliability and validity Total reliability coefficient of test and sub-scales are reported. Based on corn Bach's alpha coefficient, 0.94, 0.85, 0.83, 0.91, 0.95, respectively. Using exploratory function analysis were obtained 0.95 corn Bach and 0.84 split-half reliability in sample of 619 students in Toronto university in Canada in 2007. In the other research, using factor analysis method was obtained 0.92 confirmed corn Bach alpha and 0.92 standard alpha (King, 2008). In this research, corn Bach's alpha of questionnaire was studied and 0.855 was obtained. Since alpha coefficient is below 0.7, reliability of test is unacceptable, so, by detecting redundant questions, favorable (As it makes in deep thinking, meditation prayers).

B). Dysfunctional attitudes scale

Dysfunctional attitudes scale is set by Beck and wise man. This questionnaire is made based on Beck cognitive theory about depression and anxiety . This scale is measured believes and attitudes that including inflexible , perfectionism criterion for evaluating owns personal and valuable performance . Dysfunctional attitudes scale (wise man, Beck, 1987 .) is the most important cognitive style test in USA researches of cognitive therapy (1991, Lindsey & Paw ell .) Respond ant show be determined his /her attitude about each question, based on range from strongly agree to strongly disagree , on answer –sheet . This tool is developed for realizing assumptions that are in infrastructure of special personal thinking . According to Beck , committing to dysfunctional attitudes and believes and accepting wrong and inflexible rules ,leading to high possibility of mental disorders ,especially depression and anxiety.

Evidence related to reliability and validity:

Corn Bach's alpha coefficient of dysfunctional attitudes questionnaire was investigated by researcher by monitoring supervisor. Since alpha coefficient is below 0.7, reliability of test is unacceptable , so by detecting redundant questions , favorable reliability was obtained and with deleting uncorrelated questions obtained desirable amount of alpha in dysfunctional attitude questionnaire.

Implementing and scoring:

DAS scoring method(dysfunctional attitude scale) is as follow , each answer has score from 1(strongly disagree) to 6(strongly agree .) Of course , in cases 35 ,30 , 29 , 24 , 17 , 12 , 6 , 37 , 2 and 40 , scoring is reversed . So , subjects score are in the range of 40 -280. According to different research, scores average is obtained 119 – 128 in healthy people and high scores indicate depression and cognitive distortions.

RESULTS

Descriptive findings of research including mean, standard deviation and inferential statistics of t-test and significance level used:

Hypotheses:

Hypothesis 1 : there is a relationship between spiritual intelligence and dysfunctional attitude in addicted person .

Hypothesis 2 : there is a relationship between spiritual intelligence and dysfunctional attitude in non- addicted person (normal individuals) .

* In following table the mean score comparison of dysfunctional attitude was conducted addicted and non-addicted.:

Table 1

t	df	P	Mean	Standard deviation	Group
1/87	98	0/000	71	11/45	addicts
			66/24	18/89	normal individuals

According to table 1 , dysfunctional attitude score mean in addicted and non-addicted persons is provided .Meaningful level is $t = 1.87$ (, $p=0.000$.) A you can see , dysfunctional attitude in addicted and non- addicted has meaningful difference .

* In following table the mean score comparison of spiritual of intelligence was conducted addicted and non-addicted:

Table 2

t	df	P	Mean	Standard deviation	Group
1.28	98	0/000	30/83	14/19	addicts
			45/47	14/65	normal individuals

According to table 2 provides spiritual intelligence mean in addicted and non- addicted persons . Meaningful level is obtained $t = 1.28$ ($p=0.000$.)As you can observed , spiritual intelligence has meaningful difference in addicted and non -addicted persons.

CONCLUSION

It is determined that there is negative meaningful relationship between dysfunctional attitude in addicted person and critical existential thinking , personal meaning production , and trans dental awareness . Increasing dysfunctional

attitude in addicted persons leading to increasing critical existential thinking . Also ,results show that the relationship between dysfunctional attitude and conscious state expansion is not meaningful. In explanation of this hypothesis , it is suggested that increasing in attitudes that damage to person against depression leading to increasing thinking capacity about non- existential problems in relation to own' s existence. These attitudes , immediately and after occurring negative events are active and after activating , pattern of information processing is motivated that has a negative orientation.

It is determined that increasing dysfunctional attitude in non- addicted person results in increasing critical existential thinking and conscious state expansion . These findings were investigated with kerqell et all's results that studied dysfunctional attitudes and impact on depression . The results show that there is a little reduction in dysfunctional attitudes level for both groups after negative mood, however , there is an increasing positive mood for both of them . There fore , there are dysfunctional attitude of depression signs prediction , as a result of linear and negative path and difference in findings and global question of depression cognitive in all culture . Haica (2013) have been investigated gender differences in life quality ,dysfunctional attitudes intensity, without any condition, self – acceptance emotional distress and dual consistency in infertile couples . The results show that significantly sensual difference in mental and emotional and body dimension of life quality , in life quality relationship and social dimensions , dysfunctional attitudes intensity, self – accepted non- conditional, emotional disorder , couple consistency with meaningful relation between dimensions and parameters , are aligned. It is suggested that increasing in and negative attitudes of thinking power about existential problems such as metaphysic existence and ability to enter and leave to high level of consciousness result. in high unity in normal persons so these negative attitudes can be dysfunctional attitudes factors of mental health .In dysfunctional attitudes , these research results show lack of meaningful difference between two groups . Percent of individual with dysfunctional attitudes , both of them, shows that individual ratio with cognitive falsification in abuse substance subjects is more than healthy subjects.

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