



Research Article

ISSN : 0975-7384
CODEN(USA) : JCPRC5

Interactive role of spiritual intelligence factors with happiness and perfectionism, a communication plan

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ABSTRACT

Intelligence, especially, spiritual intelligence is a collection of different skills and abilities that appear in social and historical contexts in different forms. Psychologists interested in positive psychology focus on potential sources of positive feelings such as happiness. Hope and happiness is one of the motivational – cognitive structures that are highlighted in this regard. The research was conducted with the aim of studying the relationship of the spiritual intelligence level and happiness and perfectionism in Rezvan-Shahr city of Guilan province. The present study was done in a cross-sectional form in correlation framework in 2015 on a sample including 60 people (N=60) from Payame Noor University students of Rezvan Shahr. Random sampling was used to select respondents. Due to the nature of the research, survey method was chosen for data gathering and spiritual intelligence questionnaire, Hill Perfectionism Scale, Oxford Happiness Scale, and the Demographic Index Checklist were used. Also, t-test and Pearson Correlation test were used to analyze the data. The analysis of findings showed that there is a direct and significant relationship between spiritual intelligence level and perfectionism and happiness.

Keywords: spiritual intelligence, happiness, perfectionism

INTRODUCTION

The concept of intelligence is one of the challenging issues in the history of psychology from the past to the present. Some thinkers believe that the intelligence lacks a real entity and it is only a tag for what IQ tests measure (1). Walters and Gardner believe that the intelligence is a collection of abilities that empower a people to solve their problems and put these solutions in the context of a particular culture (2). Global attention to the spiritual aspects of the human life by the psychologists all over the world resulted in a concept called spiritual intelligence. Spiritual intelligence is a combination of intelligence components and spirituality (3). As such, Zoher and Marshal (2000) believe that the spiritual intelligence creates a deep insight in the process of life events, and make people experienced in the sweet and bitter happenings and events of life, so that they do not afraid of difficulties of life and confront with them with patience and thought, and find rational and humanistic solutions. They believe that it is a kind of intelligence by which people deal with meaning and value problems and solve them. Spiritual intelligence is a kind of intelligence by which people can direct their activities and life in a deeper, richer, and more meaningful path. A factor that causes spirituality conceptualized in a combination with intelligence is the scientific results of researches that indicate applying spiritual and religious models in the human daily life can lead to an increase of human compatibility and well-being (4). Spirituality means the role of life or “a method for being” and experiencing, which come into existence by being aware of a non-materialistic aspects, and it is known by recognizable values (5), and it is a sublime feeling that increase people’s enthusiasm for justice and equity, and create an integrity with self and the universe (6). Spiritual intelligence brightens the mind and connects people’s

mentality with infrastructure ground of the existence, and it helps them to differentiate reality from imagination (sensational error). In different cultures, this concept exists as love, wisdom, and commitment (7). Happiness and perfectionism, which have been studied in this research, are components associated with spiritual intelligence.

Psychologists interested in positive psychology have paid attention to the potential sources of positive feelings such as happiness. Hope and happiness are two cognitive-motivational structures that are highlighted in this regard (8). Emotional responses are an important part of human physiological interactions that affect his or her ability to survive and being healthy by different illnesses. Happiness is one of these emotions that includes a wide range of emotional actions from feeling relax to joy and ecstasy (Khodayari Fard and Abedini, 2007). Happiness has three essential components that include positive emotions, satisfaction in life, and lack of negative emotions. Having positive relations with others, a targeted life, personal growth, and loving others are other components of happiness (9).

Perfectionism is a collection of high-level criteria for function that includes negative self-evaluation, criticism, and self-blaming (10). Spiritual intelligence includes the human potentiality to simultaneous and integrated experience between us and the world in which we live (11). In addition to provide accessibility to more knowledge and understanding, it paves the way to perfectionism and promotion in life (Chatkhabi et al. 2014). In various researches, it has shown that there is a mutual relationship between spiritual intelligence and different aspects of person's health (12). Also, there is a positive and significant relationship between spiritual intelligence and reduce of teenagers' psychological problems (13). Therefore, it can be predicted that teaching the components of spiritual intelligence has a meaningful effect on decreasing teenagers' psychological problems such as depression, anxiety, and stress. So, more precise studies are necessary to better understanding of the issue. As such, to eliminate these research gaps in Iran and a need to increase students' psychological health, this study is necessary. Regarding what has been mentioned, the present research is conducted by the aim of studying the relationship of spiritual intelligence and perfectionism and happiness in youth students of Rezvan Shahr city.

Estimation of sample

The sample of research includes all students of Payam Noor University of Rezvan Shahr. Since the statistical methodology of research is correlation, the statistical sample includes 60 students of Payam Noor University of Rezvan Shahr, which were selected by simple random sampling.

Moral considerations

In this research, the informed consent was achieved regardless of obligation, threats, allure, and seduction, and people's rejection of participation or continuing the participation was treated respectfully. It was attempted that doing research methods not to be opposed to the religious and cultural principals of respondents, and in all stages of planning, performing, and reporting of research, they would be respected and their human dignity and mental and physical integrity be protected.

EXPERIMENTAL SECTION

The present research is correlative type in the domain of descriptive plans. The data were gathered in 2015 by using survey method, questionnaire, and clinical interview. Therefore, 60 (N=60) students were selected by random sampling. The survey method was used for data gathering and spiritual intelligence questionnaire, Hill Perfectionism Scale, Oxford Happiness Scale, and also the checklist of demographic index of educational level were used to evaluate the data. In the first stage, by giving the certificate and informing students about the general objectives of the research, the questionnaire was given to them. Then, students were asked to study the questionnaire carefully and completely. After completing the form of questionnaire, they were acknowledged for their participation in this research.

Tools

Spiritual intelligence questionnaire

This questionnaire was made and normalized by Badi', Savari, Bagheri Dasht Bozorg, and Latifi Zadegan (2010) in Iran. They tried to make and validate a spiritual intelligence questionnaire. Therefore, a questionnaire with 42 items and 4 factors was prepared. The first factor was called general thought, which then changed to belief factor and include 12 items. The second factor was called the ability of confronting and interacting with problems and it

includes 14 items. The third factor was called having moral characteristics, which includes 9 items, and finally, the fourth factor was called consciousness, love, and interest, which includes 7 items (14).

This questionnaire was completed by a sample including 1000 students and offices staffs of Ahwaz city and in an accessible sampling. To determine the reliability of the spiritual intelligence questionnaire, two methods of Cronbach's alpha and split were used, which were 0.85 and 0.87 for the whole questionnaire respectively, and indicates the accepted reliability of the questionnaire. Also, to determine the validity of the questionnaire, its score was correlated with the score of criterion and it was shown that there is a positive and significant relationship between them that indicate the questionnaire possesses the required validity (15).

Hill Perfectionism Scale

This is a questionnaire with 58 questions that was designed by Hill et al. (16) based on the cognitive – behavioral approach. The Persian version of perfectionism list, with 58 phrases and 6 sub-scales in its Iranian form, was validated and normalized by Samaiy in 2010. The statistical population of research included all male and female students of all levels of education (B.A. /B.Sc., M.A. /M.Sc., Ph.D.) of state universities in Tehran in 2009-2010, and a sample including 550 people was selected by stratified method with proportional allocation. This method is famous for paying attention to proportion in sample, and since one of the goals of the research is providing a norm to the mentioned list, the sample must be a good representative of the society (17). Cronbach's alpha coefficient for the whole collection, which is an index for the validity of questionnaire, is 0.926, and validity coefficient of perfectionism list by re-test after final performance, was performed again on 50 people on a 2 to 6 week (the average of 4 weeks) period. The calculated coefficient of Pearson correlation, between two times performances, was 0.736. This value was significant in a level lower than 0.001 in terms of statistics and the validity of the re-test of perfectionism list indicates on the stability of its basic structures (17). 6 subscales of the Persian version of Hill perfectionism list respectively includes: 1. Interpersonal sensitivity, 2. Try to be the best, 3. Order and organizing, 4. Understanding pressure from parents, 5. having targets, 6. High standards for others. Cronbach's alpha coefficients for each are 0.913, 0.825, 0.827, 0.837, 0.793, and 0.751 respectively (18).

Oxford Happiness Scale

Oxford Happiness Questionnaire includes 29 items and measures personal happiness level. The theoretical basis of the questionnaire is Argyle and Crosland's definition of happiness. This questionnaire was made on 1989 by Michael Argyle and based on the Beck Depression Questionnaire (19). 21 phrases of this questionnaire is taken from BDI and they were reversed, and eleven questions were added to it to cover other aspects of mental health (20). Argyle et al. have reported the reliability of Oxford Questionnaire 0.90 by the help of Cronbach's alpha coefficient and have reported the reliability of its re-test 0.78 within seven weeks. The simultaneous reliability of this questionnaire was measured by using the evaluation of people's friends 0.43 (21). In a research, which was conducted by Alipour and Ahah Harris (2007) to measure the reliability and validity of Oxford Happiness Index (OHI) (22), it was shown that all 29 phrases of the list were highly correlated with total score. Cronbach's alpha was 0.91 for the total index. The average of Iranian respondents' scores in the Oxford Happiness Score (42.07) was different from the findings of Argyle's research (M=35.6). The research findings showed that OHI has appropriate reliability and validity in an Iranian society (23).

Statistical Analysis

In the present research, regarding the nature of subject and the study of the previous researches, Pearson Correlation Parametric Test was used to study the relationship of two variables of marital satisfaction and education level, and with respect to the distance of both scales. Then, the significance of the relationship was measured by t-test.

RESULTS

Statistical indicators

TABLE1. descriptive indexes for sex

INDEX	VARIABLE	F	PERCENT
SEX	FEMALE	52	86/7
	MALE	8	13/3

Descriptive Indicators associated with the sex of respondents are in table 1. According to this table, 86 percent of the sample people are female.

TABLE 2. descriptive indexes for age

index	variable	mean	Standard deviation
Age	female	24/23	6
	male	20/86	10/06
	total	23/83	6/6

Table 2 shows the descriptive indicators associated with the age of respondents. According to above table, girls' age is 24.23 years old (SD=6, domain= 19-38), and the average of boys' age is 20.86 (SD=10.06, domain= 20-34). To be informed of the variables of research and their distribution according to the groups under study, it has been attempted to provide the statistical descriptive indicators of these variables in table 2.

TABLE 3. Descriptive indicators variables in the sample

variables	Mean	Standard deviation	N
Spiritual Intelligence	282/15	23/34	60
Overall thoughts and faithfulness	42/2	6/73	60
The ability to cope with problems	183/33	13/62	60
Moral individualities	29/05	4/62	60
Self-awareness and love	24/57	4/34	60
happiness	77/83	17/4	60
Perfectionism	163/13	17/98	60
Interpersonal sensitivity	54/75	8/47	60
Aiming at perfection	20/05	2/64	60
Order and organization	21/62	4/55	60
Perceived parental pressure	18/27	3/77	60
Purpose fullness	24/03	3/11	60
High standards for others	23/97	3/42	60

The contents of table 3 show that the most average of the research variables is related to the spiritual intelligence by the average of 282.15. Perfectionism is on the next place by the average of 163.13.

Pearson Correlative Coefficient was used to analyze the data associated to this hypothesis of significance test. The data related to this hypothesis are shown in table 4.

Table 4: Pearson correlation coefficient between the score of spiritual intelligence and perfectionism

Variables	Spiritual Intelligence	Overall thoughts and faithfulness	The ability to cope with problems	Moral individualities	Self-awareness and love
Perfectionism	0/093	0/133	-0/004	0/064	-0/238**
Interpersonal sensitivity	0/125	0/174	0/022	0/082	-0/244**
Aiming at perfection	0/078	0/088	0/038	0/134	0/024
Order and organization	0/009	0/042	-0/067	0/038	0/153
Perceived parental pressure	-0/127	-0/056	-0/176	-0/087	0/048
Purpose fullness	0/376**	0/354**	0/264*	0/271*	0/358**
High standards for others	-0/092	-0/113	-0/06	-0/168	0/048

The contents of table 4 show that the only relationship between the score of the spiritual intelligence and being targeted ($p < 0.01$, $r = 0.376$) is positive and significant, and high level of spiritual intelligence is accompanied by high level of being targeted. The relationship of the total score of perfectionism ($p < 0.01$, $r = 0.238$), the interpersonal sensitivity ($p < 0.01$), being targeted ($p < 0.01$, $r = 0.358$), and self-awareness and love was significant. There was a positive and significant relationship between being targeted and general thinking and belief aspect ($p < 0.01$, $r = 0.354$), ability to deal with problems ($p < 0.05$, $r = 0.264$), morality ($p < 0.05$, $r = 0.271$), and self-awareness and love ($p < 0.01$, $r = 0.358$). The other relationships were not significant ($p < 0.01$).

To analyze the related data of this hypothesis, Pearson Correlative Coefficient was used. The data are shown in table 4-5.

Table 5: Pearson correlation coefficient between the score of spiritual intelligence and happiness

Variables	happiness
Overall thoughts and faithfulness	0/015
The ability to cope with problems	0/164
Moral individualities	-0/01
Self-awareness and love	0/37**

* $P < 0/05$ ** $P < 0/01$

The content of table 5 shows that the relationship of spiritual intelligence, general thoughts, belief aspect, ability to deal with problems, morality and happiness is not significant. However, the relationship of self-awareness and love with happiness is positive and significance ($p < 0.01$, $r = 0.37$). Therefore, the hypothesis of the research regarding the relationship of spiritual intelligence and happiness is not confirmed except in self-awareness and love.

DISCUSSION

The findings of the research regarding the relationship of spiritual intelligence and perfectionism showed that only the relationship between the score of spiritual intelligence and being targeted is positive and significant, and high level of spiritual intelligence is related to high level of being targeted. The relationship of total core of perfectionism, interpersonal sensitivity, being targeted and self-awareness and love was significant. A positive and significant relationship was seen between being targeted and general thought, belief aspect, ability to deal with problems, morality, and self-awareness and love, and other relationships were not significant. Also, it was observed that the relationship between spiritual intelligence and general thought, belief aspect, ability to deal with problems, morality, and happiness is not significant. But the relationship between self-awareness and love and happiness was positive and significant. The findings of the present research is not consistent with the finding of Diner, Lokay, and Oishi's research (14), which indicates that spiritualistic people experience higher level of happiness, and they do not confirm it. In explaining his similar finding, Ripentrop (15) states that spirituality is related to health, and by studying patients with psychological problems and chronic pain, he showed that patients who think trust in God is difficult and feel that God has abandoned them lack spiritual experiences, they do not receive any support from religious society and do not consider themselves as a religious-spiritual person and therefore they are at a greater risk of losing their health than other people. In fact, it seems that losing trust and negative religious confrontation is associated with lower level of health and higher level of pain experience in these patients. Also, in explaining this finding, it can be said that when a person grows the spiritual intelligence and thinks of God as the criterion, and does his or her activities according to knowledge and awareness (7), and additionally, shows patience while facing with others' inappropriate behavior, review his or her daily activities in break times, and puts away bad experiences, can make a situation to grow the psychological dynamism, and therefore, stay away from various disorders. Wiglisworth, also, believes that by starting person's spiritual growth, various skills like emotional skills are also reinforced as its feedback and will be placed in an interactive cycle so that they reinforce each other (22). In a research, they showed that the spiritual intelligence can predict psychological moods, so that the most aspects of the spiritual intelligence can predict the aspects of psychological and emotional capabilities. To explain this, they say that strengthening spiritual intelligence, which is in fact obedience to God, leads to improve social behavior and respect to others' emotions and feelings and respect to their rights, or in other words, strengthening psychological moods, and bring about decreasing unhappiness and psychological problems (18). Emonz (2000) also believes that the spiritual intelligence is one of the main factors related to the problems of emotional psychology, and states that there is a strong relationship between spiritual intelligence and psychological and emotional capabilities, personal capabilities, and as a result, person's psychological capabilities. The spiritual intelligence helps growing, richness, and strengthening psychological and emotional capabilities.

Research limitations

Like other human studies, the present research had also some limitations such as: 1. The present study is conducted among couples in Rezvan Shahr. 2. The generalization of the results is risky because it is a cross-sectional research. 3. Lack of control on the other variables effecting on happiness and perfectionism is another limitation of the research.

Research suggestions

Below, some suggestions are given for future studies:

1. The findings are suggested to be used in students' advisory centers.
2. It is suggested that the relationship between perfectionism and happiness be studied with students' spiritual intelligence.

Conflict of interest

The researcher did not report any conflict of interest during the process of study.

Acknowledgement

The author thanks a lot all people who participated in this study and facilitated the process of research.

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