

## Effects, of spiritual intelligence, on life satisfaction of girls 12 and 14 years, the city of Ilam

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### Abstract

spiritual intelligence capabilities and skills they need to develop and maintain contact with the ultimate origin of all creatures. Spirituality an important in life satisfaction and is a factor that could affect life satisfaction. **Method:** This study was applied. Study sample of 87 female students 12 and 14 years, have been formed. Tools used in this study, the questionnaire of spiritual intelligence, life satisfaction questionnaire were. Data analysis using software spss20, and Pearson correlation test was performed. **Discussion:** The results suggest that, in this study, between of spiritual intelligence and life satisfaction, there is a significant relationship. **Conclusion:** Research findings showed that of spiritual Intelligence can increase the life satisfaction of individuals. However, in this study, some of the components of spiritual intelligence, with the consent of the people, there is no connection. It is proposed to increase life satisfaction girls, good yards, at the age of girls in schools, to be held to help them grow and flourish.

**Keywords:** spiritual intelligence, life satisfaction, Ilam city students

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### Introduction

Over the past decade, theorists and scholars, in their studies, on the subject of learning and intelligence, concluded, that aspect of intelligence, which is quite unique, and humans. In fact, they believe that man to this aspect, it requires that of spiritual intelligence, or the abbreviation SQ, called (1). The spiritual intelligence, abilities, and skills, to develop and maintain relationships with the ultimate source of all things, palm, searching for meaning, spiritual understanding, values and personal life, and interpersonal relations, pointing (2). Amraam (2005), Emotional Intelligence, has a mission in life believe in a better world, a proper understanding of the values, and a sense of the sacredness of life, who knows. He also the spiritual intelligence, the ability to reveal the spiritual values he knows, so that, improving skills, daily

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life, health and body, and soul is (3). Vegan (2001) also argues that spiritual intelligence, understanding, spiritual questions, and insight, with multiple levels of consciousness (4). In general, the spiritual intelligence, context for things that they believe, and indeed the role of beliefs, attitudes, and values, in our actions, we assume that we are (2). Satisfaction with life in general, reflects the balance between individual aspirations, and his current situation. In other words, whatever the difference between individual aspirations and actual status of the individual, the more satisfaction he also reduced (4). Life satisfaction, meaning about life, and the meaning of the term, multifaceted, and inspiration from time, place, and personal values and social and mental dimensions, internal and external that cannot be, the general definition provided (5). Evidence suggests that students who are happy to consider more creative, and more desirable, and perhaps even live longer, and in terms of IQ, the smart people are. In fact, most people are not successful, the sense of life, that does not have (6).

Khishtandar (2006), in a study entitled the relationship between emotional intelligence and social support, and life satisfaction in BOUIN Zahra city high school students to the conclusion that, between emotional intelligence and social support, and life satisfaction there was a significant relationship. Also, girls, compared to boys, both emotional intelligence and life satisfaction, with a higher average. Also, regression analysis showed that emotional intelligence is a combination of five factors, only three factors, a significant predictor of life satisfaction, is (6). Ghahreman (2005), in a study titled, life satisfaction levels of students, male and female, came to the conclusion that between the sexes in terms of life satisfaction variable, there is a significant difference, and girls, compared to boys, levels of life satisfaction, higher (7). In examining the relationship between emotional intelligence, documentary-style, self-efficacy, and life satisfaction in women employees, Ahadi et al (2009), which concluded that, between emotional intelligence and self-efficacy, and life satisfaction, positive relationship and significant, but between attribution styles and life satisfaction, no significant relationship (8). Kirk and colleagues (2008) conducted a study titled, gender differences in life satisfaction among women and men showed that men, more than women, higher levels of satisfaction, to show (9). Self-bearing (2006), in a study entitled the relationship between emotional intelligence and social support, and life satisfaction in BOUIN Zahra city high school students to the conclusion that, between emotional intelligence and social support, and life satisfaction significant relationship exists. Samuel and salami (2010), in this study, the relationship between emotional intelligence, helpfulness, mental wellbeing and student behavior, and issues related to teaching quality were examined. Analysis of hierarchical regression for each dependent variable showed that emotional intelligence, usefulness, happiness, and life satisfaction can conduct, and attitudes students predict. This research suggests that positive psychological stress, to improve the positive elements of the students, more effective than trying to solve problems, to improve the quality of higher education, lead (10).

## Method

Fundamental objective of present research applications and data collection methods in terms of correlation, this study, using a questionnaire, and the sample size (n=87 females), respectively. In this study, the scale of spiritual intelligence and life satisfaction were used: Spiritual Intelligence Scale: Spiritual Intelligence Scale, in 2007, by the Amraam, and the dryer was made. To make the questionnaire, based on the studies of Walsh (1999), Characteristics of spiritual members of different religions, such as Buddhism, Christianity, Islam, Judaism, Kunfusism recognized and defined. Then, for the development of these definitions, characteristics, and qualities of spiritual people, Amraam and dryer, 71 interviews with people from various religions (Buddhism, Christianity, Islam, Hinduism, Judaism), did any of Religion, 4

the interview was conducted. The high correlation (0/99), the short version with 45 items, and 83 long-term model, the questionnaire was used for all sub-scales between 0/84 - 0/95 respectively. Concurrent validity of this questionnaire, with two other question, (satisfaction with life, and spiritual experiences), has been measured. According to our results, scores a spiritual experience, have a high correlation with scores of The spiritual intelligence (0/73), and also between spiritual intelligence and life satisfaction, there is a high correlation (0/73); On a scale of ISIS, average 30.04, with a standard deviation of 0/62, the Amraam and Dayler, was measured, indicating that if the average person is lower than 4.30, achieved, needs to be reinforced, and exercises to enhance your The spiritual intelligence, and whatever the average is higher than 4.30, which means a higher spiritual consciousness. Of this mean for the interpretation of the scale, are used. First, of this questionnaire in Persian, were translated. According to the opinion of several experts, some of its expressions, minor changes were given. According to our results, the face validity of the questionnaire, for of this age group of 16 years was good, and all of their questions, understandably, and reliability, with a Cronbach's alpha coefficient, was measured, in this group,  $96 / 0\infty =$ , indicating good reliability of the questionnaire. Of this options scale from 1 to 6, the scores fall. So that, never the one(1), very rarely grade(2), grade (3), somewhat rarely(4), usually the fourth(5), the fifth most ever scored(6), takes place. Emotional Intelligence, has the following scale: (1) knowledge, (2) incorporate, (3) beautiful, (4) appreciation, (5) enjoyment, (6) insight and (7) intellect, independence, freedom, (8) goals, (9) serving, (10) embodiment, (11) insights, (12) acceptance, (13) thoughtful, (14) optimistic, (15) peacefully, (16) his reception, (17) holiness, (18) purity dependence, (19) sacred, (20) their Premier, (21) practice, (22) refused. Life Satisfaction Scale: This scale, by DAYNER et al (1985), and to measure life satisfaction, is provided. This scale is a self-report instrument, which consists of five is composed. Phrase of this test, the cognitive component of subjective well-being, it is measured. Life Satisfaction Scale, (1998), in a cross-cultural study by Sah, Dayner, Ukshi, and Teryandis, German, Spanish, and Japanese, translated. Method of scoring options, in the case of life satisfaction, as follows: (Totally agree: 7 am: 7, slightly agree: 5, neither disagree nor agree, 4, Slightly Disagree: 3 Disagree: 2, completely disagree: 1) Thus, the range of scores on of this scale is from 5 to 35. Dayner et al (1985), in a sample of 176 undergraduate students, mean, and standard deviation, Student life satisfaction scores, respectively, 5.23, 6/43 and retest correlation coefficient scores after 2 months, 0/82, and 0/87 Cronbach's alpha coefficient, were evaluated. In Iran, Bayani and et al (2007), life satisfaction scale for standardization, it is for 109 student-run. Reliability test using Cronbach's alpha 0/83, and retest 0/69, respectively. Bliss and others (1989), a strong correlation between Life Satisfaction Scale scores, and BDI was found. Dayner et al (1985), the correlation between Life Satisfaction Scale scores, and other means of subjective well-being, reported satisfactory. Data analysis, the software spss20, on the surface, mean, and standard deviation, and inferential statistics, Pearson's correlation coefficient was used.

## Results

Table 1: Coefficient alpha variables

variables	NUMBER OF QUESTIONS	Coefficient alpha
CONSCIOUSNESS	8	74
GOOD	8	79
INTERNAL ORIENTATION	7	60
THE MEANING	8	50
THE EXISTENCE AND CHARACTER	8	63
TRUTH AND HONESTY	18	60
INTEGRITY AND WHOLENESS	26	90

Table 2: Table lot of satisfaction score

		FREQUENCY	PERCENTAGE	CUMULATIVE PERCENTAGE
SATISFACTION	VERY DISSATISFIED	10	11.8	11.8
	DISSATISFIED	2	2.4	14.1
	SLIGHTLY LOWER THAN AVERAGE	8	9.4	23.5
	THE AVERAGE	16	18.8	42.4
	TOP	23	27.1	69.4
	VERY SATISFIED	26	30.6	100.0
	COLLECT	85	100.0	

Table 3: Frequency of respondents' level of education

	FREQUENCY	PERCENTAGE	CUMULATIVE PERCENTAGE
First tips	43	50.6	50.6
Third tips	42	49.4	100.0
TOTAL	85	100.0	

Table 4: Frequency of Respondents age

	FREQUENCY	PERCENTAGE	CUMULATIVE PERCENTAGE
12.00	43	50.6	50.6
14.00	42	49.4	100.0
TOTAL	85	100.0	

Table 5: The distribution of life satisfaction scores

		FREQUENCY	PERCENTAGE	CUMULATIVE PERCENTAGE
LIFE SATISFACTION SCORES	VERY DISSATISFIED	10	11.8	11.8
	DISSATISFIED	2	2.4	14.1
	SLIGHTLY LOWER THAN AVERAGE	8	9.4	23.5
	THE AVERAGE	16	18.8	42.4
	TOP	23	27.1	69.4
	VERY SATISFIED	26	30.6	100.0
	COLLECT	85	100.0	

Table 6: The relationship between spiritual intelligence (age) and life satisfaction

	R	P
LIFE SATISFACTION	-.102	.353
AGE		

Table 7: The relationship between spiritual intelligence (knowledge) and life satisfaction

	R	P
LIFE SATISFACTION	0.093	.422
KNOWLEDGE		

Table 8: The relationship between spiritual intelligence (individual recognition) and life satisfaction

	R	P
LIFE SATISFACTION	0.324	.003
RECOGNITION OF INDIVIDUALS		



Table 9: Relationship between The spiritual intelligence (Enjoy people) and life satisfaction

	R	P
LIFE SATISFACTION	0.195	.085
ENJOY PEOPLE		

Table 10: Relationship between The spiritual intelligence (understanding and insight into people) life satisfaction

	R	P
LIFE SATISFACTION	0.093	.433
POWER DRAWS PEOPLE		

Table 11: Relationship between The spiritual intelligence (individual autonomy) and life satisfaction

	R	P
LIFE SATISFACTION	0.195-	.096
INDEPENDENCE FOR PEOPLE		

Table 12: Relationship between The spiritual intelligence (optimistic people) and life satisfaction

	R	P
LIFE SATISFACTION	0.159	.154
OPTIMISM PEOPLE		

Table 13: Relationship between The spiritual intelligence (peaceful people) and life satisfaction

	R	P
LIFE SATISFACTION	0.137	.232
PEACEFUL PEOPLE		

Table 14: Relationship between The spiritual intelligence (dependency cases) and life satisfaction

	R	P
LIFE SATISFACTION	0.240	.036
DEPENDENT PEOPLE		

Table 15: Relationship between The spiritual intelligence (not individuals) and life satisfaction

	R	P
LIFE SATISFACTION	0.206	.067
AVOID PEOPLE		

Table 16: Relationship between The spiritual intelligence (in the sense of accepting people) and life satisfaction

	R	P
LIFE SATISFACTION	0.322	.005
SENSE OF SELF-ACCEPTANCE IN PEOPLE		

Table 17: Relationship between The spiritual intelligence (mastermind of the population) and life satisfaction

	R	P
LIFE SATISFACTION	0.134	.232
BEING THOUGHTFUL PEOPLE		

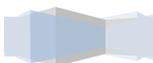


Table 18: The relationship between the scale of spiritual intelligence and life satisfaction

	The scale of spiritual intelligence	The dependent variable	SIG	R
spiritual intelligence	Age	Life satisfaction	.353	-.102
	Knowledge	Life satisfaction	.422	.093
	Recognition of individuals	Life satisfaction	.003	.324
	Enjoy people	Life satisfaction	.085	.195
	Power draws people	Life satisfaction	.433	.093
	Independence for people	Life satisfaction	.096	-.195
	Optimism People	Life satisfaction	.154	.159
	Peaceful people	Life satisfaction	.232	.137
	Dependent people	Life satisfaction	.036	.240
	Avoid people	Life satisfaction	.067	.206
	Sense of self-acceptance in people	Life satisfaction	.005	.322
	Being thoughtful people	Life satisfaction	.242	.134

Table 19: Results of regression variables

ADJUSTED R SQUARE	R SQUARE	R	MODEL
.189	.215	.463B	2

MODEL		Non-standardized coefficients		Standardized coefficients	T	SIG
		B	STD ERROR	BETA		
2MODEL	Constant	8.425	4.168		2.021	.048
	Sense of self-acceptance in people	.593	.250	.284	2.367	.021
	Recognition of individuals	.797	.339	.282	2.353	.022

Table 20: Results of regression variables

Adjusted R Square	R Square	R	Model
.054	.065	.255a	1

MODEL		Non-standardized coefficients		Standardized coefficients	T	SIG
		B	STD ERROR	BETA		
2MODEL	Constant	11.645	5.404		2.155	.034
	spiritual intelligence	.041	.017	.255	2.398	.019

**Discussion**

According to the results of the present study (Table 6), which is obtained by using the Pearson correlation between life satisfaction and age, shows, and show that the significant correlation between these two variables do not exist, and because  $P = 0/353$  greater than the specified amount  $P = 0/05$ , and  $F R = -0/102$  is a result of age, with life satisfaction, no relation, and assume  $H1$  is rejected returns. Table 7, which uses the Pearson correlation coefficient obtained, the relationship between life satisfaction, and knowledge of, the show, and show that the significant correlation between these two variables do not exist, and the  $P = 0/422$ , greater than the specified  $P = 0/05$ ,  $R = 0/093$  coefficient is, therefore, a knowledge of, and satisfaction with life, not a relationship, and assuming  $H1$  is rejected. Table 8, which uses the Pearson correlation coefficient obtained, the relationship between life satisfaction and gratitude people show, and



show that, statistically significant and direct relationship between these two variables is and because  $P=0/324$ , less than a specified amount  $P=0/05$ , and the coefficient  $R=0/003$  is a result of the appreciation of people with life satisfaction, relationship, and assuming  $H_1$  is approved. Table 9, using the Pearson correlation coefficient obtained, the relationship between life satisfaction and enjoyment of people, shows, and show that the significant correlation between these two variables do not exist, and when  $P=0/195$ , greater than the specified  $P=0/05$ , and  $F R =0/085$  the result is, enjoy people, life satisfaction, no relation, and assume  $H_1$  is rejected. Table 10, which uses the Pearson correlation coefficient obtained, the relationship between life satisfaction and understanding, and insight into people, shows, and show that, statistically significant correlation between these two variables, no, because  $P=0/433$ , greater than the specified  $P=0/05$ , and  $F R=0/093$  is, therefore, the power of understanding and insight of individuals with life satisfaction, no relation, and assume  $H_1$  is rejected. Table 11, which uses the Pearson correlation coefficient obtained, the relationship between life satisfaction, and independence for people, shows, and show that the significant correlation between these two variables do not exist, and since  $P=0/096$ , greater than the specified  $P=0/05$ , and  $F R=0/195$  the result will be independence for people with life satisfaction, no relation, and assume  $H_1$  is rejected. Table 12, which uses the Pearson correlation coefficient obtained, the relationship between life satisfaction, and optimism, people, shows, and show that, statistically significant correlation between these two variables, there is and because  $P=0/154$ , greater than the specified amount  $P=0/05$ , and the coefficient  $R=0/159$  the result is an optimistic person, with satisfaction life, no relationship, and assuming  $H_1$  is rejected. Table 13, which uses the Pearson correlation coefficient obtained, the relationship between life satisfaction, and peaceful people, shows, and show that the significant correlation between these two variables do not exist, and because  $P=0/232$ , greater than the specified amount  $P=0/05$ ,  $R=0/137$  coefficient is, therefore, a peaceful people, with life satisfaction, no relation, and assume  $H_1$  is rejected. Table 14, which uses the Pearson correlation coefficient obtained, the relationship between life satisfaction, and ties them to show, and show that, statistically significant, and directly between the two variables is and because  $P=0/036$ , less than a certain amount  $P=0/05$ , and  $R=0/240$  coefficient of the result is dependent individuals is associated with life satisfaction, and assume  $H_1$  is approved. Table 15, which uses the Pearson correlation coefficient obtained, the relationship between life satisfaction, and not individuals, shows, and show that the significant correlation between these two variables do not exist, and since  $P=0/067$ , greater than the specified  $P=0/05$ , and the coefficient  $R=0/206$  is a result, avoided individuals, with life satisfaction, no relation, and assume  $H_1$  is rejected. Table 16, which uses the Pearson correlation coefficient obtained, the relationship between life satisfaction and sense of self-acceptance in people, shows, and show that, statistically significant, and directly between the two variable exists, and because  $P=0/005$ , less than a specified amount  $P=0/05$ , and the coefficient  $R=0/322$  the result is a sense of self-acceptance in people with life satisfaction, relationship, and Suppose  $H_1$  is approved. Table 17, which uses the Pearson correlation coefficient obtained, the relationship between life satisfaction and individual thinkers, shows, and show that, statistically significant correlation between these two variables do not exist, and because  $P=0/242$ , greater than the specified amount  $P=0/05$ ,  $R=0/134$  coefficient is, therefore, the mastermind of the people, with life satisfaction, no relation, and assume  $H_1$  is rejected. Table 18, the relationship between the scale of spiritual intelligence (age, knowledge, recognition of people, enjoy the people, power, understanding, and insight of individual, independent person, optimism, people, peaceful people, dependent on people, avoided people, a sense of acceptance the people, the mastermind of the population), and life satisfaction, it shows. Indicates that the variables recognition of individuals, association of persons, a sense of self-acceptance in people with variable life satisfaction, meaningful relationships, and direct, as the level of

significance of these variables,  $P \leq 0/05$ , but the on the other hand, life satisfaction, and other variables (age, knowledge, enjoy the people, power, understanding, and insight of individual, independent person, optimism, people, peaceful people, avoided individuals, the mastermind of the group), no significant relationship because significant levels of these variables,  $P > 0/05$  is. Results of linear regression analysis, stepwise method, shows variables, variable life satisfaction as the dependent variable, and other variables, including individual recognition, a sense of self-acceptance of people as variables. Independent have entered into the regression, ultimately, with step-by-step model STEPWISE, two models have been chosen, and the model 2, the final model, the formula has been entered, the  $CONSTANT = 8.425$ , and the variable  $X1 = 0/593$ ,  $X2 = 0/797$  is. In the second step, given that the level of significance, all variables are less than the specified  $P = 0/05$  then the variables (sense of self-acceptance in people, recognition of individuals), the greatest impact on their spiritual intelligence. The results of Table 20, linear regression analysis, using ENTER, independent variables, variable life satisfaction as the dependent variable, and Spiritual Intelligence, the independent variable was entered into the regression, and indicates that spiritual intelligence, and life satisfaction in the relationship, in other words, the spiritual intelligence in life satisfaction, influence, and the influence of the upper limit, because the amount of  $P = 0/019$ , less than Deputy  $P = 0/05$  is.

### Conclusions

The main subject of study is to examine the relationship between spiritual intelligence and life satisfaction, students 12 to 14 years old, the city of ILAM. The results of the analysis of linear regression indicates that, spiritual intelligence, and life satisfaction in the relationship, in other words, spiritual intelligence, and life satisfaction, impact, and the impact on at very high. In fact, one of the fundamental concepts of intelligence, ability to solve problems, so practical, and spiritual intelligence, spiritual aspects, built, and contains intellectual resources, and values which increases daily skills.

People who score high spiritual intelligence, the qualities, such as humility, forgiveness, and forgiveness, can be seen in them. So, these people having these characteristics, rather than their lives, are more satisfied. Human and life is concepts that are associated with each other, and satisfaction in life, the greatest desire of every human being, which is more than other factors on mental health, is impressive. Overall, the results indicate a significant relationship between spiritual intelligence and life satisfaction, the results of this research, the study of KHISHTANDAR (2006), and GHAREMAN (2005), indicate a significant relationship between these two variables. In this study, the effect of the number of components of spiritual intelligence, and life satisfaction, were also studied. These factors include, awareness, appreciation of people, pleasure, power, wisdom, independence, individual, optimistic, peaceful, dependency, avoided, sense of responsibility, and thinkers, is. Of these components, only the dependence of the people and the gratitude of the people, with life satisfaction, there is a significant relationship.

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