

STUDY OF THE RELATIONSHIP BETWEEN SPIRITUAL INTELLIGENCE AND SELF ESTEEM WITH WAYS OF STRESS COPING STYLES IN UNIVERSITY STUDENTS

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Abstract

The spiritual intelligence is subjected to the concepts of thought, understanding and problem-solving issues; it also makes us to confront with real self and potential power of overwhelming the daily life's problems and pitfalls as well as making a deep understanding of our life in this regard. Since we are confronting with lots of stressful experiences in the life, the ways of overcoming these problems can some extent to prevent against these heavy pressures and problems as well. The main purpose of the study is to evaluate the relationship between the spiritual intelligence and self esteem with the patterns of overcoming stress among the college students.

Tools and methods: this research is a descriptive research and of correlation type and it also is based on scaling in the field of researches that it has been carried out by sampling method in a random cluster way; about 150 questionnaire were distributed among the students and the data was gathered as self-estimation method. The questionnaires were included the following terms:

1-the questionnaire of spiritual intelligence,

2-the questionnaire of self esteem and 3-the questionnaire of ways of coping stress

Results: The findings of the study showed that there is a significant relationship between the spiritual intelligence and self esteem. The variable correlation of the spiritual intelligence and self esteem and the variable correlation of the spiritual intelligence and ways of coping stress are positive in one level while the variable correlation of self esteem and ways of coping stress are not significant in one level.

Conclusion: with increasing the spiritual intelligence, the self esteem also increases and the one with spiritual intelligence applies the most effective approaches when confronting stressful factors.

Keywords: spiritual intelligence, spirituality, self esteem, stress and ways of coping