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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

1. Introduction

The intelligence is defined as the ability of perception, recalling, moving and the combination of early learning in confronting with a new situation. (Kaplan and Sadock 2007). The researches of Gardner(1993) represent on different intelligence that is being shown as a pyramid. In fact, the spiritual intelligence is a congenital intelligence of the mankind and it can grow like other intelligences and can be described and measured in this regard.
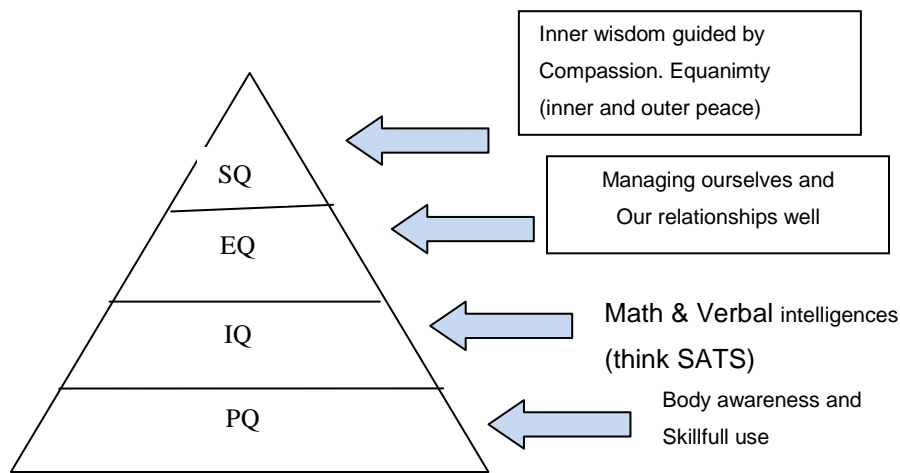
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Inner wisdom guided by Compassion. Equanimty (inner and outer peace)

Managing ourselves and Our relationships well

SQ

EQ

Math & Verbal intelligences (think SATS)
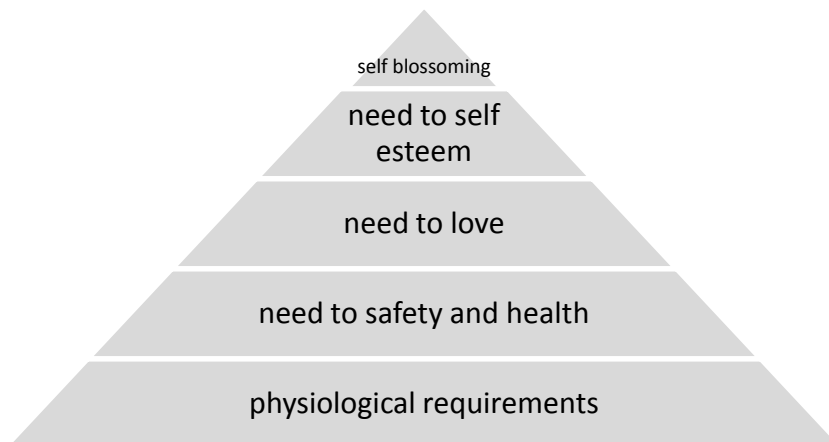
IQ

PQ

Body awareness and Skillfull use

Figure 1: the pyramid of multi intelligences (of Vilgiz Worth)

Spiritual intelligence (SQ) is including the conduction of internal spirituality, preserving the thinking balance, internal and external relaxation and a performance with insight and kindness; it of course is the ability of obtaining the power of reaching to our dreams and wishes. (Bowell quoted of Sharifi Daramadi, Navidi Mogaddam, Hosseini Bnvidi 2010). The spiritual intelligence is the intelligence that it shows us the spiritual and valuable issues assessing the significance of our life than other step of the life. (Zohar and Marshall 2000). In other words, the spiritual intelligence includes the sense of purports and having thesis at life and the sense of being Saint at life. (Amram J 2005); people can apply this kind of intelligence for organizing and representing their experiences, meaning and values more. (Nasel 2004). This of course makes the man to look at his or her issues kindly struggling to find a suitable way for the problems at hard situations. (Elkins and Cavendish 2004). The spiritual intelligence has the ability of action along with conscious giving dynamics and movement to the life (Mc Guire M.B 1993). Wolman (2001) considers the use of spiritual intelligence as the most suitable case for spirituality issues. The self esteem is the basic requirements of the mankind that it is one of the most necessities of the man in reaching to the growth and life targets. How this need gets decreased, the possibility of getting away from the growth and excellence will be also decreased in this regard. The first step of Maslow A.H (1943) in the path of humanism psychology is subjected to the new framework and formulation of the motivation. Based on this theory, there are six requirements in this case as followings:

Physical needs (physiological needs), need to safety, need to possession, need to kindness, need to self esteem, and in high level need to self blossoming. These needs have been categorized in a hierarchical arrangement so that satisfying the low level needs make the creature to go towards the Excellency. (Crain, William Christopher quoted of Khoynezhad and Rajaiee 2010).

self blossoming

need to self esteem

need to love

need to safety and health

physiological requirements

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The self esteem is consisted of two main parts. The first one is related to having the confidence feeling in face with life challenges or the belief of self ability and the other one is subjected to having enough qualification towards the happiness or self respect (Branden, Nathaniel quoted of Gharachedaghi 2010). The one who has enough self esteem can face with the daily life challenges flexibly because he or she is confident of his or her brain and never considers the life as a failure and has enough power of ability in making interaction with others. A one with self esteem can be stable against any stresses and panics. (Branden quoted of Gharachedaghi 2010).in terms of social recognition theory, people using the processing information with self can show their reactions in this case. 9Canda quoted of Kaviani 2008). The researches of Sheldon K, Elliot A, Kim Y and Kasser(2001) have shown that there are other personality variables such as self autonomous, merit, relationship and self esteem can be intervened in mental health. (Duane P, Schultz, Sydney Ellen Schultz quoted of Seyyed Mohammadi).

The young people are different in terms of self esteem. Those young with sudden maturity, people with high drug applications and or those ones who failed at school times do not have good feeling about themselves. (Rosenberg 1988). Child-nurturing with potential estimation of self esteem at childhood times can also predict the self esteem in adulthood. Those youngsters whose got identity try to seek anything actively feeling high potential self esteem and it may think abstractive and critically; there is a high similarity between their self idealism and real self events; they are more advanced in terms of moral deduction. (Josselson 1994, Marcia et al 1993). According to the theory of Grotevant (1998), the young people identity is the beginning of continues process in personal commitments. When the person gets changed along with the situational conditions, the possibility of identity revise may happen. (Berk Laura E quoted of Seyyed Mohammadi 2007). Since these days the people are challenging with too much stressful stimulants and events making their health at risky atmosphere, the way of coping these problems can reduce and or prevent other catastrophic problems in this regard. The world health organization defines the health not only the lack of any diseases but also it describes it as the combination and arrangement between physical, emotional, social and spiritual factors. (Kaplan and Sadock 2007). Stress is originated from the result of environmental and personal interactions causing to the disarrangement between the necessities of a situation and life resources as well as mental and social problems. (Sarafino 2002, quoted of Elahe Mirzaiee et al 2005). The description of Bruce Mc Ewan (2000) from the stress is that: events that happen for people in a threatening conditions and call for the behavioral and physiological responds. (Kalat 2007, quoted of Seyyed Mohammadi 2008 p:216). One of the most comprehensive theories in this case is subjected to the theory of cognitive factors in making stress represented by Richard Lazarous et al (1966), Lazarous, Canner and Folkman (1980). Based on this theory, the how-to-face of people with chaotic situations and their roles in determining the stressful respond as well as their contrastive approaches may be applied by these people in confronting to worst situations as well. (Barbara Sarason and Sarason and Irwin G quoted of Najarrian et al 2002, p:279). In early 20th century, some researchers stated the stress as the relations of body mental disorders; then, in 1930 they stated the distinctions between the body disorders and its effects. He called different external stimulants and the lack of body balance as the stress. (Shaffer 1982). Lazarous (1982) introduces struggles against the stress that they can use for controlling the objections and internal requirements and environmentally factors beyond the personal resources. The behavioral and cognitive struggles are continuously changing and evaluating the beyond of the internal and external special requirements among people. (Lazarous and Folkman 1986). The way of responding to stressful factors also plays a key role in the appearance of positive or negative moods. This subject has been studied by the title of coping style in different studies. The successful coping styles can increase personal expectations in the field of self efficacy and this leads people to make their struggles seriously in confronting with challenges and new tasks. (Moos R and Schafer 1993). People who tend to solve their problems have higher expectations with higher stability in the pavement of their wishes as well. Also, those people who think of solving their problems efficiently, they will never get depressed in confronting any challenges. (Kobasa and Medi 1994).

2. Materials and methods

This research is to evaluate the relationship between the spiritual intelligence and ways of coping stress among the community of Islamic Azad University students, Branch of Tehran. This college has 7 groups and due to little volume of the community, the number of the groups was fairly equal in this regard. Therefore, equal students were selected from each group of the colleges. After gathering the questionnaire among the students, the data was collected from the related sample and then entered into the computer and analyzed by SPSS software. In order to evaluate the data, the descriptive statistics and Pearson correlation coefficient and regression analysis

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were applied in this case. (Quoted of Delavar 2010). The research method was based on the past-view and result based method in this regard. This plan based on target is of applied type. Based on research variable manipulations, it is a descriptive and correlation type of the study and of course, it is a scale based study in the field of data collection case.

3. Tools

a) Spiritual intelligence

It is score that a person gets it in the spiritual intelligence test (Abdollahzadeh et al 2008). This questionnaire has 29 options that the first agent is 12 options about the perception and understanding with the origin of the universe and 17 options about the spiritual life with relying on the internal core; the questionnaire's response is based on 5 choices as I completely agree, agree, fairly agree, fairly disagree and I completely disagree. This test was normed on the college students by Abdollahzadeh in 2008. The validity of this questionnaire carried out 280 participants was 0.89. in order to evaluate the reliability, the related questions were analyzed by specialists and the factorial analysis was also used and the correlation of the questions was higher than 0.3 in the study.

b) Self esteem

It is score that the person gets it from the questionnaire of cooper Smith self esteem scale (1967). This questionnaire has 58 options that 8 options measure telling-lie issues. Totally, 50 options were related to 4 sub-scales of total self esteem, social self esteem, family self esteem and educational self esteem. The ways of scoring of this test is as zero and one; and its responses are considered as yes and no. the reliability of this questionnaire was calculated for several times and reported 0.87. in this research Dariush Jalali (2009) measured the reliability of the questionnaire using cronbach alpha coefficient on 40 ones that 0.8 and half of the questionnaire was based on odd and even questions and the correlation of the questionnaire was 0.73 obtained in this regard.

c) Ways of coping stress (Friedman E and Lewis 1993)

It is a list of approaches that people take it for coping their stressful factors. This   questionnaire has 89 options; Friedman and Lewis have been reached to three approaches of this basic navigation with the factorial analysis of the questionnaire's scales as followings:

1- Problem-solving approach: this approach includes six ways of focusing on the problem-solving, physical entertainments, relaxation-seeking, fulfilling hard works and positive attitudes.

2- Refereeing to others approach: this approach includes four ways of coping such as seeking social support, seeking professional assistance, seeking spiritual support and social activity.

3- Ineffective coping approach: this approach includes nine ways of coping such as public concern, friendship bonds, seeking possession, dreaming, and the lack of coping, forgetting, blaming self, thinking internally and mitigating any tensions. The degrees of this Likert-based scale are as followings: I never use this way, rarely, sometimes, usually, always.

The scores of 1-5 is given based on their levels. Then, the scores of each item are measured by each sub-scale. In order to calculate the score, the three basic approaches of coping ways were added together and divided by the number of ways. In order to apply this scale in Iran, the content of the questionnaire was matched with other cultural points after the translation and editing the questionnaire. Also, the reliability and validity of the questionnaire was reported by Khodayari Fard et al (2011) suitably.

4. Research findings

In order to achieve the main tests of this research and to determine better relations among the variables of this research, Pearson correlation coefficient was fulfilled and the results were given as followings:

Table 1: correlation matrix between research variables

Ways of coping stress	Self esteem	Spiritual intelligence	Variables
0.407** 0.000	0.384** 0.000	1	Pearson correlation spiritual intelligence Significance level

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0.052	1		Pearson correlation self esteem
0.530			Significance level
1			Pearson correlation ways of coping stress
			Significance level

Correlations with star marks are equal in one percent level significant, due to the results from table 1, the variable correlations of spiritual intelligence and self esteem are significant in one percent level and the degree of this correlation is positive and 0.384. Also, the degree of R^2 in table 2 shows that about 14% of changes in self esteem is being represented by independent variable of spiritual intelligence in this regard.

Table 2: summary statistics of suitable model

Balance R^2	R^2	R
0.141	0.147	0.384

According to the variance analysis table (3), the degree of significance is lower than 0.05 representing that there is a significant relationship between the spiritual intelligence and self esteem of the students in this regard and the first hypothesis is confirmed, too.

Table 3: analysis of regression variance between the variables of spiritual intelligence (independent) and self esteem (dependent)

Changes resource	Total squares	Df	Mean squares	F	p-value
Regression	906.053	1	906.053	25.549	0.000
Remaining	5248.587	148	35.463		
Total	6154.640	149			

Also, table 4 shows the regression coefficients between two variables of spiritual intelligence and self esteem. Due to the low significance level (lower than 0.05), the existence of cross section and slope in the model seem to be suitable in this case and each of these two coefficients have significant impact among the prediction of self esteem degree (as dependent variable) and spiritual intelligence (as independent variable).
Self esteem = 14.639 + 0.182 spiritual intelligence

Table 4: regression coefficients between two variables of spiritual intelligence and self esteem

Regression coefficient	Degree	T	p-value
Fixed	14.639	3.391	0.001
Spiritual intelligence	0.182	5.055	0.000

According to table 1, it is observed that the correlation between the variables of spiritual intelligence and ways of coping stress are in one percent significant level and the degree is positive and 0.407. Also, the degree of R^2 in table 5 indicates that about 16% of the changes are being represented by independent spiritual intelligence.

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Table 5: summary statistics of suitable model

Balance R^2	R^2	R
0.160	0.166	0.407

In variance analysis table (6) the degree of the significance is lower than 0.05 representing that there is a significant relationship between the spiritual intelligence and ways of coping stress among the students and the second hypothesis is confirmed, too.

Table 6: analysis of regression variance among the variables of spiritual intelligence (independent) and ways of coping stress (dependent)

Changes resource	Total squares	Degree of freedom	Mean squares	F	p-value
Regression	3237.920	1	3237.920	29.401	0.000
Remaining	16299.284	148	110.130		
Total	19537.204	149			

Also, table 7 shows the regression coefficient between two variables of spiritual intelligence and ways of coping stress. Due to the low significance (lower than 0.05), the existence of cross section and slope in the model, it seems to be suitable and each of these two coefficients have significant impact on the prediction of the ways of coping stress (as dependent variable) and spiritual intelligence (as independent variable) and the relationship between these two variables have been considered as followings:

Ways of coping stress = 55.136 + 0.344 spiritual intelligence

Table 7: regression coefficients between two variables of spiritual intelligence and ways of coping stress

Regression coefficient	Degree	T	p-value
Fixed	55.136	7.248	0.000
Spiritual intelligence	0.344	0.422	0.000

According to table 1, it is observed that there is no significant correlation between the self esteem and ways of coping stress. The low degree of R^2 (0.003) in table 8 also indicates that only 3% of these changes can be represented by self esteem variable in this regard.

Table 8: summary of statistics in model

Balance R^2	R^2	R
-0.004	0.003	0.052

In tae of variance analysis (9), the degree of significance is lower than 0.05 and there is no found relationship

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between the self esteem and ways of coping stress and the third hypothesis is rejected in this case.

Table 9: regression variance analysis of self esteem (independent) and ways of coping stress (dependent)

Changes resource	Total squares	Df	Mean squares	F	p-value
Regression	52.076	1	52.076	0.396	0.530
Remaining	19485.128	148	131.656		
Total	19537.204	149			

5. Discussion and conclusion

In this research, the relationship between the spiritual intelligence and self esteem with ways of coping stress has been evaluated. The results of the study showed that there is a significant relationship between spiritual intelligence and self esteem with ways of coping stress among the students and this correlation is in one percent level and positive and the degree of R^2 indicates that about 14 % of the changes of self esteem are being represented by independent variable of spiritual intelligence. Also, in the representation of the results from the first hypothesis, it can be pointed to this that according to the findings of Bamister (1998), Kampeble and Lavalee (1993), people with high level of self esteem have better situation of themselves. In the other hand, the results of Kampeble and Ravich and Swikids (2002) showed that people with high self esteem have favorable moral skills in compare to low level of self esteems. These results are coincident with the early results representing that the spiritual beliefs can have positive impact on the self esteem. (Kunda quoted of Kaviani). Also, the research results indicated that there is a significant relationship between spiritual intelligence and ways of coping stress among the students and this correlation is significant in one percent level and positive and the degree of R^2 represents that about 16% of the changes of the ways of coping stress can be represented by spiritual intelligence variable in this regard. According to Abdollahzadeh et al (2009) spiritual people have believe that the God is along with them at their problems helping them in these hard situations. The researches of Fromm (1976) show that families with religious beliefs have higher relaxation in compare to other families. The religious beliefs can prevent any mental diseases. Also, Rezapour et al (2011) considered the religious thoughts and lessons in coping against and tensions and stressful stimulants. According to Lukoff D (2000), today many researchers have shown the effects of the spirituality and religion in preventing any mental issues and there is similar relationship between the spirituality and mental health. In this field, the findings of Maasoumeh Ali Mirzaiee (2008) have shown that the education of spiritual intelligence elements can increase the public health knowledge in this regard. In research of Naderi et al (2010) it is specified that the spiritual intelligence is the great predictor of the life satisfaction and relaxation. Also, Fereshteh Abedi and Zahra Sorkhi (2011) considered the religious lessons as the most effective factor among the nurses facing with stressful atmosphere. According to Nasir (2011) there is a positive relationship between the optimistic issues among the students. Also, Ghazanfari and Ghadampour (2008) believed that there is a significant relationship between the mental health and ways of coping stress and the researches of Okhovat et al (2002) showed that the ways of coping stress can reduce the degree of the stress among the staffs. According to the findings of Animasahun (2010) the excitement and spiritual intelligences had the ability of predicting the prisoners adaptation. Also, Shakkan (2006) showed that in the cohesion of the spirituality and mentality, the spiritual mentality is prior than problem solving. Also, Kragg et al (2006) considered the stress management programs in reducing the signs of the stress increasing the ability and skills of coping against the stress. In continue, the research results showed that there is a significant relationship between the spiritual intelligence and self esteem with ways of coping stress among the students and this correlation is positive and the degree of R2 represents that about 18% of the changes can be represented by the spiritual intelligence and self esteem. According to the research of Zaree et al (2008), the public health with self esteem has positive correlation. Also, Zaki (2007) states that there is a significant relationship between the students life quality and self esteem. According to Emmons and Paloutzian (2003), Hill and Ppargament (2003) in the recent years of the religious psychology and spirituality, it has been highly paid

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attention. Folkman and Moskowitz (2004), Ppargament (1997) believed that one of the most essential aspects of the studies paid attention potentially is subjected to the application of spirituality and mental-physical health challenges together. According to Lukoff (2000) many researchers have shown the useful effects of the religoun and spirituality on many diseases. Koeing Mc Cullough and Larson (2001) showed the effects of religious beliefs and spiritual tasks on the process of mental diseases treatment increasing the positive feelings in this regard. Elmer (2003) also showed the effects of the religious lessons on people's health that the spirituality makes people lifelong along with lowest disease. People oriented with spiritual issues can respond better to treatment and get along with any damages. (Emmons 2000). Also, the findings of Maslow (1943) states that people with high self esteem can be supported than other people. They feel higher merit and ability as fruitful people in a community. People with high potential self esteem can make better functions in different situations.

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