

## Demographic Survey Of The Spiritual Intelligence In Medical Faculty Of Qom University of Medical Sciences

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### Abstract :

**Background and Objectives:** Spiritual intelligence is a kind of ultimate intelligence that shows the conceptual and valuable issues and to solve the problems associated with it. The foundation of individual beliefs can have an important role in various fields especially in the promotion and provision of psychic health. Thus, the aim of this study was to survey the rate of spiritual intelligence among the students of Medical Faculty of Qom University of Medical Sciences and the relation between this issue and other demographic features.

**Methods:** In this descriptive cross-sectional study, 353 nursing, midwifery and medicine students participated in the census method.

The questionnaire used included spiritual intelligence and demographic features. We use statistical – descriptive and deductive tests and SPSS software for data analysis in the significant and valuable levels.

**Results:** The mean and standard deviation of the students' spiritual intelligence score was  $152.93 \pm 18.83$  from 210.

Also, the results showed that spiritual intelligence score did not have any significant statistical relationship with age, location, marital status, university admission and parents' occupation and education ( $p > 0.05$ ).

But it was observed that there was a significant relationship between spiritual intelligence and mother's education on the student's average course score ( $p < 0.05$ ).

**Conclusion:** The students of nursing, midwifery and medicine in the Medical Faculty of Qom University of Medical Sciences had relatively high spiritual intelligence that can help them to improve and maintain their psychic health.

**Keywords:** Spiritual intelligence; spirituality; students.

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### Introduction

In recent years, psychologists have been increasingly attracted to a new concept which is called spiritual intelligence. Aymunz in 1999 defined spiritual intelligence as a set of capabilities to use in religious and spiritual resources focusing on solving problems and achieving goals.

According to an accomplished research there is a positive relationship between spirituality and life satisfaction, health and well-being (1).

Spirituality included of contact with transcendental, belief in the unseen, a growing belief in human development in order to traverse life maze and setting personal life based on transcendental and realize a permanent presence of transcendental

existence in a meaningful reality, organized and oriented divine (2).

Spiritual intelligence compound the structure of intelligence and spirituality.

While spirituality looks for sacred elements , finding meaning, high consciousness and sublimation of the spiritual intelligence includes the ability to use the above mentioned threads that can predict a person's performance and compatibility leading to production and valuable results. Also, it includes a variety of methods that can coordinate innate life and spirituality to material life that leads to happiness and improve the quality of life (3).

People who have high spiritual intelligence have sublimation capacity and tend to have a high awareness.

They have the capacity to allocate daily duties to unworldly and spirituality and show themselves through virtues like forgiveness, gratefulness, humility, sympathy and sagacity (2).

According to King , opposing and solving strategies using spirituality in reality is the application of adaptive intelligence . He suggests that this issue has indirect relationship . Spiritual intelligence plays mediator role in communication . According to the definition and the mentioned spiritual intelligence applications, it is possible that spiritual intelligence has impression on physical and psychic health(4).

Spiritual intelligence is used to solve problems and issues related to meaning of life and worthiness , and creates some questions in the mind like " Is it my task to develop myself in my life ? " or " Do i have a role in people's psychic relaxation and happiness?".

In fact, this intelligence is more about inquiry to answering . This means that a person with this intelligence ask more questions about himself, life and the world around him . Also it is noteworthy to ask serious questions like " Where do we come from? ", " Where do we go? " , " What is the purpose of life? " are manifestations of spiritual intelligence (2) . The factors that are essential for spiritual intelligence possibly are in the addition of other activities and abilities , that includes invocation , deep analysis of

dreams, religious and spiritual beliefs and worthiness , recognition and proficiency in the interpretation of biblical concepts and ability to progress. For example, some old truths as annoyance avoidance that concern about moral virtues may be considered as a way of invigorating spiritual intelligence (5).

Aymunz described spiritual intelligence in five components:

- 1- Capacity for sublimation
- 2- Ability to experience deep state of consciousness
- 3- Ability to make divine and sanctity up daily issues
- 4- Ability to make advantage of spiritual resources to solve problems
- 5- Abstinence capacity

He has described the ability to experience deep state of consciousness and the unusual as important features of spirituality.

Sublimation and integrity means moving toward the climax and beyond the boundaries of physical world and profound awareness of one's own. Another component of spiritual intelligence is sanctity up to daily issues . It means all the activities that a person do in addition to a special purpose have a general and sacred target . When an action is done with a sacred purpose, it has a different quality .

Mahoni et al. (1999) found that when wives give their relationship a sacred aspect, they experience higher marital satisfaction and their conflicts are less and better able to resolve their problems.

The fourth components of spiritual intelligence indicate a relationship between religion and spirituality to problem solving skills.

Many people give meaning to different phenomena of life that may be difficult for them to understand, and profit from religious beliefs and this issue can help them greatly to compatibility .

The fifth component of spiritual intelligence is abstinence adjectives .Aymunz (2000) expressed behaviors like forgiveness , gratefulness , sacrifice , dedication and sacred love are abstinence adjectives which are components of spiritual intelligence .

Sublimated God says in the holy Quran " O you who believe! be careful of (your duty to) Allah, and let every soul consider what it has sent on for the morrow, and be careful of (your duty to) Allah; surely Allah is Aware of what you do. " (Chapter Hashr18).

The definition of self-control term in the Islamic text is the failure to follow the ego that may cause obliquity , staying away from piety and virtue (1).

Conscious awareness and compatibility with events and life experience and improvement of self awareness are important factors causing spiritual intelligence growth (5).

Spiritual maturity as one of the manifestations of spiritual intelligence include the degree of emotional and ethical maturity and ethical behavior.

And encompasses wisdom, compassion for others without being biased to gender , ethnicity, age and race (2).

According to George (2006) the most important application of spiritual intelligence in a workplace are:

- 1- create peace of mind to have effect on person's effectiveness
- 2- create compatibility among people
- 3- management of changes and elimination of barriers (6)

Medical students encounter a lot of occupational stress which endanger their physical and psychic health . In such situations, a resource that can help them is spirituality(3),since this can help them in paying attention to spiritual experiences and applications of solving problems and understanding life (7)

The use of spiritual intelligence enables them to solve problems with spiritual attitude and gain trust and happiness . When people feel happy they are more creative and efficient and they can make decisions better (3).

However, in our country research about spiritual intelligence is in its first step and needs for further studies of this issue to be evident. With the importance of spiritual intelligence in the different fields of life ( such as consultation, training and others... ) and various findings of the effect of spiritual intelligence in psychic health, this study was

accomplished on nursing, midwifery and medicine students of Medical Faculty of Qom University of Medical Sciences to target the relationship between spiritual intelligence and its elements.

## Methods

This research is descriptive cross- sectional study . The statistical population includes all the nursing , midwifery and medicine students studying at Qom University of Medical Sciences.

There are 353 participants in the sampling enumeration method done in 2011 – 2012.

The questionnaire used consists of spiritual intelligence questionnaire and demographic characters .

1-Spiritual intelligence questionnaire: this questionnaire was designed and validated in Iran by AliBadi et al . which consisted of 42 issues in 4 factors .

First factor: General thoughts and belief aspects (12 matters)

Second factor: Ability to confront and interact with problems (15 matters )

Third factor: Attend to ethical issues ( 8 matters )

Fourth factor: Self – consciousness, love and interest ( 7 matters )

For scoring, 42 issues have been considered for scaling that consist of 5 options "completely agree" , "agree" , "so so" , "disagree" ,"completely disagree" that the score of the second factor is inversed .

For the determination of spiritual intelligence, the reliability of the questionnaire has been used in two methods, Cronbachs Alpha and Tansif, that for whole questionnaire are respectively 85% and 78% that indicates the reliability of questionnaire are acceptable. Also for the determination of the validity of the questionnaire, its score correlates with the score criterion question and indicate that there is a positive relationship between them.(  $r = 55\%$  ,  $p = 0.0001$ ) which shows that spiritual intelligence questionnaire is valid (8).

The questionnaire was written after getting official licence and expression of methods and study purpose for target samples and after catch written satisfaction paper.

In order to comply with the ethical issues and confidentiality of the research data, we assured to samples that their answers used only for research purpose and recognition of collective students attitudes and hasn't any personal value and are completely confidential .

Seventy seven questionnaires from 430 questionnaires were not returned .Therefore,the statistical analysis was performed on 353 questionnaires .

The data were analyzed using SPSS (Version16) software . In this study, we used mean and standard deviation for questionnaire variables and amplitude charts and percentage for qualitative variables and variance analysis test for the determination of relationships .

The significant level was considered less than 0/05 .

### Results:

In the 363 students that participated in this study, 241 (68.3%) were females and 112 (31.7%) were males with a mean age of (21.85±3.94) .

Ninety-five percent live in the city . Thirty-nine percent are in nursing field, 19.8% midwifery and 41.4% medical, respectively .

Eighty-three percent of them are single and 95.8 % of them were accepted in university with privilege.

Most of them (23.5%) have fathers with middle level of education and a few of them(3.1%) have illiterate .

Most of them(28%) had a mother with elementary level of education and a few of them(2% ) had secondary .

The most abundance for father was non-governmental jobs(47%) and the most abundance for mother (81.1%) was housekeeping.

In terms of economical situation, most of them (58.4%) had moderate income .

The mean score of their diploma was 17.83±1.182 and the mean of their university score was 16.12 ±1.62 .

The mean score of their total spiritual intelligence was 152.93 ± 18.83 and the lowest score of spiritual intelligence was 94 and the highest was 201.

| Demographic indices | Total score of spiritual intelligence | Fourth character of spiritual intelligence | Third character of spiritual intelligence | Second character of spiritual intelligence | First character of spiritual intelligence |
|---------------------|---------------------------------------|--|---|--|---|
| Mean                | 152.93                                | 25.23                                      | 29.85                                     | 49.22                                      | 49.09                                     |
| Standard deviation  | 18.83                                 | 5.70                                       | 4.16                                      | 9.14                                       | 7.40                                      |
| Lowest score        | 94                                    | 9  | 18  | 25   | 27  |
| Highest score       | 201                                   | 82   | 40  | 73   | 106                                       |

The results showed that in the demographic features (age, location , father's and mother's job , marital status, university acceptance quota and fathers level of education) did not have any significant relationship to spiritual intelligence( $p>0.05$ ). But the level of education of mothers had a significant relationship to spiritual intelligence ( $p=0.04$ ).

The children of mothers with secondary education had the lowest mean score of spiritual intelligence (140.67±8.02) and those with primary education had the highest

spiritual intelligence mean score(156.7±14.56). Gender also had a significant relationship with spiritual intelligence. So, spiritual intelligence mean score of females(154.32±19.45) is more than male (149.74±17.11).

The income situation of a family had a significant relationship to spiritual intelligence ( $p=0.007$ ) and with the high household income, the spiritual intelligence was more. Course and degree of education also had a significant relationship to spiritual intelligence ( $p=0.02$ ).

Thus, the mean spiritual intelligence score of midwifery students ( $158.55 \pm 21.86$ ) was more than the mean spiritual intelligence score of nursing students ( $151.06 \pm 16.77$ ) and medical students ( $151.86 \pm 18.63$ ), respectively.

Also the results showed that spiritual intelligence had a significant relationship to mean university score.

### **Discussion:**

The results showed that the students' spiritual intelligence level were moderate to high .

The results of research of Raghieb(2008) and Rezazadeh(2010) also imply that the spiritual intelligence among the university students is from moderate to high level of university manager were to upward (9,10).

In Lavasani's study(2008) spirituality was also in high level in nurses (11).

In our society, that is religious and bounded with human and spiritual values ,high level of spirituality between students and other community groups were expected finding .

In this study, gender had a significant relationship to spiritual intelligence.As such that the females' spiritual intelligence mean score was more than males. This finding is according to several researches.Even GholamrezaDehshiri et al. observed that the spiritual-wellbeing mean scores of females were significantly higher than males (12). Also Ahmadi & Kajbaf found that females had higher spiritual attitude than males (13). Wilges Worth also showed that females had higher spiritual intelligence mean score than males (14).

HabibollahKhasaei et al. found that the levels of religious values in females were more than males (15).

This finding is contrary to some researches that do not get the same results .

The results of Lavasani&Raghieb&Harriri researches implied that spirituality did not have any relationship with gender (9,11,16)

Ali Sahraiyani et al. also showed that there was not significant relationship between genders in religious attitude (17).

The high score of females in spirituality may be due to different female socialization and social expected roles (the role of woman as a

mother and a teacher), life experiences and confronting strategies in contrast of males .

Roles , traits and behaviors that are socially assigned to women are more compatible with some religious principles and norms . In our society that emphasizes on religious and spiritual principles , women may put more value on spiritual beliefs and religious behavior because of their characteristics such as dependence , being obedient , infallibility and susceptibility for feelings of guilt and thus they earn higher scores (12).

In this study, the relationship between spiritual intelligence and course of study and level of education was observed .So,the spiritual intelligence score of midwifery students was more than the medical and nursing students.

While Raghieb couldn't find any significant relationship between spiritual intelligence with level of education and Ahmadi&Kajbaf couldn't find any significant relationship between spiritual attitude with different educational fields (13) ,Harriri found that the spiritual intelligence between persons educated non-related to librarianship were more than librarianship educated personnels (16).

Perhaps this difference is due the different numbers of these students that is approximately half of the two other groups or may be due to heterogenicity of individuals and groups in midwifery (women just educated in the field of midwifery).

It is recommended that for further studies,this scale should be studied in other universities or survey a homogenous population.

In this study, maternal education had a significant relationship with spiritual intelligence. Hence, the children of mothers with secondary education had the lowest mean of spiritual intelligence score and those with elementary education had the highest spiritual intelligence score.

The findings of this study had an unexpected point that required further contemplation and investigations . And the interpretation of this section would not be possible without any extensive research.

Another finding of this study was that spiritual intelligence had a significant relationship with students' mean score. This finding is compatible with other researches. For example Warner showed that the accomplishment of meditation or TM affect positively on the mental development. Kranson et al. also showed that TM practice for a period of two years improve learning ability and IQ score (2). The results also showed that family income has a significant relationship with spiritual intelligence and spiritual intelligence raises with family income. These results are not compatible with Ahmadi & Kajbaf results that could not find any significant relationship between spiritual attitude, score, educational development and family income (13).

The interpretation of this relationship can be noted, in the religious attitude, poverty is a good ground for heresy, irreligiosity and weakness of beliefs. In the famous story of honorable prophet (peace be upon Him and His family) and in also of Imam Sadegh who has been quoted saying "poverty is near blasphemy" and it causes unhappiness to hap and fate and dissatisfaction of destiny. And this issue if not been blasphemy drag him or her self to blasphemy (18).

It was shown in this study the demographic characteristics (age, location, parents' occupation, marital status, university acceptance quota and fathers educational level) did not have any significant relationship with spiritual intelligence.

Regarding to the subject of no relationship between spiritual intelligence and age, the results of studies of Raghieb, Harriri, Ahmadi & Kajbaf suggested that there were no any significant relationship between spiritual intelligence and age (9,13,16).

But Wilgis Worth showed that there was a strong relationship between spiritual intelligence performance and age. In other words, people can earn higher level of spiritual intelligence as they age (14).

Yang et al.'s study had shown that there was not any relationship between age, religious beliefs and spiritual intelligence score. But when they classified spiritual intelligence to high/ moderate/ low degrees, the individuals

noted features have a significant relationship to high spiritual intelligence (19). Ali Sahraiyani et al. also showed that age had significant relationship to religious attitudes (17).

The reasons of these different results can be due to use of varied tools for measuring, sampling methods and others, in addition to different cultural conditions in different communities. Also, there is a relationship between spiritual intelligence and age with others like emotional intelligence, personality, economic condition and others. This can be explained by the obtained results.

In this study we did not find a relationship between spiritual intelligence and marital status. This finding is compatible with the results of Ahmadi's and Kajbaf's and Harriri's studies (13,16) But this is contrary to Raghieb's results that suggested a relationship between spirituality variables, spiritual care, spiritual intelligence and marital status. Perhaps the cause of this issue is the lower number of married participants than singles in this study (9).

About the limitation of this study, we can imply difference between personality features, psychic characteristics, differences in life & culture & society, mixture of religious and spiritual topics in Iranian society, severe emphasis of teachers in religious teachings.

Also, the population of this study was limited to university students that generalization of the results to other groups must be cautiously.

## Conclusion

We suggest that with proper and continuous training, trying to improve the level of spiritual intelligence by paying more attention to the results of this study and the importance of psychic hygiene. Thereby can be traced successful and healthy future for all peoples especially university students. And because the medical students educational development are associated with health society, it is then recommended that medical officials and planners give more attention to this issue.

Also, there is a need to accomplish similar researches in various parts of the country giving attention to different cultures and religious minorities.

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