

## The Study of the Relationship between Emotional Intelligence and Religious Attitude with Psychological Well-Being of Female Students

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### ABSTRACT

**Purpose:** The aim of this research was to determine the relationship between emotional intelligence and religious attitude upon psychological health of female students of ShaheedBeheshti University.

**Method:** The statistical population of this research were all female students of medical sciences course in ShaheedBeheshti university (320 persons) that were studied in 1397. 130 persons were selected on the basis of Morgan table and by random sampling. To gather data, it was used siberyashing emotional intelligence questionnaire and Reef psychological well-being and also commitment to religious believes questionnaire. To analysis the data, it was used person coefficient correlation and multivariable regression.

**Findings:** With regarding to the findings, there are positive and significant between religious attitude with emotional intelligence, self – awareness, self – management, social awareness and management at  $P < 0/005$  level. ( $r = 0/261$ ,  $r = 0/421$ ,  $r = 0/403$ ,  $r = 0/285$ ,  $r = 0/44$ ). There are negative and significant relationship between religious attitude and mental health ( $r = 0/249$ ) and religious attitude and physical symptoms ( $r = -0/221$ ) and among religious attitude and anxiety and sleep disorder ( $r = 0/231$ ) between religious attitude and depression ( $r = -0/248$ ). According to the results, emotional intelligence and religious attitude are known as effective indicators of psychological well-being in female students.

**KEYWORDS:** emotional intelligence, religious attitude, psychological health, female students.

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### INTRODUCTION

Today positive psychologists know mental health as positive psychological function and call it "psychological well-being". According to this attitude just not having mental disorder isn't sufficient for mental health. It believes that having satisfaction feeling from life, effective interaction with the world, energy and creating favorite relationship in society are known as the features of healthy person (Ryan & Deci, 2001; Karademas, 2007). Mental well-being is a psychological item of life qualification which has been described as persons understandings about life in the field of emotional behaviors and mental performance and mental health dimensions. It consists of two items. The first item consists of cognitive judgment about the way of being successful for persons and the second item consists of the level of pleasant experiences. Some research about mental well-being have shown some dimensions form personality, motivation and cognitive factors which all of them are effective upon persons satisfaction form life. Reef & Kiz (1995) believe that psychological well-being model consists of six factors including self – acceptance, positive communication with the others, self – autonomous, purposive life, personal growth and controlling upon environment. This model has been accepted in the world (Cheng & Chang, 2002).

Mayer & Salovey (2000) believe that emotional intelligence is an important ability to determine the way of using our skills in the best manner. Findings show that emotional intelligence has a negative relationship with psychological helplessness and depression. The interpersonal and different dimensions of emotional intelligence are related to behavior health. Persons with high emotional intelligence show more sensitization to their health and are more resistant against danger and mental pressure. Eksterma & Fernandez – Berokal (2005) found in one research about the relationship between emotional intelligence with social, mental and physical health that there are relationships between different items of emotional intelligence with depression & anxiety and also with good social function, happiness & positive perception form general health. Persons with better emotional recreating showed little depression & anxiety and had better mental health. Salovey, Mayer, Goldman, Tuvey & Palfal (1995) concluded that emotional intelligence is related to mental health and persons with high emotional intelligence are more resistant against stress. Bar – on & Ghorbani also have confirmed the relationship emotional intelligence and mental health (Bar – on, 2000, Ghorbani, Bing, Watson, Davison & Mack, 2002).

Religious has been known as one important effective principle upon mental health. Religious behaviors are effective upon life. Some behaviors like reliance to God, worship and ... can result in person internal resting by creating hope to positive attitudes.

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Having purpose in life communication with God, being hopeful to God helping in problematic situations of life, social and spiritual supports, ... can be effective to confront problematic events of life by religious persons (yang fmao, 2007). Believing to God decreases the anxiety related to situation as religious persons believe that they may control uncontrollable situations by reliance to God (Fountoulakis, 2008). Religious may result in decreasing stress and decreases mental problems in situation appraisal, person cognitive appraisal, confronting activities, supportive resources, Religious psychologists showed that there is a positive relationship between religious and mental health (Levin & Taylor, 1998)

Koenig (2007) found that there is a positive relationship between. Physical - mental health with person's spiritual life and persons with high religious believes, show better adjustment with life situations. Hackney & Sanders (2003) found in one research about the relationship between. Spatiality with psychological health that persons with high religious believe show more scores in physical - mental health tests. Aryan, Mansourf Delavar (2008) showed that there is a significant relationship between reliance to God and mental resting feeling. Wiled and his colleagues found that religious believes justify 20- 6% mental health variables of adult persons. uilde Joseph (1997) showed that there is a positive relationship between religious attitude with mental health. Being religious was related to mental satisfaction among men women and occupational satisfaction on men (Winfield, 1995).

Granacher believes that moral growth is important upon emotional intelligence growth. In order to achieve to high goals, emotional intelligence needs to a moral guidance (Granacher, 2000).

Therefore, it seems that being religious is known as one part of personality features and we should study their relationship with the other mental constructs. on the other hand, psychologists of mental constructs field know emotional intelligence as an important factor in person's life and believe that religious moral principles may result in their growth and success (Rostami, 2004). Mose mentioned research about the relationship between religious and mental.

Constructs have been in the other. This scientific study of the effects and the role of religious variables of Islam mental health is essential because Islam provides the best life style for persons and its sentences consist of extensive aspects of personal and soul morality, inter personal communications, mental health. The aim of this research to study the relationship between Islamic religious believers and emotional intelligence as one of items of mental health in educational institutes. therefore, female students of yazd university (M.A level) have been studied as statistical population. This research is to answer to this question: Is there any relationship between emotional intelligence and relationship, how is its rate?

## Findings

The results of statistical analysis of hypothesis are:

**Table 1:** The statistical feature of emotional intelligence, commitment to religious believers and psychological well-being variables.

Variables	Mean	Standard deviation	Maximum of scores	Minimum of scores
Emotional self-motivation	18/45	5/603	28	7
Emotional self – awareness	23/23	6/414	42	10
Emotional self – control	20/18	5/174	30	10
Emotional empathy	15/62	5/174	30	10
Emotional skill	14/54	5/004	28	6
Religious attitude	64/36	14/930	115	46
Psychological well-being	100/77	23/436	198	55

The results of table 1 shows that the most high mean of emotional intelligence is related to emotional self – awareness with mean 23/23 with standard deviation 6/414 and the most low mean of emotional intelligence is related to emotional skill indicator with mean 14/54 and standard deviation 5/004. The most maximum of emotional intelligence is related to emotional self – awareness indicator, the most low of emotional intelligence scores is related to emotional skill indicator, the mean of religious attitude 64/36 with standard deviation 14/930 and the maximum of religious attitude scores 115, the minimum of religious attitude scores 64, the mean of psychological well-being 100/77 with standard deviation 23/436, the maximum of psychological well-being scores 198 and the minimum of psychological well-being scores is 55.

Testing of the mentioned hypothesis:

1. To test the relationship between psychological well-being with emotional intelligence and commitment to Islamic believes, it was used person correlation coefficient.

**Table2:** The correlation coefficient between the predictive (predictor) variables with the criterion (psychological well-being)

Predictive variables	Criterion variable
Emotional self – motivation	(P<0/01, r=0/264)
Emotional self – awareness	(P<0/01, r=0/254)
Emotional self – control	(P<0/01, r=0/234)
Emotional empathy	(P<0/01, r=0/254)
Emotional skill	(P<0/05, r=0/196)
Commitment to religious believes	(P<0/01, r=0/242)

The result of table 2 shows that there is positive and significant relationship between predictive (predictor) variable with the criterion variable, psychological well – being. The most high rate of the correlation belongs to emotional self – motivation (P<0/01, r= 0/264) and the most low rate of the correlation belongs to emotional skills (P<0/05, r=0/196).

It has been used regression model with step by step method to test the hypothesis of determining the best predictor of psychological well-being among predictive variables. It is mentionable that emotional self – motivation, emotional self – control, emotional empathy, commitment to religious believes variables have been used.

**Table 3:** The summary of step by step regression analysis of variables (emotional self – motivation, emotional self – control, emotional empathy, commitment to religious believes)

Model	Predictive variables	R	R <sup>2</sup>	ΔR <sup>2</sup>	Standard error
Step 1	Emotional self – motivation	0/264	0/070	0/630	22/691
Step 2	Emotional self – motivation Emotional self – control	0/366	0/134	0/211	21/976
Step 3	Emotional self – motivation Emotional self – control Emotional empathy	0/449	0/201	0/182	21/192
Step 4	Emotional self – motivation Emotional self – control Emotional empathy Commitment to religious believes	0/447	0/227	0/032	20/926

The results of the above table shows that the emotional self – motivation variable may justify 7% variance of psychological well-being (R<sup>2</sup>=0/070), with adding emotional self – control variable to emotional self – motivation variable in model 2, it has been added %6 to the variance of psychological well-being (R<sup>2</sup>=0/134), and has been able to justify 13% variance of psychological well-being. with adding emotional empathy variable to emotional self – motivation variable, emotional self – control in model 3 resulted in adding 7% to the variance of psychological well – being (R<sup>2</sup>=0/201) and has been able to justify 20% variance of psychological well-being. With adding commitment to religious believes variable to emotional self- motivation, emotional self – control, emotional empathy in model 4 resulted in adding 3% to the variance of psychological well – being (R<sup>2</sup>=0/227) and has been able to justify 23% variance of psychological well – being.

The survey of variance analysis test to being significant regression model (step by step) has been reported at table 4.

**Table 4:** variance analysis testing to study being significant of regression.

Statistical indicator of changes source	Sum of squares (SS)	Degree of freedom(df)	The mean of squares (ms)	F	Significant level
Regression emotional self – motivation variable	4945/686	1	4945/686	9/605	0/002
Remainder	6595/391	128	514/886		
Total	70851/077	129	-		
Regression emotional self – motivation variable, emotional self – control	9514/894	2	4757/447	9/851	0/001
Remainder	61336/183	127	482/962		
Total	70851/077	129	-		
Regression emotional self – motivation variable, emotional self – control, emotional empathy	14262/640	3	4754/213	10/586	0/001
Remainder	56588/077	126	446/115		
Total	70851/077	129	-		
Regression emotional self – motivation variable, emotional self – control, emotional empathy, commitment to religious believes	6113/372	4	4028/343	12/908	0/001
Remainder	54737/705	125	437/902		
Total	70851/077	129	-		

With regarding to the results of the above table, the calculated F of emotional self – motivation variable is significant at 0/01 level ( $P=0/01$ ,  $f(1,128)=9/605$ ), therefore we conclude with 99% assurance that there is a relationship between emotional self- motivation variable and psychological well- being and emotional self – motivation variable can predict the psychological well- being criterion variable. As we see in model2, the acquired F of emotional self – motivation, emotional self – control is significant at level 0/01. ( $P=0/01$ ,  $f(2,127)=9/851$ ).

Therefore, we can conclude with 99% assurance that there is relationship among emotional self – motivation , emotional self – control variables with psychological well – being variable and the predictive variables of emotional self – motivation, emotional self – control can predict the psychological well – being criterion variable. A sit is clear from the model 3, the calculated F for emotional self – motivation variable, emotional self – control and emotional empathy is significant at level 0/01. ( $P=0/01$ ,  $f(3,126)=10/586$ ).

Therefore we conclude with 99% assurance that there is relationship among emotional self – motivation, emotional self – control, emotional empathy variables with psychological well – being variable. The predictive variables of emotional self – motivation, emotional self – control and emotional empathy can predict the psychological well- being criterion variable. As we see the model 4, the acquired F for emotional self – motivation, emotional self – control, emotional empathy, commitment to religious believes is significant at level 0/01. ( $P=0/01$ ,  $f(4,125)=9/199$ ). Therefore we conclude with 99% assurance that there is relationship among emotional self – motivation, emotional self – control, emotional empathy, commitment to religious believes with psychological well- being variable and the predictive variables of emotional self – motivation, emotional self – control, emotional empathy, commitment to religious believes can predict the psychological well – being criterion variable.

### **Conclusion:**

The aim of this research was to study the relationship between emotional intelligence and religious attitude with psychological well – being of students. The statistical population of this research consisted of allthe female students in medical sciences in ShahidBeheshti University in 1391. According to the results, there is a positive and significant among psychological construct of emotional intelligence and commitment to religious believes with mental health. There was also a significant relationship between emotional intelligence with commitment to religious believes ( $r=0/242$ ,  $P<0/05$ ). The mentioned variables predicted the psychological well – being among female students. Desrosiers&Miller (2007) found that persons with high religious believes have more energy to confront against mental and personal stressors and become depressed more little than the others.

Ekstrmera&Fernandz (2005), Ghorbani&Collageous (2002), Salovey&Collageous (1995) found that emotional intelligence is related to the dimensions of mental, social, physical health and positive function, Poul (1997) showed that the mean of students scores with high emotional intelligence was better than the students with low emotional intelligence significantly ( $P<0/01$ ) and stated that emotional mental health is the predictor factor for educational and occupational success.Ghahremani (2003) found in one research by Bar – on (2001) upon men and women that there wasn't any difference between emotional intelligence of men and women. Men showed the more high scores than women is subscales like self – actualization adjustment, controlling stress whereas women had high scores in subscales like empathy, social responsibility and interpersonal communications. Mooryarti&Collageous (2001) studied this question that can measurement tests of different levels of emotional intelligence differentiate the sexual different youth persons and control group. Their research results upon 15 sexual violator men with age range 14-17 and 49 men showed that violators had little attention in labeling the others emotional states than un-violators group. These persons are compared with the other youth persons. They are different in understanding and emotional identification and show problems in controlling anger and communicating with the coevals significantly.

According to some research about the study of the relationship of belief to Islam religious principles and mental – social health, there is a positive – significant relationship between religious attitude and personal – social adjustment of students (Khalili,2000). Koeing and Collageous reported in one meta-analysis study upon 850 studies about "the relationship between religious believes with mental health and social function" that religion is effective upon mental health by increasing confronting ability with stress, creating social support, creating hope to help the creating of positive emotions like better life, satisfaction from life and happiness (Koeing,1997).

The findings of this research is congruent with some studies about the study of the relationship of mental health and religious attitude (Molasharifi,2000; Bahrami Mashuf,1994; Tahmasbipoor& Kamangary,1996) and with some studies between religious attitude, mental health and depression among old persons (Ebrahimi&Nasiri, 1997; Poorhoseini, 2001; Haghigat and Collageous,2000) and the organized research about the relationship emotional intelligence with personal and social adjustment, mental health and moralities (Sohrabeeyan,2000; Khalili,2000; Rostami,2004).Siarochee&Collageous (2001) found in one study upon the students that students with high emotional intelligence are more able to control the others feelings i.e. emotional

intelligence had the positive and significant relationship with controlling the others feelings, cognitive intelligence wasn't related to emotional intelligence. It was related to understanding emotional process. According to the results, although emotional intelligence is different with cognitive emotional intelligence, however, it seems that cognitive intelligence is important to understand emotional process, Mayer & Salovey (2002) found in one research about the relationship emotional intelligence with personality indicators that personality factors and emotional intelligence are separate from each other. Xiu-Ying (2003) found that men and women show the same emotional intelligence and their differences are in subscales of emotional intelligence. As it is clear, the results show that emotional intelligence and commitment to religious believes has a negative relationship with psychological helplessness and a positive relationship with positive functions and justify the psychological well-being in our life.

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