

Relationship between Spiritual Intelligence and Emotional Reactions in Nurses of Tehran University Hospitals

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ABSTRACT

Stress is one of the effective factors on performance of personnel in organizations, which endangered health and hygiene of many personnel. Stress is directly related to individual's performance and it is one of the health components, immunity, and comfort for people. This research was a descriptive correlation study. In this study 270 Of Nurses in hospitals of Tehran University of Medical Sciences were purposely selected. Instruments were the demographic questionnaire, questionnaire of spiritual intelligence and DASS questionnaire. Questionnaires were administered to the nurses of three shifts (morning, evening and night shift). The results showed that spiritual Intelligence is correlated to emotional reactions of nurses. By enhancing and reinforcing virtues such as spiritual Intelligence nurses can protect themselves from an inevitable toxic effect of job stressors, so they can effectively take care of their patients.

KEYWORDS: Spiritual Intelligence, Anxiety, Stress, Depression.

1. INTRODUCTION

In the early twentieth century, Intelligence as a cognitive ability was introduced by Alfred Binet. But in the past two decades the concept of intelligence has been developed to other areas such as, natural intelligence, existential intelligence and spiritual intelligence. Salovey and Mayer [1] suggested that, human intelligence is more than limited set of cognitive abilities but also the emotional aspects should be considered. Intelligence quotient is generally called, mathematical analysis or linguistic [2, 3]. Gardner [4] was proposed the theory of multiple intelligences as a model of intelligence that differentiates intelligence into various specific (primarily sensory) modalities, rather than seeing it as dominated by a single general ability. These aspects are: logical-mathematical, spatial, linguistic, bodily-kinesthetic, musical, interpersonal, intrapersonal, naturalistic, existential [5].

Stress is one of the effective factors on individual performance in organizations and put health and wellbeing of many individuals in danger. Stress has a direct relationship with individual's performance, and is one of the components of health, safety and convenience of individuals. Spiritual Intelligence, Is a kind of Intelligence which through it we can resolve issues of meaning and values, enrich our life and activities in the wider context, and helps us to understand which action is more meaningful [6]. Spiritual Intelligence is necessary for effective functioning of IQ and emotional intelligence. Zohar and Marshall [6], considered it as the ultimate intelligence. Spiritual intelligence makes people to be creative because it helps people to replace the rules and play with the boundaries, discriminate and choose, and finally it helps us to see the limits and profuse us with compassion and understanding [7]. Amram [8] believed, spiritual intelligence includes; sense of meaning, having a mission in life, Sense of sacredness in life, Balanced understanding of material value, and a belief about better world.

Coping with life stress and achieving personal and social skills is always the part of human life and have been manifested in different life terms in various ways [9]. Spirituality encompasses all aspects of humanity and can be defined as an integrated aspect in the welfare and health of every person [10]. In psychology, stress is defined as pressure. Stress is physical, mental and chemical reaction to the events that cause fear, excitement, bafflement, threat or anger [11]. Depression and anxiety with 10-20% prevalence rate in the general population are the most common psychiatric disorders [12].

Anxiety is the reaction against an unknown vague internal threat, and the origin of it is unconscious and uncontrollable and many factors cause it [13]. According to available statistics, 15% of The America's people suffer from anxiety disorders [14]. We can help individuals to cope with stress by Identifying harmful effects of mental problems on the quality and quantity of staff's work, examining job stressors in hospital and medical staff, and finally Identifying coping strategies [15].

These concerns and anxieties exist in different occupations. Nurses are exposed to occupational stress in the workplace which can endanger their health, body and psychological status [16]. With considering unavoidable nature of stressors in the nursing profession and the necessity to prevent psychological and behavioral effects of stress, health service organizations managers should improve the quality of working life and training the coping

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strategies [17]. Moalemi [18], suggested that there is a positive correlation between mental health and spiritual intelligence. In this study, there was a negative relationship between spiritual intelligence and depression, hostility, anxiety, aggression and self-deception. Mascaro [19] showed that spiritual intelligence could predict reduction in symptoms of depression in the duration of a 2-month follow up.

With considering studies in other countries and Iran about spiritual intelligence and its relationship with other factors and the role of nurses in patient's health and healthcare systems, the researchers decided to study the relationship between the spiritual intelligence and emotional reactions of nurses in the hospitals of Tehran University. We hope that this study could help enhance mental health of nurses.

2. MATERIALS AND METHODS

Methods:

The research design is a correlational study. The participants of this study were 270 employed nurses at Imam Khomeini, Roozbeh and Baharloo hospitals in 2012. They were selected by purposive sampling method. Inclusion criteria for the subjects in this study was: Age Between 22-50 Year, having license degree or above in nursing, and being employed at one of these hospitals: Imam Khomeini, Roozbeh or Baharloo.

Materials:

A) Demographic variables questionnaire which contains: The demographic variables, Age, Gender, Marital status, Job Experience, Degree, Name of Section they are working at.

B) Spiritual Intelligence Questionnaire [20] which has 4 subscales and 24 items: critical thinking of existence, Production of personal meaning, transcendental awareness, and expansion of consciousness state. The internal consistency of this questionnaire has been estimated by using Cronbach's alpha coefficient 0.88.

C) Brief form of DASS-21 (depression anxiety stress scale). Lovibond and Lovibond [21] developed DASS in 1995 and reported three mental factors: depression, anxiety and stress using factor analysis. The items measure depression, anxiety and stress in the last week. DASS contains two forms: original form which contains 42 items and brief form which contains 21 items (seven items for each factor) within a four-point Likert spectrum

("Totally like me", "not at all like me"). The brief form of DASS was studied by Henry and Crawford [22]. These researchers have pointed to three factors of depression, anxiety and stress which have a reliability coefficient of 0.88, 0.82 and 0.90 for these factors, respectively. Persian form of DASS-21 was validated by Samani and Jokar [23]. These researchers have reported that Persian form of DASS-21 also contains three factors of depression, anxiety and stress and Cronbach's Alpha for these factors are 0.87, 0.85 and 0.75, respectively.

3. RESULTS

The age range of participants was as follows: 37.4% between 30-35, 30% between 25-30, 23% between 35-40, 8.1% between 40-45, 1.5% between 20-25. The contribution of participants gender was as follows: 68.5% female and 31.5% male. The Marital status of participants was as follows: 70.4% married and 29.6 % single. The number of children of participants was as follows: 41.5 % had one child, 5.41 percent had two children, 8.9% without children, 3.1% had three children. The job experience of participants was as follows: 44.1% five to 10 years, 24.8 percent less than 5 years, 23.7 percent 10 to 15 years, 7 percent 15 to 20 years and 0.4 percent had more than 20 years of experience.

The participants' section work was as follows: 21.1 percent in internal section, 20.7 percent in emergency health center, 12.2 percent in surgical section, 11.9 percent in psychiatric wards, 8.1 percent in psychiatric emergency section, 7.8 percent in CCU, 7 percent in ICU, 5.2 percent in the pediatric ward, 4.1 percent in the Post CCU, 1.5 percent in the dialysis unit, and 0.4 percent in the maternity ward. The results showed that mean score of spiritual Intelligence was 59.01. Spiritual intelligence maximum score was 76.

Average scores of spiritual intelligence components were as follow: expansion of consciousness state 15.04, production of personal meaning 15.62, transcendental consciousness 13.15, and critical thinking of existence 15.18. The maximum score of each component was: expansion of consciousness 22, personal meaning 22, transcendental consciousness 20 and critical thinking of existence 21 (Table 1). The mean score of stress was 15, the mean score of Anxiety was 14.35 and the mean score of depression was 16.45 (Table 2).

Pearson's correlation coefficient indicated that there are significant relationship between anxiety and spiritual intelligence ($r=0.53$, $p<0.001$), stress and spiritual intelligence ($r=0.48$, $p<0.001$), depression and spiritual intelligence ($r=0.48$, $p<0.001$). Correlation coefficient of spiritual intelligence components with stress was as follows: consciousness expansion state ($r=0.48$, $p<0.001$), production of personal meaning ($r=0.51$, $p<0.001$), Transcendental awareness ($r=0.38$, $p<0.03$), and critical thinking of existence ($r=0.43$, $p<0.001$) (Table 3). Correlation coefficient of spiritual intelligence components with anxiety was as follows: consciousness expansion state ($r=0.38$, $p<0.001$), production of personal meaning ($r=0.45$, $p<0.001$), transcendental awareness ($r=0.35$, $p<0.02$) and critical thinking of existence ($r=0.31$, $p<0.001$), (Table 4). Pearson's correlation coefficient of spiritual intelligence components with depression was as follows: consciousness expansion state ($r=0.45$, $p<0.001$), production of personal meaning ($r=0.48$, $p<0.001$), transcendental awareness ($r=0.35$, $p<0.03$), critical thinking of existence ($r=0.43$, $p<0.001$) (Table 5).

Table 1. Mean, Standard deviation, Maximum and Minimum of the four components of spiritual intelligence

Spiritual Intelligence Components	N	Mean	Standard deviation	Maximum	Minimum
Consciousness state expansion	270	15.0409	3.07891	22	8
Production of personal meaning	270	15.6208	2.97961	22	5
Transcendental awareness	270	13.1599	2.52016	20	5
Critical thinking of existence	270	15.1822	2.45107	21	6

Table 2. Mean, Standard deviation, Maximum and Minimum of the emotional reactions scores

Spiritual Intelligence Components	N	Mean	Standard deviation	Maximum	Minimum
Stress	270	15	1.85	18	8
Anxiety	270	14.35	2.60	21	9
Depression	270	16.45	3.20	19	7

Table 3. The relationship between the components of spiritual intelligence and stress

Variables	N	Pearson's r	p-value
Consciousness expansion state and stress	270	0.48	0.001
Production of personal meaning and stress	270	0.51	0.001
Transcendental awareness and stress	270	0.38	0.03
Critical thinking of existence and stress	270	0.43	0.001

Table 4. The relationship between the components of spiritual intelligence and anxiety

Variables	N	Pearson's r	p-value
Expansion of consciousness state and anxiety	270	0.38	0.001
Production of personal meaning and anxiety	270	0.45	0.001
Transcendental consciousness and anxiety	270	0.35	0.02
Critical thinking of existence and anxiety	270	0.31	0.001

Table 5. The relationship between the components of spiritual intelligence and depression

Variables	N	Pearson's r	p-value
Expansion of consciousness state and depression	270	0.45	0.001
Production of personal meaning and depression	270	0.48	0.001
Transcendental consciousness and depression	270	0.35	0.03
Critical thinking of existence and depression	270	0.43	0.001

DISCUSSION

The results of the present study indicated that there is a significant relationship among spiritual intelligence, its components, and emotional reactions (stress, anxiety, and depression). The given result is supported with the results came from an investigation done by Saadati [24]. In their study, they concluded that there is a significant relationship among spiritual intelligence and coping strategies with stress and spiritual intelligence may predict stress tackling strategies. The results of this survey are in line with findings from other conducted studies regarding spirituality as well including study done by Bagheri [25], which it has been carried out on nurses it shows that there is a significant relationship among three components of spiritual intelligence (i.e. excellent self-awareness, spiritual experiences, and patience) with well-being and nurses with spiritual intelligence at higher level may achieve life with more well-being. In his study, Mascaro [26] found that conceptualization might play role of mediating variable among daily stresses and depression and in the case of existing conceptualization at high level, the relationship among other two variables is weak. The results of study which has been also conducted by Moalemi [27], suggest that the person with higher spiritual intelligence possess more mental health, particularly concerning to depression, social problems, and anxiety and at the same time it has shown that spiritual intelligence might affect on individuals' occupational competence. Also the higher spiritual intelligence might predict more potential in resolving problem and adaptation. Through review on researches that dealt with spirituality impact on health, Elmer [28] showed that spirituality is related to lower level of disease and longer life. The results of study done by Akbarzadeh [29] also signify that there is a positive and significant relationship among spiritual intelligence, moodiness, and public health among nurses. Moreover, in a study, Rapheall [30] showed that spiritual intelligence plays the important role in psychological well-being.

According to the current study, it may be concluded that spiritual intelligence affects on emotional reaction among nurses as well as in improving the quality of their performance for which during a day nurses are exposed to several stressors in their work place [31, 32] and many stresses and anxiety will gradually make them

depressed [33]. As a dimension of intelligence, spiritual intelligence causes human thereby to resolve the daily and more essential issues of his/ her life and leads the life to make sense. Such granting of meaning to life may contribute extremely human in exposure to serious crises [23]. System of spiritual beliefs allows some of this people to make sense of inevitable adverse conditions and deficiencies through trend of life cycle and to be hopeful and optimistic to afterworld life (doomsday) where there is no difficulty of such these kinds. These individuals are often accompanied to healthier physical and mental life style [34]. Thus, this survey suggests that the nurses with higher spiritual intelligence may give better response to current status and handle stressor situation better under the incurred harsh and stressful circumstances. These nurses also may experience the reduced temperament in long run.

CONCLUSION

The findings showed that spiritual Intelligence is associated with emotional reactions of nurses. Since stress and anxiety gradually lead to depression, it seems that stress management and anxiety control could reduce the incidence and severity of depression over time. So due to the variations and complexities of these days of life, it seems necessary to strengthen the individuals in terms of spiritual aspect especially the nurses, who are always exposed to difficult situations, by means of thinking on life and work concept, commitment to diligence, loving other humans, awareness and thanksgiving for divine bounties.

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