

The Relationship between Spiritual Intelligence and Marital Satisfaction with Married Woman Nurses

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ABSTRACT: The purpose of this study was to investigate the relationship between spiritual intelligence and marital satisfaction with married woman nurses. The research method was descriptive from a correlational type and the statistical population of the study included all married woman nurses in Ayatollah Taleqani and Shahid Beheshti Hospitals in Noshahr. A sample of 80 people was selected by available sampling method. In order to collect information and research data, Spiritual Intelligence Questionnaire of Abdollahzadeh and Marital Satisfaction Questionnaire of Enrique were used. Pearson correlation and multiple regressions (step by step), multivariate regression (fundamental correlation) were used to analyze the data. The results showed that with respect to the significance of the correlation coefficient calculated with the probability of 0.99, we state that the hypothesis of the research that there is a relationship between the spiritual intelligence and marital satisfaction is confirmed.

Keywords: Spiritual Intelligence, Marital Satisfaction, Nurses.

INTRODUCTION

Satisfaction with marital life is one of the important and vital aspects of marital relationship that plays an important role in family function and it means the subjective and cognitive understanding of individuals from their marital relationships (Khalili et al., 2015). The combination of family and occupational roles causes physical and psychological pressure and the consequence of conflict between work and family that can affect family and work health (Burke, 2004). The results of many studies show that marital conflicts and occupational stress are the first of a series of marital conflicts (Asgarian Omran et al., 2016). Therefore, stressful occupations can affect marital satisfaction.

Nursing is one of the long-awaited activities all day long. Nursing is an open-ended 24-hour job and is known for its specific nature as a stress-inducing job. Because of the rotation and variation in work time, a nurse may spend several hours of nursing at night in the hospital for several hours of nursery work. According to the nurses, rotational work has had a negative impact on their family and social conditions, resulting in loss of their common social activities with their husbands, which can even compromise their mental health (Elquist, 2004, Salvendy & Karwowski, 2012). Therefore, it seems that the conditions of the work environment and the characteristics of the nursing profession have a significant effect on their marital satisfaction. The results of Asgarian Omran et al (2016) indicate the relative importance of the marital satisfaction with the nurses and the effect of shifting as an influential variable on it. Sadeghi et al (2017) also showed that nursing jobs have an effect on the marital satisfaction.

Therefore, it is imperative that factors affecting the marital satisfaction be identified so that they can be used on promoting it. Considering the religious and spiritual values of our country, one of the variables that can be studied is spiritual intelligence.

Some thinkers believe that there are three levels of energy: physical energy, rational energy, spiritual energy, and ultimate spiritual energy. The human goal must be to reach this level of energy through the fulfillment of obligations and common life (Vaswani, 2010). The ability to find meaning of life is an essential element in spiritual intelligence if we consider the ability to profit from spiritual resources as intelligence. Therefore, this ability should help on solving the problems of life and attaining people's goals and lead to their better compatibility (King, 2008; Amram & Dryer, 2007). This intelligence gives a person a general view of life and all experiences and events, enabling him to reframe his experiences and deepen his knowledge and self-reliance (Abdollahzadeh, 2009). Several studies have examined the role of spiritual intelligence in the marital satisfaction, including Beiranvand and Azizi (2017) showed that spiritual intelligence explains about 52% of variance related to the marital satisfaction with the nurses.

Considering the importance of psychological health of the nurses in their function, it is necessary to identify effective and related factors and to help to improve the conditions of the nurses. One of these factors is the marital satisfaction, which can play a role in the psychological conditions of nurses. On the other hand, the importance of religious beliefs in our country and its role in everyday life created the idea that the researcher would study spiritual intelligence as one of the factors influencing the marital satisfaction.

MATERIALS AND METHODS

The purpose of this study was to investigate the relationship between the spiritual intelligence and general health of the married women nurses. The research method was descriptive from a correlational type and the statistical population included all married women nurses in Hospitals of Ayatollah Taleghani in Chalous and Shahid Beheshti in Noshahr. The statistical sample was 80 people who were selected by available sampling method. The tools used in the research were:

Spiritual intelligence questionnaire SQ: This questionnaire consists of 29 questions, which have been made by Abdollahzadeh and his colleagues. The questionnaire consists of two factors: the first factor: the 12 questions (understanding and communication with the source of existence) were named (Questions 1-12), the second factor: the 17 questions (spiritual life with the inner core) were called (questions 13- 29) and in the form of a Likert 5 degree, I totally disagree = 1 to totally agree = 5.

The reliability of the questionnaire was obtained by Abdollahzadeh (0.89) . Cronbach's alpha coefficient obtained 0.91 this questionnaire.

Marriage satisfaction questionnaire of Enrich:

The questionnaire consists of 12 scales that include contractual response, marital satisfaction, personality issues, marital relationship, conflict resolution, financial management, leisure activities, sexual relations, marriage and children, relatives and friends, roles related to equality of woman and man is an ideological orientation (Pourdehghan et al., 2008). To determine the validity and reliability of this questionnaire after translation, Soleimani (1998) presented its questions to the experts, thus its content validity was confirmed. In the next stage, the questionnaire was implemented in a group of 11 people and the coefficient of validity 3 was calculated by means of alpha, which was 0.03. Due to the high questionnaire (115 questions) that caused more exhaustion of subjects, it was decided to make a short copy of it. For this purpose, the correlation of each question with the whole questionnaire was calculated through the correlation coefficient. Then, the questions that had a relatively high correlation were selected in equal numbers from different scales of the questionnaire, and a total of 47 questions were selected. Again, the validity of the 47-item version was calculated in a group of 11 people using the alpha coefficient, which was 0.95, indicating the high validity of this questionnaire.

RESULTS

To determine the best predictor of the marital satisfaction, predictive variables have been used from step by step method. It is worth noting that the variables of understanding and communicating with the source of existence, spiritual life, or inner core enter the equation. The results are presented in Table 1.

Table 1. Summary of stepwise regression analysis of variables of perception and communication with the sources of existence, spiritual life, or inner core.

Predictive variables	Model	R	R ²	ΔR ²	Error Standard
First, understanding and communicating with the source		0.356	0.127	0.116	16.705
The second is understanding and communicating with the source, spiritual life, or inner core		0.416	0.173	0.151	16.365

The results of Table 1 show that the variable of perception and communication with the source of existence can justify 11.6% of the variance of marital satisfaction ($\Delta R^2 = 0.116$) and by adding the variable with spiritual life or inner core to the variable of the perception and communication with the source. In the second model, 4 percent of the variance in marital satisfaction was added ($\Delta R^2 = 0.151$), and variables of perception and communication with the source, spiritual life, or inner core could account for about 15.1 percent of the variance of the marital satisfaction.

Table 2. Analysis of variance test to examine the significance of regression.

Statistical Index of Changes Source	SS	df	MS	F test	Sign.
Regression is a variable of perception and communication with the source	3161.653	1	3161.953	11.330	0.001
Remaining	21767.597	78	279.72		
total	24929.550	79	-		
Regression is the variables of perception and communication with the source, spiritual life or inner core	4309.122	2	2154.561	8.045	0.000
Remaining	20620.428	77	267.798		
total	24929.550	79	-		

Considering the results of Table 2, since F calculated as the variable of the perception and communication with the origin of existence in the level of 0.01 is significant ($f(1, 78) = 11.330, p < 0.01$), therefore, with 99% confidence, we conclude that there is a relationship between the variable of the perception and communication with the source of the existence and marital satisfaction, and the variable of the perception and communication with the source of the existence of power has a predictable variable of marital satisfaction. In the second model, as seen, F calculated the variables of the perception and communication with the source of existence, the spiritual life or inner core is significant at the level of 0.01 ($f(2, 79) = 8.045, p, 0.8445$), thus, with 99% confidence, we conclude that there is a relationship between the variables of the perception and communication with the source of existence, the spiritual life or inner core with the variable of the marital satisfaction, and predictor variables of the perception and communication with the source of existence, spiritual life, or inner core also have the variable predictive power for the marital satisfaction.

Table 3. Regression Analysis (Variables that are regressed using the step-by-step model).

	Statistical Index of Changes of Source	Separation coefficient of (regression (B)	Standard error	The standard coefficient of regression separation (B)	T test for the significance of regression line slope	Sign.
First model	Fixed value	47.721				
	Perception and communication with the source of existence	0.344	0.102	0.356	3.366	0.001
Second model	Fixed value	37.388				
	Perception and communication with the source of existence	0.319	0.101	0.330	3.159	0.002
	Spiritual life or inner core	0.282	0.136	0.216	2.070	0.042

In the first model, the variable of the perception and communication with the source of the existence is entered into the equation and the equation is subjected to the substitution.

$$\hat{Y} = a + b_1 x_1$$

(Marital satisfaction – 47.721 + (0.344) × (the variable of the perception and communication with the source of the existence)

According to the results of Table 4 and 9, the standardized β value related to the perception and communication with the source of the existence is 0.356. This figure indicates that the variable of the perception and communication with the source of the existence affects the marital satisfaction and the variable of the perception and communication with the source of the existence predicts 0.356 changes of the variable of the marital satisfaction criterion.

If we see a unit of change in the predictor variable of the perception and communication with the source of the existence, the marital satisfaction variable varies by 0.356, meaning that the marital satisfaction increases with the increase of the perception and communication with the source of the existence. As can be seen, the T value related to the variable of the perception and communication with the source of the existence of 3.366 is significant at the level of 0.01.

In the second model, the variables of the perception and communication with the source of the existence, spiritual life or inner core are entered into the equation and the equation is subjected to the substitution.

$$\hat{Y} = a + b_1 x_1 + b_2 x_2$$

(Marital satisfaction – 37.388 + 0.319 (the variable of the perception and communication with the source of the existence) + 0.282 (the variable of the spiritual life or inner core

According to the results of Table 3, the standardized β value related to the spiritual life or inner core is 0.216. This figure indicates that the variable of the spiritual life or inner core affects the marital satisfaction and the variable of the spiritual life or inner core 0.216 predicts changes of the variable of the marital satisfaction criterion.

If we see a unit of change in the predictor variable of the spiritual life or inner core, the marital satisfaction variable varies by 0.216, meaning that the marital satisfaction increases with the increase of the spiritual life or inner core. As can be seen, the T value related to the variable of the spiritual life or inner core 2.070 is significant at the level of 0.01.

Considering the significance of the calculated relationship with 0.99, it is concluded that the hypothesis of the research is that there is a relation between spiritual intelligence and marital satisfaction of married woman nurses in Ayatollah Taleghani Hospitals of Chalous and Shahid Beheshti Hospital of Noshahr.

DISCUSSION AND CONCLUSION

There is a relationship between the spiritual intelligence and marital satisfaction with married woman nurses in Ayatollah Taleghani Hospital and Shahid Beheshti Hospital in Noshahr.

Considering the results, since F calculated as the variable of perception and communication with the origin of existence in the level of 0.01 is significant ($f(1, 78) = 11.330, p < 0.01$), therefore, with 99% confidence, we conclude that there is a relationship between the variable of the perception and communication with the source of the existence and marital satisfaction, and the variable of the perception and communication with the source of the existence of power has a predictable variable of marital satisfaction. In the second model, as seen, F calculated the variables of the perception and communication with the source of existence, the spiritual life or inner core is significant at the level of 0.01 ($f(2, 79) = 8.045, p = 0.8445$), thus, with 99% confidence, we conclude that there is a relationship between the variables of the perception and communication with the source of existence, the spiritual life or inner core with the variable of the marital satisfaction, and predictor variables of the perception and communication with the source of existence, spiritual life, or inner core also have the variable predictive power for the marital satisfaction.

Given the significance of the calculated relationship, with the possibility of 0.99 it is concluded that the hypothesis of the research is that there is a relationship between the spiritual intelligence and the marital satisfaction of married woman nurses.

Most researchers in their research concluded that the existence of religious beliefs has a profound effect on the strength of the family, and belief in God makes the attitude of the individual to the whole existence is purposeful. Spiritual health provides a coherent communication between the internal forces and is characterized by features such as stability in life, peace, proportionality, feeling of close relationship with oneself and God and the environment (Craven et al., 2003).

Spirituality plays an important role in marital satisfaction, so that intrinsically religious beliefs and practices enable the person to control his anger physically, cognitively and emotionally and help him take responsibility for his actions in conflict. In interpersonal terms, religious practices create conditions whereby an individual takes into consideration God in anger and provides support for both couples to avoid conflicting ones. The relationship with God has an interactive and compensatory role in relation to marital relationships.

Conflict of Interest

The authors declare no conflict of interest.

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