



## The Role of Spiritual Intelligence and Marital Adjustment in Hamadan Primary Teachers

Rasoul KokabiKhorsand<sup>\*1</sup>, Majid Shahsavari<sup>2</sup>, Naser Norozi<sup>2</sup>

1. M.A Family Counseling, Allameh Tabataba'i University, Tehran, Iran.

2. M.A. Educational Psychology, Allameh Tabataba'i University, Tehran, Iran.

### A B S T R A C T

This study aimed to examine the role of spiritual intelligence and marital adjustment of Hamadan primary teachers. The present study is correlational. To collect data, samples of 100 Hamadan primary teachers were selected by random cluster sampling method. Tools used to achieve the objectives of the study were: King Spiritual Intelligence (2008) and marital adjustment Lak-Lovas (1959), and to analyze the data, descriptive statistics such as mean, standard deviation, inferential statistics, Pearson correlation test, multiple regression analysis were used to test the data using SPSS software. The results showed a significant positive correlation between spiritual intelligence and marital adjustments ( $R = 0.58$ ). Spiritual intelligence agents can predict marital adjustment 49%. By training the agents of intelligence spiritual can reduce the marital problems and increase the marital adjustment.

*Keywords.* Spiritual Intelligence, Marital Adjustment, Teachers.

### INTRODUCTION

The importance of the family and its vital role in society is obvious, family not only have the key role in the growing and the upbringing of children but it seems that to have a healthy society depends on achieving a healthy family. So every step that is taken for family bonds, is the step for a healthy society. The family is the basis and foundation of personal and social life and the core of the family are husband and wife (Mahoney, Pargament, Tarakeshwar, & Swank, 2008; Rosen-Grandon, Myers, & Hattie, 2004; Wilson & Filsinger, 1986). The cornerstone of the family is marriage and the marriage requires cooperation, empathy, love, kindness, unity, tolerance and responsibility. If marriage cannot be identical with the highest quality cannot guarantee the stability and consistency over time (Saavedra, Chapman, & Rogge, 2010).

It seems that the most important factors that affect the survival, growth and family life is the healthy relationships based on compatibility and understanding between members, especially woman and husband (Blanchard, Hawkins, Baldwin, & Fawcett, 2009). Rani (2013) considered the marital adjustment as the general feeling of happiness, satisfaction with the marriage in the men and women which leads to grow and progress of the couples in various aspects and strengthened the mutual understanding of each other. So when a couple together try to achieve harmony and balance in various areas of married life, the adjustment is achieved, so marital adjustment is a dynamic process that may be at any point in time to be evaluated on a continuum of fully compatible and incompatible. In this manner marital adjustment is a multidimensional concept. As well as marital adjustment is one of the most important factors in

\*. Corresponding Author: KokabiKhorsand, R.

DOI: [In pressing](#)

To cite this article: KokabiKhorsand, R., Shahsavari, M., Norozi, N. (2017). The Role of Spiritual Intelligence and Marital Adjustment in Primary Teachers. *Iranian Journal of Positive Psychology*, 3 (2), 36-42.

determining the stability of marital adjustment and marital relations (Gaal, 2005). Thus, marital adjustment is effective factor in strengthening the families.

On the other hand what damaged the family consolidate, durability and growth is marital discord, which can be considered the beginning of the degradation families (Obineli, 2010). Obineli (2010) defined the marital discord: in which there is no participation and partnership of mutual love, mutual cooperation, tolerance, unity, continuity necessary, commitment and intimacy. Unlike incompatible couples, compatible couples often experience feeling of happiness and satisfaction, which show this feeling of happiness, as their mutual love, care, acceptance and understanding (Soltani, Molazadeh, Mahmoodi, & Hosseini, 2013). Therefore marital adjustment and life satisfaction have essential role in the family survival and growth, so that the lack of marital adjustment can be an effective factor in the emergence of discord between husband and wife, and can be the preface for the separation of them (Aghajanian, 1986; Newton, Burns, Miller, & Fernandez-Botran, 2016).

Among the factors that influence the marital adjustment can be mentioned the intelligence which has many dimensions including spiritual intelligence, emotional intelligence, organizational intelligence, moral intelligence. In the meantime, it seems that spiritual intelligence plays an important role (Sadeghi, Zamani, & Mamasani, 2015). Based on Zohar, Marshall, and Marshall (2000) spiritual intelligence is intelligence that can makes our position and work wider and richer, intelligence determines an activity or a way of life is significantly greater than the activity or the other direction. The spiritual intelligence as the experienced ability that the people access to more knowledge and understanding, and paves the way for excellence and advancement in life. In fact, spiritual intelligence has relation with inner life of the mind and its relationship with the world, and included the capacity of understanding insight question related to the of multiple levels of consciousness (Vaughan, 2002). According to King (2008), spiritual intelligence is a set of mind capabilities in the integration and application of adaptive mental and spiritual aspects of a person's existence and achieve superior results, such as the deep thought, meaningful improvement, knowledge of itself, the dominance on the spiritual. He also offers four factors of spiritual intelligence elements: 1. "critical thought" about topics such as life, death, and life after death, truth, justice and other supernatural issues. 2. "The ability to create personal meaning" and personal goals of mental and physical experiences in other words, live in accordance with established goals. 3. "Transcendental consciousness" ability to identify of transcendent and metaphysical dimension in his life and in others material world. 4 "Expansion of consciousness" to enter the spiritual states of consciousness or beyond (King, 2008).

In the context of marital and spiritual intelligence few studies have been done. The results of Sahebalzamani, Farahani, Abasi, and Talebi (2013) in relation to the role of spiritual intelligence in the quality of life showed that the spiritual intelligence plays an important role in predicting quality of life. Also in the study by Rostami and Gol (2014), results in marital satisfaction insisted on the role of spiritual intelligence. In this regard, Brillhart (2005) examined the relationship between spirituality and life satisfaction in the people with spinal cord injury, concluded that there is significant positive relationship between life satisfaction and spiritual psychological factors. Research of Kiamarsi and Abolghasemi (2010) showed that the spiritual intelligence has positive and significant relationship with the quality of life in a sample of patients with irritable bowel syndrome. On the one hand, Nadery, Asgari, Roshani, and Mehri Adryany (2008) in a study aimed to investigate the relationship between intellectual intelligence and emotional intelligence, showed life satisfaction, spiritual intelligence and emotional intelligence variables are predictor of life satisfaction. Also. Badi, Jalali, and Oboudi (2010) showed that in the field of self-awareness and love of spiritual intelligence staff has been associated with an increase in marital satisfaction.

Accordingly, with respect to matters mentioned in the marital adjustment and its role in

the spouses and family life and spiritual intelligence, a researcher in this study, attempts to examine the role between spiritual intelligence deals with marital adjustment of Hamadan teachers and hope to create favourable conditions for the development of romantic relationships, honestly and with understanding, commitment and provide intimacy between couples. So the researchers tried to answer the question of whether there is a relationship between spiritual intelligence and marital adjustment.

## METHODOLOGY

This is a correlation study. The study population includes all primary teachers in Hamadan in 2015-2016 school year, which using cluster random sampling, 100 teachers randomly selected from four regions (North, south, east, west).

### Research tools

1. Self-report scale of spiritual intelligence: This survey was constructed by King (2008), and has 24 items that measure the spiritual intelligence in 5-degree Likert scale (1 = totally false, totally True -5) measures (In question 6, scored is reverse) and has four subscales critical thinking (1,3,5,9,13,17,21), production of personal meaning (7,11,15,19,23), transcendental consciousness (2,6,10,14,18,20,22) , development state of consciousness (4,8,12,16,24). The reliability of the scale by Cronbach's alpha is 92/0 and reliability with split-half is 91/0. In study of reliability of each subscale, Cronbach's alpha value for the scale of critical thinking, personal meaning production, transcendental consciousness and the development of the consciousness are obtained as follows: 0.78, 0.78, 0.87, 0.91 (King, 2008). Cronbach's alpha coefficient of the questionnaire was 0.89 and the coefficient of reliability through testing in a sample of 70 people was 0.67 at the interval of two weeks. In this study, the whole reliability by Cronbach alpha method was 0.78.

2. Lock-Lovas Marital Adjustment Test (LWMAT): Marital adjustment Test of Locke - Lavas is designed for a self-report questionnaire to measure quality of marriage functioning and is a common measurement tool in this field. The test contains 15 articles and scope of the test scores could be of 2-158. Low scores indicate conflict and high scores indicate compatibility and scores below 100 shows the stress in marital relations(Sanaei, 2000). This test with the use of split method, showed the 0.90 credit. The test also shows obvious distinction between spouses who have adapted well in their marriage and those who are experiencing stress(Locke & Wallace, 1959). The test was performed on a sample of Iranian couples. In this study, reliability was obtained by Cronbach's which is 0.60.

In this study, to analyze the data, descriptive statistics such as frequency tables, graphs, mean, standard deviation and inferential statistics were used to describe the hypotheses, correlation and regression analysis. Data analysis was performed using SPSS software.

## RESULTS

Descriptive findings spiritual intelligence and marital adjustment is presented in Table 1.

## The Role of Spiritual Intelligence and Marital Adjustment in Primary Teachers

Table 1. Descriptive results of research subscales

Statistical index Scale	number	average	standard error	Standard Deviation
spiritual intelligence	100	57.24	1.05	12.87
Marital Adjustment	100	127.95	1.63	23.7

Table 2. Pearson test correlation

statistical indices coefficient	correlation	R <sup>2</sup>	sig	significant level
spiritual intelligence marital	0.58	0.34	0.001	0.05

In accordance with the table, between spiritual intelligence and the marital there is a significant relationship ( $0.05 > P$ ). The correlation coefficient between spiritual intelligence and marital adjustment is equal to 0.58. The determination coefficient of the relationship indicates that 34% of the variance of marital adjustment is due to the spiritual intelligence.

Table 3. The results of the regression of spiritual intelligence on marital adjustment

Model	sum of squares	degrees of freedom	means	F	R	R <sup>2</sup>	R <sup>2</sup> <sub>adj</sub>
regression	65.52351	4	13087.91	47.61	0.69	0.49	0.46
Remaining	84.53603	195	274.89				
Whole	5.105955	199					

Which can be seen in Table, sig amount is less than 0.05, and this means the significance of regression model, that at least one of the predictor variables on criterion variables were significantly effective. In this study, the value of R<sup>2</sup> is equal to 0.49, which means that the spiritual intelligence agents can predict marital adjustment 49% and the remaining 51% is related to other factors. Given the significance of the whole model, it should be examined which of the coefficients is not zero or which variable or variables effect significantly on model. T test was used for this purpose.

Table 4. Standard coefficients, non-standard and t variables entered in the regression equation

predictive regression	regression coefficient		t-statistic	sig
	Non-Standardized	Standardized		
fixed amount	76/71		14/82	0/001
Critical Thinking	0/85	0/17	1/05	0/29
Production of personal meaning	2/66	0/41	4/43	0/001
transcendental consciousness	1/22	0/19	2/23	0/02
alert mode	2/87	0/58	4/04	0/001

As the table shows the factors of production of meaning personal, transcendental consciousness and consciousness development of marital adjustment mode are at 5% level has significant impact and the positivity of these factors actually show that by increasing these factors, the marital adjustment increased.

## CONCLUSION

This study aimed to investigate the Role of spiritual intelligence and marital adjustment in Hamadan primary teachers. The results showed that between spiritual intelligence and marital relationship, there is a significant relation, in other words, as the spiritual intelligence increases, the marital adjustment increases, which the above findings are consistent with previous studies (Badi et al., 2010; Kiamarsi & Abolghasemi, 2010; Nadery et al., 2008; Rostami & Gol, 2014). In explaining the above findings can be mention that when the women in everyday interactions considered the moral principles and spiritual concepts and refer to it as a criterion in their relations and try to achieve family satisfaction. It is evident that ethics, morality and adherence to moral and ethical principles in everyday life can be a sturdy protection for humans against problems. Strengthening spiritual intelligence, including self-awareness, respect for human and thoughts of man, growing in positive mood and optimistic attitude between humans and between couples, especially couples can have significant effects. On the other hand, people are familiar with the teachings of the spiritual orientation and meaning in their lives and it is bound to know. As a result, it can be argued that the filter of spiritual foundations is the couple's decisive action on many social and family situations. This in turn has improved the marital self-compatibility. It seems the spirituality as one of the highest human needs and is a form of intelligence played fundamental role in solving the problems of individuals. Spiritual intelligence is likely helps people to endure the hardships of life and find solutions to it. Such dynamics may have been effective in their marital relationships and helps them to earn richer and deeper meaning of life (Tavakolizadeh, Soltani, & Panahi, 2014).

Other research has indicated that spiritual intelligence agents predict 49% marital adjustment. Also, factors such as production of personal meant, transcendental consciousness and development of consciousness have significant effect on marital adjustment and the positivity of these coefficients shows that by increasing the factors, marital adjustment increases. The above findings are compatible with previous studies, including (Badi et al., 2010; Fabricatore, Handal, & Fenzel, 2000; Nadery et al., 2008; Sahebalzamani et al., 2013).

Spiritual intelligence represents a set of skills, talents, capacities and spiritual resources which their use in daily life can cause increased adaptability. In the definition of spiritual intelligence can emphasize particularly on its role in solving issues and find meaning and purpose in everyday actions and events (King, 2008). Spiritual intelligence makes that person look with gentleness and compassion into the problem, and do more efforts to find a solution, to endure the hardships of life and to give his life dynamics. Spirituality plays an important role in marital satisfaction, which beliefs and religious practices in terms of interpersonal manner, enables one to control anger in terms of physiological, cognitive and emotional and to help him to accept responsibility for their actions in conflict. In terms of interpersonal circumstances, a person's religious practices prepare the condition that the person pay attention to the God in anger state and support both spouses to avoid conflict with each other. Interactive and relationship with God has a compensatory role in relation to marital relations. Spirituality is an organized system of beliefs, including moral values, traditions, participate in the religious community to believe in God or a higher power is even greater. A religious belief is an effective

way to deal with disasters, painful experiences. Also in times of trouble and adversity, it effects on human relationships.

The limitations of this study are the cross-sectional of research and self-reporting tools and research community and the generalization of the results should be careful. The inclusion and strengthening of spiritual intelligence in pre-marriage education programs in order to improve relations and strengthen families seems necessary. It is recommended that the officials training of spiritual intelligence pay attention to the workshops for families with disabled children. Also to increase the generalizability of results, this study should be repeated in a larger sample and also between different strata and groups and parents.

### REFERENCES

- Aghajanian, A. (1986). Some notes on divorce in Iran. *Journal of Marriage and the Family*, 749-755.
- Badi, A., Jalali, M., & Oboudi, S. (2010). Investigating the Correlation between Spiritual Intelligence and Life Satisfaction among Administrations' Employees in Ahvaz.
- Blanchard, V. L., Hawkins, A. J., Baldwin, S. A., & Fawcett, E. B. (2009). Investigating the effects of marriage and relationship education on couples' communication skills: a meta-analytic study: American Psychological Association.
- Brillhart, B. (2005). A study of spirituality and life satisfaction among persons with spinal cord injury. *Rehabilitation Nursing*, 30(1), 31-34.
- Fabricatore, A. N., Handal, P. J., & Fenzel, L. M. (2000). Personal spirituality as a moderator of the relationship between stressors and subjective well-being. *Journal of Psychology and Theology*, 28(3), 221.
- Gaal, F. S. (2005). *The Role of Differentiation of Self and Death Anxiety In Predicting Marital Adjustment Following the Death of an Adult, Married Child's Biological Parent*. Seton Hall University Dissertations and Theses. (1720)
- Kiamarsi, A., & Abolghasemi, A. (2010). Emotional intelligence and frustration: predictors of quality of life in patients with irritable bowel syndrome. *Procedia-Social and Behavioral Sciences*, 5, 827-831.
- King, D. B. (2008). *Rethinking claims of spiritual intelligence: A definition, model, and measure*: ProQuest.
- Locke, H. J., & Wallace, K. M. (1959). Short marital-adjustment and prediction tests: Their reliability and validity. *Marriage and family living*, 21(3), 251-255.
- Mahoney, A., Pargament, K. I., Tarakeshwar, N., & Swank, A. B. (2008). Religion in the home in the 1980s and 1990s: a meta-analytic review and conceptual analysis of links between religion, marriage, and parenting.
- Nadery, F., Asgari, P., Roshani, K., & Mehri Adryany, M. (2008). Relationship and spiritual intelligence emotional intelligence with life satisfaction of elderly. *Journal New Findings in Psychology. The Islamic Azad University of Ahvaz*, 5(13), 127-138.
- Newton, T. L., Burns, V. E., Miller, J. J., & Fernandez-Botran, G. R. (2016). Subjective sleep quality in women with divorce histories: the role of intimate partner victimization. *Journal of interpersonal violence*, 31(8), 1430-1452.
- Obineli, A. S. (2010). Relationship between Marital Dysfunction and Occupational Maladjustment of Civil Servants in Anambra State. *African Research Review*, 4(1).
- Rani, M. R. (2013). Marital Adjustment Problems of Working and Non-Working Women in Contrast of Their Husband. *Education*, 2(7), 21-34.
- Rosen-Grandon, J. R., Myers, J. E., & Hattie, J. A. (2004). The relationship between marital characteristics, marital interaction processes, and marital satisfaction. *Journal of Counseling & Development*, 82(1), 58-68.
- Rostami, A. M., & Gol, H. C. (2014). Prediction of marital satisfaction based on spiritual intelligence. *Procedia-Social and Behavioral Sciences*, 116, 2573-2577.
- Saavedra, M. C., Chapman, K. E., & Rogge, R. D. (2010). Clarifying links between attachment and relationship quality: hostile conflict and mindfulness as moderators. *Journal of family psychology*, 24(4), 380.

- Sadeghi, H., Zamani, A., & Mamasani, A. N. (2015). Study the relationship between spiritual intelligence and emotion intelligence with the quality of work life Izeh principals. *Journal of Scientific Research and Development*, 2(1), 187-190.
- Sahebalzamani, M., Farahani, H., Abasi, R., & Talebi, M. (2013). The relationship between spiritual intelligence with psychological well-being and purpose in life of nurses. *Iranian journal of nursing and midwifery research*, 18(1), 38.
- Sanaei, B. (2000). Measures of family and marriage. *Tehran: Publication of the mission*.
- Soltani, A., Molazadeh, J., Mahmoodi, M., & Hosseini, S. (2013). A study on the effectiveness of emotional focused couple therapy on intimacy of couples. *Procedia-Social and Behavioral Sciences*, 82, 461-465.
- Tavakolizadeh, J., Soltani, A., & Panahi, M. (2014). Marital adjustment: The predictive role of spiritual intelligence and coping strategies.
- Vaughan, F. (2002). What is spiritual intelligence? *Journal of humanistic psychology*, 42(2), 16-33.
- Wilson, M. R., & Filsinger, E. E. (1986). Religiosity and marital adjustment: Multidimensional interrelationships. *Journal of Marriage and the Family*, 147-151.
- Zohar, D., Marshall, I., & Marshall, I. (2000). *SQ: Connecting with our spiritual intelligence*: Bloomsbury Publishing USA.