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## THE RELATIONSHIP BETWEEN SPIRITUAL INTELLIGENCE AND RESILIENCE WITH SOCIAL ADJUSTMENT IN JUNIOR HIGH SCHOOL STUDENTS

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**Abstract:**-overall objective of this study, was to investigate the relationship between spiritual intelligence and resilience with social adjustment in junior high school students. This descriptive correlation study in terms of the target, was applied. The population included all third year high school students of 1043 subjects in 1391-92.

According to Korjisi and Morgan tables and by stratified random sampling of 285 individuals were selected in two categories based on gender (125 females, and 160 males).

The data collection instrument was Abdollahzadeh spiritual intelligence questionnaire(1387).

Social adjustment inventory Sinha and Sing(1993).

The data analysis was applied to the mean, standard deviation, minimum and maximum, frequency, tables and graphs in descriptive statistics and Pearson correlation test, variance analysis and multiple regression in inferential statistics.

The results of this research finding showed that:

- 1- there is a spiritual intelligence significant relationship between spiritual intelligence and resilience.
- 2- there is positive and significant relationship between spiritual intelligence and Social adjustment.
- 3- there is a positive and significant relationship between resilience and Social adjustment.
- 4- social adaptability and resiliency in student in students the intellectual IQ is a acceptable.

**Keywords:**spiritual intelligence – resilience social adjustment.

### INTRODUCTION-

Social adjustment in adolescents as an important sign of mental health issues have attracted many psychologists' and educators' attention in recent decades. In general, social adjustment includes mechanisms by which a person may be able to belong to a group. Adolescence is a critical period and social adjustment of adolescents in this period severely changes physically and mentally, because of this, serious problems may occur in adolescent's interpersonal relationships and social challenges brought to them. More over, the prevalence of risk factors (such as economic difficulties, delinquent peer groups, substance abuse, sexual deviance, communities with high unemployment rate, etc.) that threatens teenagers can adapt them to trouble. Positive Psychology by Seligman and his colleagues were oriented in the present century. This approach, instead of addressing risk factors, anomalies turned his attention to the factors that led to the flourishing of human capabilities and improving life. One of the issues in positive psychology- oriented, is to win by being strong and is experiencing problems or injuries ,Psychologists call this phenomenon resiliency. Resiliency is a factor that help people when they face and cope with difficult and stressful life situations. resiliency prevents youth from psychological difficulties and protects them against the psychological effects of problematic disasters (Zahid et al, 1391). In addition, one of characteristic patterns that seem to be associated with social adjustment, is intellectual capacity or spiritual intelligence of individuals. According to Aymonz (2000), spiritual intelligence is the adaptive use of spiritual information to facilitate everyday problem solving and achieving goals. The concept of spiritual intelligence includes kind of adaptability and behavior problem solving and includes an area of growth, with the highest cognitive, moral, emotional, and interpersonal levels and assists the person in order to harmonize

with the surrounding phenomena and to achieve internal and external integration (Ghobari bonab et al, 1386). King (2008), takes into consideration Four Spiritual intelligence abilities:

- 1) critical thought about issues such as life, death, truth, justice, and other topics.
- 2) the ability to make personal sense and personal goals of physical and mental experiences and life based on created objectives.
- 3) transcendental consciousness, the ability to identify aspects of the transcendent self, others and the physical world.
- 4) promoting awareness, the ability to enter a state of spiritual consciousness or beyond.

with regard to descriptions of this psychological structure, 'spiritual intelligence' so far, it can be said that this structure is a concept that brings a lot of positive effects with itself. However, some including Ghobari et al (1386) emphasized Spiritual intelligence is considered one of the fields in order to understand and explain its features and components as well as its relationship with other psychological variables, less coherent and systematic studies have been done compared to other kinds of intelligence. No research was conducted showing that Spiritual intelligence is directly associated with resilience, but research that was conducted regarding the relationship between resilience and spirituality, suggests a positive relationship between spirituality and resilience (Witt et al, 2010; Robertson, 2008; Hood et al, 1996).

A review of the research shows that in general in recent years attention to positive psychology and variables such as resiliency as one of the important structures and influential in the mental health and coping increased. However, to identify factors associated with social adjustment, many experimental and theoretical efforts have been made, but these efforts are less noticed identify the role of belief systems, values, traditions and customs and attitudes of people in their personal and social adjustment (Khodayarifard et al, 1386). Research, particularly in relation to spiritual intelligence with social adjustment were not found. Therefore, research poverty in this area is felt and also, given that so far none of the domestic research studied the relationship between variables of spiritual intelligence and resilience with social adjustment simultaneously, The main objective of this study was to investigate the relationship between junior high school students enrolled in city schools Kalaleh and answering the following question. Is there a significant relationship between spiritual intelligence and resilience with social adjustment of students?

#### **METHODS:**

This research was descriptive correlationally and In terms of the purpose, was applicable. The population included all city high school students in the third year of Kalaleh city in the academic year of 1391-92 and their number was 1043.

According to Morgan table with farmers stratified random sample of 285 people in two categories based on gender (125 females, 160 males) were selected.

#### **MEASURING TOOLS**

Data collection consisted of three questions are as follows:

1 - Spiritual Intelligence Scale (Abdullah Zadeh et al, 1387): By Abdullah Zadeh, Kashmiri and Arab Ameri (1387) was developed to measure students' spiritual intelligence and has a range of 29 items, it is a five-point Likert. Abdullah Zadeh and colleagues tested reliability by calculating Cronbach's alpha equal to 0/89 have been reported.

2- Compatibility questionnaire Sinha and Singh (1993): in 1993 by an Indian. Who. O Sinha. Who. Singh was made to determine the extent of social, emotional and educational adjustment of the students and contains 60 questions that are designed to be Yes or No. The questionnaire was translated in 1377 by A. Karami, was then standardized by Ghodsi alghar in 1384. The researcher has used Social Adjustment Inventory of twenty research questions in this study. The test retest reliability coefficient for the split method and order 95/0 and 93/0 is reported. Fouladchang (1385) in his study of test-retest coefficient and the coefficient for this questionnaire Kvdr and Richardson, respectively, has reported 89/0 and 82/0 respectively. The validity of this test has been approved by a group of psychologists (Rajai, 1387).

3 - Resiliency Questionnaire of Knvr and Davidson (2003): The questionnaire Connor and Davidson (2003) provided was a review of research sources from 1979 to 1991. In the questionnaire, there are 25 words and each word is scored on a Likert scale. Connor and Davidson have reported Cronbach's alpha coefficient Resiliency 89/0. The retest reliability coefficient obtained at an interval of 4 weeks had been 87/0. Mohammadi (1384) using Cronbach alpha, achieved reliability coefficient 0.89. Jokar (1386), in a research on 577 high school students using Cronbach's alpha coefficient, reported internal consistency of .93 for this scale.

#### **METHODS OF DATA ANALYSIS:**

- Pearson correlation coefficient to examine the research questions, numbers 1,2 and 3.
- Using a multivariate regression technique ENTER to investigate research question 4.

**RESULTS:**

The results showed that there is a relationship between spiritual intelligence and resilience in students.

Significance level	Correlation(r)	Variable
0/001	0/409	Spiritual Intelligence
		Resiliency

Table 1 - Results of the Pearson correlation test for the hypothesis number one The results in Table 1 indicate that the significance level to test the relationship between intellectual intelligence and resiliency in students 0.01 p < is calculated, so the assumption is confirmed by research. Hypothesis number two: There is a relationship between spiritual intelligence and social adjustment of the students.

**Table 2 - Pearson correlation test results for hypothesis number two**

Significance level	Correlation(r)	Variable
0/001	- 225	Spiritual Intelligence
		Social adjustment

The results in Table indicate that the level of significance in relation to spiritual intelligence with social adjustment of students 0.01 p < is calculated and the assumption of the research is approved.

**hypothesis number three:** There is a relationship between resiliency and social adjustment of the students.

**Table 3 - Pearson correlation test results for hypothesis number three**

Significance level	Correlation(r)	Variable
0/001	- 211	Resiliency
		Social adjustment

The results in Table 3 indicate that the significance level to test the relationship between social adaptation and resiliency in students 0.01 p < is calculated and the assumption of the research is approved.

**Hypothesis four:** social adjustment of students based on spiritual intelligence and resilience variables is predictable.

Significance level	The coefficient of determination	Square of the correlation coefficient	The correlation coefficient	Predictive variable	The criterion
0/000	0/47	0/51	0/225	Spiritual Intelligence Resiliency	Social adjustment

To investigate this hypothesis, a multivariate regression method "Enter" was used. The results are shown in Table 4 to 4-9.

Table 4 - a resiliency factor model of spiritual intelligence and social adjustment of students

The results in Table 4 indicate that the correlation coefficient of the regression equation, is 225/0 and the square of the correlation coefficient is 51/0. It shows that 51% of the variance in social adjustment scores is explained by spiritual intelligence and resilience, the amount of what is explained is significant.

Table - Variance analysis of regression data, hypothesis number four

Significance level	F Ratio	Mean square	Degrees of freedom	Root collection	Sources changes	Type of test
0/000	15/135	142/503 9/416	2 283 284	142/503 2664/598 2807/102	Total Residual regression	Analysis of variance regression

According to the table, because the 95% confidence level and a measurement error of 5%  $\alpha =$  significance level of 0.05  $p <$  is calculated, assuming a linear model (linear relationships between variables) is confirmed.

Table of regression coefficients

Significance level	T	Standardized coefficients	Non-standardized coefficients		Model
			Beta	Standard error	
0/000	10/046		1/042	10/470	Constant
0/000	- 3/890	0/225	0/09	- 0/034	Spiritual Intelligence
0/000	- 2/272	0/143	0/012	- 0/027	Resiliency

The results in Table indicate that since the significance level for IQ and spiritual resiliency and constant 0.000  $p <$  are calculated, Therefore, the assumption of equal regression coefficient of zero for spiritual intelligence and resiliency constant is rejected, meaning that the predictor variables (spiritual intelligence and resilience) affect the criterion variables of social adjustment. The relationship between spiritual intelligence and resilience with social adjustment scores is negative and significant. That means for every one unit change in spiritual intelligence, social adjustment scores change 225/0- and for per unit change in resiliency, 143/0- changes in social adjustment scores is created. Regarding the resulting coefficients given in the following table, the regression equation for criterion variables (social adjustment) is as follows: (Resiliency) 027/0 - (spiritual intelligence) 034/0-470/10 = Social Adjustment

#### DISCUSSION AND CONCLUSIONS:

This study examined the relationship between spiritual intelligence and resilience with social adjustment. This research is correlationally descriptive and the purpose is practical. Its population includes a third year high school students in the academic year 1392-1391 Kalaleh city and the number is 1,043 people. According to table farmers and Morgan using stratified random sampling, 285 students (125 girls, -160 males) were enrolled in two classes based on gender. Data collection, is a questionnaire of 29 questions about spiritual intelligence Abdullah Zadeh, a 25-question questionnaire of resiliency Kunar and Davidson (2003) and a questionnaire of 20 questions of social adjustment (Sinha and Singh, 1993). To analyze the data from the test, Pearson correlation, multiple regression was used. Data analysis was done by SPSS software. Result number one: there is a significant relationship between intellectual intelligence and resilience in students.

The results of this study with the results of the Dehghani (1391), Keshavarzi and Yousefi (1391) Molavi (1388) Tooranloo et al (1386) within the country and with the results of Robertson (2008) Witt and colleagues (2010) are consistent

abroad.

**Result number two:** There is a meaningful relationship between spiritual intelligence and social adjustment of students. The results of this study with the results of Goudarzi (1381) and Abedifar and Sorkhi (1388) within the country and Witt et al (2010) Hanberger and colleagues (2001), Wallace and Williams (1997) Lychfyld and colleagues (1997), Hood and colleagues (1996), Dvnhun and Benson (1995) and Richards (1991), Thomas and Carver (1990) Bvrvi et al (1986) are consistent.

**Result number three:** There is a significant relationship between resiliency and social adjustment of the students. The results of this study with the results of Ebrahimi (1390) Rahimian et al 1387, Samani et al (1386) within the country and with Koval and Shang (2010), Munro and colleagues (2010), Witt and colleagues (2010) Hvanvg et (2009) are consistent.

**Result number four:** the social adjustment of students based on spiritual intelligence and resilience variables is predictable. The results of this study with the results of Dehghani (1391), keshavarzi and Yousefi (1391), AEbrahimi (1390), Molavi (1388), Rahimian et al (1387), Tooranloo and colleagues (1386), Samani et al (1386) within the country and Koval and Shang (2010), Munro and colleagues (2010), Witt and colleagues (2010), Huang and colleagues (2009), Robertson (2008) are consistent.

#### CONCLUSIONS:

Today we live in a world that requires flexibility or in other words, social adaptation than any other time. No doubt, social adjustment and flexibility can be important to people's lives. Spiritual intelligence is the purpose of life and comfort to a person in painful and threatening situations, causes the individual evaluate unexpected events as less threatening and be able to accept unchangeable events. From this perspective, when the individual is associated with a greater force and higher values and goals, has better performance and feeling of strength and inner peace. Spirituality in difficult times may be the only source to obtain peace, or accept positions. Spirituality and spiritual intelligence by giving meaning to life and the hope of encouraging people to wait on the issues, creates attitudes and a positive interpretation. Such interpretations enhance adaptive behaviors and improve quality of life.

Resiliency is defined as agents of helping people when facing and coping with difficult and stressful life situations. Those who have high resiliency, know communication skills with others very well. In difficult situations they can maintain both their humor and benefit social support of others in times of crisis. According to the above mentioned, this study sought to examine the question "Is there any relationship between spiritual intelligence and resilience with social adjustment?" The results showed there is a significant positive relationship between spiritual intelligence and resiliency. there is also a significant positive relationship between intellectual intelligence and social adjustment of students, Resiliency and social adjustment of students also had a significant positive relationship, more over, Social adjustment of students based on spiritual intelligence and resilience variables is predictable. Finally, a positive and significant relationship exists between the spiritual intelligence and resilience, and social adjustment in students.

#### A - Limitations of the study

- 1 - limiting the population of the city to high school students in city of Kalaleh.
- 2 - Little cooperation of some subjects due to various reasons (lack of motivation, lack of time, bored and indifference)

#### SUGGESTIONS:

- 1 - According to the results of the study on the relationship between spiritual intelligence and resilience with social adjustment of students it is recommended that Parents, counselors, planners and Education stakeholders be more sensitive in strengthening the spiritual intelligence in adolescents and young adults and set their programs in order to improve this kind of intelligence in them..
- 2 - It is recommended that the authorities of the Islamic Republic through cultural programs and the use of media such as radio, television, newspapers and magazines, help the development of spiritual intelligence to assist all segments of society, especially teenagers and young adults.
- 6 - Since the spiritual intelligence has positive effect on both social adjustment and resiliency it is recommended that in future research try to explore the factors that promote the intelligence of the people.

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