

The Impact Of Spiritual Intelligence And mental Health On Academic Achievement In Students

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Abstract: The purpose of this research was to examine the impact of the impact of spiritual intelligence and mental health on academic achievement in students. Population of study includes all female students of first year of secondary schools in the academic year 2015- 2016 in Rasht. Sample size was determined based on Krejcie & Morgan (1970) Sample in this study includes 209 female students of the first high school that were selected Multi-stage cluster sampling method and were examined by using SPSS regression analysis. The results of Hypothesis of this study are as follows: The main hypothesis of this research suggests that Spiritual intelligence and health have a positive and significant impact on Academic achievement, which can be seen in the table, significant amount for this test has been obtained number 0.000, which can be accepted at 95 percent, this the hypothesis was confirmed. Subsidiary hypothesis number 1 of this research suggests that General Health has a positive and significant impact on Academic Achievement, which can be seen in the above table, significant amount for this test has been obtained number 0.000, which can be accepted at 95 percent that this the hypothesis was confirmed. Subsidiary hypothesis number 2 of this research suggests that Spiritual intelligence has a positive and significant impact on Academic Achievement, which can be seen in the above table, significant amount for this test has been obtained number 0.000, which can be accepted at 95 percent that this the hypothesis was confirmed.

Keywords: Spiritual intelligence, mental health, Academic Achievement, students, school

INTRODUCTION

Intelligence, a concept that ancient human have been interested to research and examine the dimensions, protests, characteristics and types of it. Intelligence has led outcomes and events in all aspects of life. Many decisions apply based on rational capacities and capabilities to provide the opportunity and guidelines to children and subsequently judge the intelligence, determines the success and failures of individual. Also historically always emphasis on identifying and describing mental capacities and capabilities of individuals. So the study of intelligence and its performance seems effective and useful, Study in understanding the basis of human behavior is critical (Jucgeniewicz, 2008) intelligence, unlike height, weight and age is not visible and measurable. We can evaluate intelligence only indirectly, by studying and comparing clever actions of individuals (Santrak, 2003). One of the major factors that lead to differences in the definition of intelligence and how is expressed, is subject of cultural education. According to the spiritual dimension of man recently which examined the psychological studies. In this regard, according to spiritual intelligence as a capability that can provide a new look at about a well-being of individuals is important, So that Amram (2009) offers the relationship between spirituality, purpose, life satisfaction, health and well-being. The recent discussions on the subject has created new areas from analysis, what all these new approaches show that Spirituality is an essential element (pillars) of human being and a willingness to find meaning in the fact that humans are mortal, They are rooted in the brain anatomical structures. An underlying assumption of this approach is the organic idea that spiritual is experience of world. Although the practices and religious rituals and the vision of God may be different between different cultures (Leech et al., 2001 Quoting Zeighami, 2010). Spiritual intelligence is related to inner life of the mind and its relationship with universe and exist in the world. Spiritual intelligence is the ability to understand the deep spiritual questions and multiple internal vision and level of intelligence. Spiritual Intelligence is complete inner consciousness, deep knowledge of the object, substance, psychology and spirituality. Spiritual Intelligence is more mental ability personal to personal, mental interpersonal relationship. Knowledge about himself attitude, excellent communication with others, the earth and all living entities. Attitude is Knowledge about himself, excellent communication with others, the earth and all living entities. The concept of spiritual intelligence includes an adaptation and behavior problem solving that includes highest growth levels in different areas of cognitive, moral, emotional, interpersonal and help person in harmony with the surrounding phenomena and achieve the integration of internal and external (Ghubari, 2007). Mental health

is one of the important aspects in psychology and psychiatry that every year a large amount from research devoted to itself. And the factors influencing it has always been considered by psychologists. Adolescence is a period of transformation cycle, During its beliefs of self-efficacy on Psychological consequences is influential and important. During this period, individuals are faced with new challenges and how to cope and adapt to these challenges to some extent affected the person's self-efficacy beliefs (Caprara, Barbaranelli, Postorellic, & Cervone, 2004). Considering more than 15 million teens and young, who are considered the driving force and dynamic society. It is noteworthy that pay Specific considerations mental health problem of this class. Because according to them, such as paying attention to the major problems of the national capital of the country (Akbari, 2008). The key to progress and dynamism and advancement of any society, but in having safe and efficient elements and members is not in social. People who in addition to good physical condition in terms of the psychological situation are in a balanced and desirable. Nowadays problems and mental disorders such as Anxiety and depression in many segments of society, including the military has been increased (Because of the nature of their jobs) and impose annual cost to the health sector in many countries. (Daniel, 1997) Protection and human health is Guarantee of achieving the organization's objectives and should be an integral part of any activities of organization. According to the evaluation and human resources in health promotion, prevention, planning to live better leads to efficient activities of human resources in the workplace and family and the results of these assessments can be used as a baseline future comparisons (Shojaeian, 2002). Academic Achievement is another factor that influenced self-efficacy beliefs. Study of factors affecting Academic Achievement is a complex issue, because it is a multi-dimensional element and so very elegant related to physical, social, cognitive and emotional students. Many previous researchers emphasized on the effects of mental abilities and cognitive on Academic Achievement But over time it became clear that, although mental abilities and cognitive somewhat has relationship with Academic Achievement and to some extent predict academic achievement, but are not the only key to predicting academic success (Golman 1995 and Bar-on, 1997, 9, Quoting Dehshir, 2003). Success or failure in school has a great impact on mental health and if the school environment for students provide evidence of deserved their school work, Immunity is created indefinitely in them for mental diseases such a person will be able to stand with more tolerant against tribulations of life and deal with life critical situations used more realistic method (Saif al, 1996). Research in this area Akbarzadeh et al (2011) paid to examine the relationship between spiritual intelligence and general health among nurses. Results showed that there is significant and positive correlation between spiritual intelligence and public health. Dickman (1990) in study that was conducted to evaluate the effect of spiritual intelligence in mental health, the results showed that there is significant and positive correlation between spiritual intelligence and mental health (Quoted in Yaghobi, 2008). Mitroff and Denton (1999) in relation to spirituality and workplace carried out and came to the conclusion that Spirituality in the workplace is manageable and this is most basic and most important tasks of managers (Quoted in Yaghobi, 2008).

HYPOTHESIS

Main

Spiritual intelligence and mental health has impact on Academic Achievement in students.

Subsidiary

Spiritual intelligence has impact on the academic achievement in students.

Mental health has impact on the academic achievement in students.

RESEARCH METHODOLOGY

Population of study includes all female students of first year of secondary schools in the academic year 2015- 2016 in Rasht. Sample size was determined based on Krejcie & Morgan (1970) Sample in this study includes 209 female students of the first high school that were selected Multi-stage cluster sampling method and were examined by using SPSS regression analysis.

Measuring Tool

Academic Achievement

Academic Achievement of students in this study is measured by reported GPA by themselves.

General Health Questionnaire (28 GHQ)

GHQ-28 questionnaire. By Goldberg and Hillier (1979) provided such as most specific screening tools for mental disorders, is 28-item General Health Questionnaire Which has four subscales of physical symptoms, anxiety, depression and social functioning General health has 4 subscales that Questions 1 to 7 subscales is for

physical symptoms, 8 to 15 subscales of anxiety and sleep disorders, (16-22) subscales of impairment in social functioning, (23-27) depression subscale and total scores of general health is obtained from total subscales and whatever individual score be less indicate better general health. The cutoff point is equal to 23 and those with general health score is equal or greater than 23 is considered to be patient. (12).

Spiritual intelligence

In order to score this scale Article 42 for each of the five options "strongly agree," "agree," "somewhat," "disagree," "strongly disagree" amounts of 5 to 1 respectively were considered. Cronbach's alpha and split-half methods were used to determine the reliability of Spiritual Intelligence Questionnaire that for entire of questionnaire respectively are 0.85 and 0.78 which represents the reliability of acceptable questionnaire. As can be seen in Table reliability coefficients of spiritual intelligence scale fluctuate between 0/69 and 0/85 which indicates acceptable reliability coefficients. As well as to determine the validity of the present questionnaire, its score with score of criteria correlated and found, there is a positive correlation between them (r = 0/55, P = 0/001) that show Spiritual Intelligence Questionnaire has requirements validity and reliability.

Research Findings

Testing Hypothesis Are Using Regression Analysis

After determining the measurement models to ensure from presence or absence of a causal relationship among the variables investigated fit of the observed data with conceptual model, research hypotheses were tested by using regression analysis. Regression analysis or Statistical analysis technique is for examining and modeling the relationship between variables. Regression in almost every field such as engineering, physics, economics, management, life sciences, biology and social sciences for estimation and forecasting is required. Regression analysis widely has been used to predict. Regression analysis also has been used for understanding the relationship between the dependent and independent variables and the shape of these relationships. In certain circumstances this analysis can be used for inferring causal relationships between independent and dependent variables. Although this can be caused wrong or invalid relationships. Therefore, caution is recommended. Hypothesis test results have been reflected in the following section.

Testing Main Research Hypothesis

Test result of Regression analysis for main Hypothesis of research have been demonstrated in the following table: Table 1 the output of regression analysis of main research Hypothesis

Table 1. the output of regression analysis of main research Hypothesis

Significant Standard Deviation	t B	Standardized coefficients		Non-standard coefficients		Model
		Standard Beta	Standard Deviation	B	Standard Deviation	
.000	15.149			.570	8.633 (Constant)	1
.000	15.290	.728		.163	2.488 Spiritual intelligence and health	

Dependent variable: Academic Achievement

The main hypothesis of this research suggests that Spiritual intelligence and health have a positive and significant impact on Academic achievement, which can be seen in the above table, significant amount for this test has been obtained number 0.000, which can be accepted at 95 percent, this the hypothesis was confirmed.

Testing Secondary Research Hypothesis

Test result of Regression analysis for Subsidiary Hypothesis of research have been demonstrated in the following table:

Table 2. the output of regression analysis of Secondary research Hypothesis

Model		Non-standard coefficients		Standardized coefficients		t B	Significant Standard Deviation
		B	Standard Deviation	Standard Beta	Standard Deviation		
1	Health	9.233	.741			12.466	.000
		2.296	.210	.604		10.912	.000
2	Intelligence	9.972	.451			22.126	.000
		2.117	.129	.752		16.429	.000

Dependent variable: Academic Achievement

CONCLUSION

The results of Hypothesis of this study are as follows:

The main hypothesis of this research suggests that Spiritual intelligence and health have a positive and significant impact on achievement, which can be seen in the above table, significant amount for this test has been obtained number 0.000, which can be accepted at 95 percent, this the hypothesis was confirmed.

Subsidiary hypothesis number 1 of this research suggests that General Health has a positive and significant impact on Academic Achievement, which can be seen in the above table, significant amount for this test has been obtained number 0.000, which can be accepted at 95 percent that this the hypothesis was confirmed.

Subsidiary hypothesis number 2 of this research suggests that Spiritual intelligence has a positive and significant impact on Academic Achievement, which can be seen in the above table, significant amount for this test has been obtained number 0.000, which can be accepted at 95 percent that this the hypothesis was confirmed.

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