



Predicting life satisfaction based on emotional intelligence, spiritual intelligence and mental health of couples

Nasrin. Nemati Jahan ^{1*}

Parinaz. Banisi ²

Hamidreza. Vatankhah ³

1. *Corresponding author: M.A., Department of General Psychology, Islamic Azad University, West Tehran Branch, Tehran, Iran
2. Associate Professor, Department of Psychology, West Tehran Branch, Islamic Azad University, Tehran, Iran
3. Assistant Professor, Department of Psychology, West Tehran Branch, Islamic Azad University, Tehran, Iran

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Abstract

Aim: The purpose of this research was to predict life satisfaction based on emotional intelligence, spiritual intelligence and mental health of couples. **Method:** This research was carried out by correlation method. The statistical population of the research includes all the couples referred to the Mehrana counseling center in Tehran, numbering 360 people, and the total number of the population and referring to the Krajcic and Morgan table was estimated to be 186. Data collection tools included Diener's Life Satisfaction Questionnaire (1985), Bar-On's Emotional Intelligence (1980), King's Spiritual Intelligence (2008), and Goldberg and Hiller's Mental Health Questionnaire (1972). The analysis of the collected data was done in two descriptive and inferential ways through SPSS21 software. In this research, descriptive statistics were used to calculate the mean and standard deviation of the research variables and to show the frequency and related graphs, and inferential statistics were used to investigate the research hypotheses. **Results:** The results showed that the variables of emotional intelligence (Beta = 0.254), spiritual intelligence (Beta = 0.186) and mental health (Beta = 0.429) are able to predict the life satisfaction of couples. **Conclusion:** It can be concluded that mental health has a greater contribution in predicting life satisfaction of couples.

Keywords: Life Satisfaction, Emotional Intelligence, Spiritual Intelligence, Mental Health.

Introduction

Today, the subject of life satisfaction is one of the topics that has attracted the attention and interest of many experts and psychologists, so that it is the basis of many researches around the world. Life satisfaction is the evaluation and general attitude of a person towards the whole of his life and therefore it is beyond and more general than the evaluation of specific areas such as satisfaction with family, friends, school/university or himself (Jamalzadeh and Golzari, 2014).

Many researches have shown that emotional intelligence is one of the variables predicting satisfaction in certain areas of life, such as job satisfaction or satisfaction with married life; Emotional intelligence includes those abilities with which a person builds the social environment around him. Therefore, by using emotional intelligence, people create different life spaces for themselves and base the type and order of their priorities and life events on this basis. As a result, their satisfaction with their lives will also be different (Wong et al., 2011); Therefore, it is considered to investigate the predictive role of this variable in overall life satisfaction.

Among the individual and social components that can be affected by people's attitudes and lifestyles and affect people's life satisfaction is spiritual intelligence. Emmons believes that spirituality can be considered a form of intelligence; Because it predicts a person's performance and adaptability and suggests capabilities that enable people to solve problems (Arabzadeh et al., 2017). Spirituality is a basic knowledge that increases the process of adapting to the environment and has at least five functions that can lead to behaviors that are compatible with the environment; The capacity to elevate things, meaning paying attention to the unity of the world of creation; experience a high level of self-awareness; Examining and refining daily experiences related to a person's religious and spiritual feelings; Using spiritual resources to solve life's problems and perform acts of piety such as forgiveness and sacrifice (Samadi, 2014).

Mental health does not mean the absence of illness or disability, but rather "a state of complete physical, mental and social health". Mental health is defined as a person's ability to overcome psychological and emotional discomforts, get to know others and maintain social relationships. The World Health Organization has defined health as a state of complete physical, mental and social well-being and comfort (Tat et al., 2013). Research results have shown that in people with mental health problems, marital relationship problems and personal problems can affect each other. A wide range of marital problems has been reported in populations with psychological disorders. For example, neuroticism is the most important predictor of marital dissatisfaction and is consistently negatively related to marital satisfaction. In addition, specific individual vulnerability can manifest relationship problems and psychological disorders in couples (Shackelford et al., 2016).

Therefore, this research seeks to answer the question whether life satisfaction can be predicted based on emotional intelligence, spiritual intelligence and mental health of couples.

Method

This research was carried out by correlation method. The statistical population of the research includes all the couples referred to the Mehrana counseling center in Tehran, numbering 360 people, and the total number of the population and referring to the Krajcic and Morgan table was estimated to be 186. Data collection tools included Diener's Life Satisfaction Questionnaire (1985), Bar-On's Emotional Intelligence (1980), King's Spiritual Intelligence

(2008), and Goldberg and Hiller's Mental Health Questionnaire (1972). The analysis of the collected data was done in two descriptive and inferential ways through SPSS21 software. In this research, descriptive statistics were used to calculate the mean and standard deviation of the research variables and to show the frequency and related graphs, and inferential statistics were used to investigate the research hypotheses.

Results

The results of the descriptive statistics of the research showed that 22% of the subjects have a diploma or postgraduate degree, 53% have a bachelor's degree and 25% have a postgraduate degree or higher. 18% of subjects under 25 years. 28% are between 26 to 35 years old, 31% are between 36 to 45 years old, and 23% are 46 years old and older.

Considering that the rank of the answers in the research questionnaires is between 1 and 5, so the theoretical average of the answers is equal to 3. The average score of the subjects' opinions about all four research variables is higher than the average value of 3, which indicates the desirability of the level of these variables among the subjects in terms of description. Considering that in the above table, the value of sig is greater than the error level of 0.05, therefore, with 95% confidence, it can be concluded that the research variables all have a normal distribution. Therefore, we are allowed to use parametric tests in the analysis of research hypotheses.

In the Pearson table, the value of Sig (significance level) is significant at the error level of 0.05 (sig=0.000=0.05, so with 95% confidence, it was concluded that there is a linear relationship between all research variables.

The correlation between the research variables is equal to 0.56, which indicates the average correlation between the research variables. According to the coefficient of determination, the result is that the independent variables account for 0.31 of the changes in the dependent variable (satisfaction with life), and the rest is related to other components that have not been investigated in this research. Considering that the value of Sig (significance level) is significant, the result is that the regression equations are significant and we are actually allowed to use the regression equations. According to the sig value, all variables remain in the regression model and the research hypothesis is confirmed with 95% confidence, and the result is that the variables of emotional intelligence, spiritual intelligence and mental health are able to predict life satisfaction of couples. According to Beta value, mental health has a greater contribution in predicting life satisfaction of couples.

Conclusion

The purpose of this research was to predict life satisfaction based on emotional intelligence, spiritual intelligence and mental health of couples. The results showed that the variables of emotional intelligence, spiritual intelligence and mental health of couples are able to predict their satisfaction with life.

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