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# Relationship of Spiritual Intelligence and Personality Traits with Married Individuals' Lifestyle

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## ABSTRACT

**Objective:** This study aimed to determine the relationship between intelligence and personality traits were married lifestyle. **Methodology:** The study was descriptive and correlational and multiple relationships. The population was married and lived in Tehran that multistage cluster sampling size of 300 people were chosen randomly. Online research tools of the questionnaire spiritual intelligence and questionnaire NEO Five-Factor Inventory and Health promoting life style profile was used. Regression analysis was used to analyze the data. **Results:** The results showed that between spiritual intelligence and personality traits are relationship to life style. There is a significant relationship spiritual intelligence and life style. There is a relationship personality trait and life style. Component personality traits are significant relationship to life style. There is a significant relationship personality traits and spiritual intelligence. **Conclusion:** Component personality traits are significant relationship to spiritual intelligence. Between the components of health promoting lifestyle and personality characteristics are related. Between the Component of spiritual intelligence and personality characteristics are related.

## 1. Introduction

Nowadays, lifestyle and its significance have become one of the important psychological issues (Shafi Abadi and Naseri, 2009). According to the definition of the World Health Organization, lifestyle refers to the mode of people's living with a complete reflection of social values, manners, and activities. Lifestyle is a fundamental concept in the social and personal life (Hendrichs and Hatch, 2006). Lifestyle has a determining role among couples. The results of Aghaei et al. (2004) indicated that there is a significant correlation between lifestyle and marital satisfaction. Healthy lifestyle covers behaviors guarantees mental and physical health of human beings (Lali et al. 2012). Lifestyle enhancing health is a part of activity focusing the enhancement of health of lifestyle with six dimensions of "physical activities", "nutrition", "accountability to health", "psychological growth", "interpersonal relations", and "stress management" (Shojaeizadeh, 2011). The significance of lifestyle is mainly effective in terms of life and prevention from diseases. Enhancing health and supplying individuals' health are among important elements of advancement in the society (Shojaeizadeh, 2011).

Personality traits is one of the factors effective on couples' satisfaction and is also considered as a variable which can be related to the lifestyle. Sigmund Freud argues that personality includes an organized set containing relatively stable traits which can distinct one person from others. Kettle also in describing personality states that personality is something providing the possibility to predict what a person conducts in a certain situation (Shamlou, 2011). In the research of Fazel (2011) conducted on the prediction power of personality traits and lifestyle, there is a correlation females' couple satisfaction between the factor of agreement and lifestyle with couples' satisfaction.

In recent years, in general the concept of intelligence has not been considered as a cognitive ability by itself, but it has expanded to other fields such as emotional intelligence, natural intelligence, existential intelligence, and spiritual intelligence (Rajaei et al., 2009).

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Paying attention to spiritual intelligence and its effect on different dimensions of life has a particular status among researchers of behavioral sciences. Spiritual intelligence is related to the life in the mind and its relation with the existence in the Universe and it is the ability of understating deeply spiritual issues and internal visions and it is per se is a type of multiple levels of intelligence. Spiritual intelligence is the complete internal intelligence, deep awareness of the body, material, psyche, and spirituality with the vision of self-awareness, relationship with transcendental force of others, earth, and creatures and covers a kind of compatibility and the behavior of problem solving which includes the highest level of growth in different cognitive, moral, and inter-personal domains. It helps individuals for coordinating with their relatives and accessing internal and external unity (Ghobari Bonab et al., 2007). In addition, in this line, McSherry et al. (2002) emphasize that this construct is the foundation of individuals' beliefs which causes the influence on his performance in such a way that it configures the real form of life. Emmons (2000, as cited in Zareh and Shirvanian, 2011) emphasize that some of the personality traits having biological foundations are correlated with spirituality and spiritual intelligence. Löckenhoff et al. (2009) refers to such relations in their findings. Accordingly, the present study is to investigate the relationship of spiritual intelligence and personality traits of individuals with their lifestyle. In case of the establishment of such a relationship, it can explain the relationship among married individuals and predict personality in their lifestyle.

## 2. Materials and methods

The method used in the present study was correlational and multiple relational method. The population of the present study include all married individuals residing in Tehran City. Using the cluster random sampling method, Tehran was divided into five areas of north, south, east, west, and center and among which, Areas 1, 8, 16, 2, and 6 were selected. Then, randomly, from each health center, 30 couples and in general, 150 couples (300 individuals) were randomly selected. In the present study, four questionnaires were used as follows:

1. Spiritual Intelligence Questionnaire: this questionnaire was developed by Badi (2010). This 45-items questionnaire contain 4 four factors. The first factor has 12 items (general thought and belief dimension), the second factor has 14 items (ability of coping with and interacting with problems), factor three contains 9 items (paying attention to moral individualities), and factor four contains 7 items (self-awareness, affection, and interest). Then, using the five point of strongly agree; agree; neither agree nor disagree; disagree; and strongly disagree with values from 1 to 5. Badi (2010). To determine the reliability of the Spiritual Intelligence Questionnaire, the two method Cronbach's alpha and spit-half were used and for the whole questionnaire, reliability was 0.85 and 0.78. In addition, in the present study, the reliability of this questionnaire was calculated as 0.798 using Cronbach's alpha.

The NEO Five-Factor Inventory (NEO-FFI): this questionnaire coves five factors of Neuroticism, Extraversion, Openness to Experience, agreeableness, and conscientiousness. In this test, has used a short 60 item form. This instrument uses also the five-point Likert scale (strongly agree to strongly disagree). In Iran, has been confirmed the five factor structure of the questionnaire in general and has reported its internal coefficient by use of Cronbach's alpha for main factors as 0.86, 0.73, 0.56, 0.68, and 0.87 respectively. In addition, in the present study, the reliability of this questionnaire was obtained as 0.832 using Cronbach's alpha.

Health promoting life style profile II (HPLPII): this test as developed by Walker et al. (1987). This profile contains 52 question with six subcategories of nutrition, physical activity, responsibility for health, stress management, interpersonal relationships and spiritual growth. This questionnaire works based on the 4-point Likert scale. In the research of Motlagh, et al. (2010), the Cronbach's alpha for the whole scale was 0.94 and for its subcategories was obtained as 0.74. In addition, I the present study, the reliability of the questionnaire was obtained as 0.796 using Cronbach's alpha.

## 3. Discussion and results

H 1: there is a correlation of spiritual intelligence and personality traits with lifestyle enhancing health.  
To investigate this hypothesis, Simultaneous Regression was used.

**Table 1. The results of the model of relationship of spiritual intelligence and personality traits with lifestyle enhancing health**

sig	F	adjusted R <sup>2</sup>	R2	R
0.0001	51.2	0.252	0.257	0.507

The value of correlation coefficient is  $R=0.507$  indicating the correlation of the set of predicting variables (spiritual intelligence and personality traits) and the criterion variable (lifestyle enhancing health) and the coefficient of determination is as  $R^2=0.257$  and the F-value calculated at confidence level 99% is significant.

**Table 2. Regression coefficient of predicting variables (spiritual intelligence and personality traits) and the criterion variable (lifestyle enhancing health)**

Sig.	t	Standardized coefficient	Non-standardized coefficient		Model
		Beta	Mean standard error	B	
0.0001	4.78	-	8.84	42.33	Intercept
0.0001	5.54	0.295	0.065	0.363	Spiritual intelligence
0.0001	6.12	0.325	0.032	0.198	Personality traits

The impact of standardized regression coefficient of spiritual intelligence on the variable of lifestyle enhancing health is as  $\beta=0.295$ .

H2: there is a correlation between spiritual intelligence and lifestyle enhancing health.

To investigate this hypothesis, Simultaneous Regression was used.

**Table 3. The results of the model of relationship of spiritual intelligence and lifestyle enhancing health**

sig	F	adjusted R <sup>2</sup>	R <sup>2</sup>	R
0.0001	57.9	0.160	0.163	0.403

The value of correlation coefficient is  $R=0.403$  indicating the correlation of the set of predicting variables (spiritual intelligence) and the criterion variable (lifestyle enhancing health) and the coefficient of determination is as  $R^2=0.160$  and the F-value calculated at confidence level 99% is significant.

**Table 4. Regression coefficient of predicting variables (spiritual intelligence) and the criterion variable (lifestyle enhancing health)**

Sig.	t	Standardized coefficient	Non-standardized coefficient		Model
		Beta	Mean standard error	B	
0.0001	6.99	-	8.77	61.41	Intercept
0.0001	7.61	0.403	0.065	0.497	Spiritual intelligence

The impact of standardized regression coefficient of spiritual intelligence on the variable of lifestyle enhancing health is as  $\beta=0.403$ .

H3: there is a correlation between personality traits and lifestyle enhancing health.

To investigate this hypothesis, Simultaneous Regression was used.

**Table 5. The results of the model of relationship of personality traits and lifestyle enhancing health**

sig	F	adjusted R <sup>2</sup>	R <sup>2</sup>	R
0.0001	65.37	0.177	0.180	0.424

The value of correlation coefficient is  $R=0.424$  indicating the correlation of the set of predicting variables (personality traits) and the criterion variable (lifestyle enhancing health) and the coefficient of determination is as  $R^2=0.180$  and the F-value calculated at confidence level 99% is significant which indicates that the predicting variable (personality traits) is effective on the criterion variable (lifestyle enhancing health).

**Table 6. Regression coefficient of predicting variables (personality traits) and the criterion variable (lifestyle enhancing health)**

Sig.	t	Standardized coefficient	Non-standardized coefficient		Model
		Beta	Mean standard error	B	
0.0001	13.23	-	6.02	79.69	Intercept
0.0001	8.07	0.424	0.032	0.258	Personality traits

The impact of standardized regression coefficient of personality traits on the variable of lifestyle enhancing health is as  $\beta=0.424$ .

H 4: there is a correlation between components of personality traits and lifestyle enhancing health.

To investigate this hypothesis, Simultaneous Regression was used.

**Table 7. The results of the model of relationship of components of personality traits and lifestyle enhancing health**

sig	F	adjusted R <sup>2</sup>	R <sup>2</sup>	R
0.0001	12.72	0.164	0.178	0.422

The value of correlation coefficient is  $R=0.422$  indicating the correlation of the set of predicting variables (components of personality traits) and the criterion variable (lifestyle enhancing health) and the coefficient of determination is as  $R^2=0.178$  and the F-value calculated at confidence level 99% is significant which indicates that the predicting variable (components of personality traits) is effective on the criterion variable (lifestyle enhancing health).

**Table 8. Regression coefficient of predicting variables (components of personality traits) and the criterion variable (lifestyle enhancing health)**

Sig.	t	Standardized coefficient	Non-standardized coefficient		Model
		Beta	Mean standard error	B	
0.0001	11.85	-	7.17	85.12	Intercept
0.0001	3.99	0.295	0.142	0.564	Openness to Experience
0.113	1.58	0.119	0.204	0.325	Extraversion
0.191	1.31	-0.078	0.110	-0.144	Neuroticism
0.040	2.07	0.131	0.197	-0.406	Agreeableness
0.883	0.148	0.011	0.161	0.024	Conscientiousness

The impact of standardized regression coefficient of personality traits on the variable of lifestyle enhancing health is as  $\beta=0.424$ .

The effect of standardized regression coefficient of agreeableness as  $\beta=0.295$ , of extraversion as  $\beta=0.119$ , of neuroticism as  $\beta=-0.078$ , of openness to experience as  $\beta=0.131$ , and of conscientiousness as  $\beta=0.011$  is effective on the variable of lifestyle enhancing health.

H 5: there is a correlation between personality traits and spiritual intelligence.

To investigate this hypothesis, Simultaneous Regression was used.

**Table 9. The results of the model of relationship of personality traits and spiritual intelligence**

sig	F	adjusted R <sup>2</sup>	R <sup>2</sup>	R
0.0001	37.57	0.109	0.112	0.335

The value of correlation coefficient is  $R=0.335$  indicating the correlation of the set of predicting variables (personality traits) and the criterion variable (spiritual intelligence) and the coefficient of determination is as  $R^2=0.112$  and the F-value calculated at confidence level 99% is significant which indicates that the predicting variable (personality traits) is effective on the criterion variable (spiritual intelligence).

**Table 10. Regression coefficient of predicting variables (personality traits) and the criterion variable (spiritual intelligence)**

Sig.	t	Standardized coefficient	Non-standardized coefficient		Model
		Beta	Mean standard error	B	
0.0001	20.25	-	5.08	102.9	Intercept
0.0001	6.13	0.335	0.027	0.165	Personality traits

The impact of standardized regression coefficient of personality traits on the variable of lifestyle enhancing health is as  $\beta=0.335$ .

H 6: there is a correlation between components of personality traits and spiritual intelligence.  
To investigate this hypothesis, Simultaneous Regression was used.

**Table 11. The results of the model of relationship of components of personality traits and spiritual intelligence**

sig	F	adjusted R <sup>2</sup>	R <sup>2</sup>	R
0.0001	29.28	0.321	0.332	0.577

The value of correlation coefficient is R=0.577 indicating the correlation of the set of predicting variables (components of personality traits) and the criterion variable (spiritual intelligence) and the coefficient of determination is as R<sup>2</sup>=0.332 and the F-value calculated at confidence level 99% is significant which indicates that the predicting variable (components of personality traits) is effective on the criterion variable (spiritual intelligence).

H 7: there is a correlation between components of lifestyle enhancing health and components of personality traits.  
To investigate this hypothesis, Simultaneous Regression was used.

**Table 13. The results of the model of relationship of components of lifestyle enhancing health and spiritual intelligence**

sig	F	adjusted R <sup>2</sup>	R <sup>2</sup>	R
0.0001	12.49	0.187	0.294	0.451

The value of correlation coefficient is R=0.335 indicating the correlation of the set of predicting variables (components of lifestyle enhancing health) and the criterion variable (personality traits) and the coefficient of determination is as R<sup>2</sup>=0.204 and the F-value calculated at confidence level 99% is significant which indicates that the predicting variable (components of lifestyle enhancing health) is effective on the criterion variable (spiritual intelligence).

**Table 14. Regression coefficient of predicting variables (components of lifestyle enhancing health) and the criterion variable (personality traits)**

Sig.	t	Standardized coefficient	Non-standardized coefficient		Model
		Beta	Mean standard error	B	
0.0001	8.91	-	11.7	94.7	Intercept
0.033	2.14	0.119	0.337	1.723	Nutrition
0.757	3.391	0.017	0.328	0.102	physical activity
0.004	2.90	0.174	0.384	1.11	Responsibility for health
0.586	0.545	0.041	0.422	0.230	stress management
0.012	2.51	0.167	0.381	0.960	Interpersonal relationships
0.001	3.40	0.206	0.327	1.11	Spiritual growth

The effect of standardized regression coefficient of nutrition as β=0.119, of body activity as β=0.174, of responsibility to health as β=0.041, of stress management as β=0.167, of interpersonal relationship as β=0.167 and spiritual growth as β=0.206 is effective on the variable of lifestyle enhancing health.

H 8: there is a correlation between components of spiritual intelligence and personality traits.  
To investigate this hypothesis, Simultaneous Regression was used.

**Table 15. The results of the model of relationship of components of spiritual intelligence and personality traits**

sig	F	adjusted R <sup>2</sup>	R <sup>2</sup>	R
0.0001	15.36	0.161	0.172	0.415

The value of correlation coefficient is R=0.335 indicating the correlation of the set of predicting variables (components of) and the criterion variable (personality traits) and the coefficient of determination is as R<sup>2</sup>=0.172 and the F-value calculated at confidence level 99% is significant which indicates that the predicting variable (components of spiritual intelligence) is effective on the criterion variable (personality traits).

**Table 16. Regression coefficient of predicting variables (components of) and the criterion variable (personality traits)**

Sig.	t	Standardized coefficient	Non-standardized coefficient		Model
		Beta	Mean standard error	B	
0.0001	2.22	-	14.9	93.1	Intercept
0.0001	4.61	0.253	0.228	1.055	General thought
0.0001	5.03	0.277	0.312	1.27	Ability to cope with
0.350	0.935	0.050	0.222	0.208	Moral individualities
0.348	0.940	0.050	0.422	0.230	Self-awareness

The effect of standardized regression coefficient of general thought as  $\beta=0.253$ , of ability to cope with as  $\beta=0.277$ , of moral individualities as  $\beta=0.050$ , and of stress management as  $\beta=0.050$  is effective on the variable of spiritual intelligence.

#### 4. Conclusion

It seems that the lifestyle enhancing health has a determining role in couples' satisfaction. The relationship between lifestyle and satisfaction of couples is a vital issue which can be significant in relation with all layers of the society (Aghaei et al., 2004). Lifestyle is a basic concept in social and personal life. It has been considered both as the cause and effect as well as a construct for explaining preferences, methods of life and a determining social factor for individuals (Hendrichs & Hatch, 2006). A lot of factors are effective on the creation of the type of individuals' lifestyle. Lifestyle is everyday activities which individuals have accepted in their lives in such a way that the activities are effective on individuals' health. By selecting their lifestyle for keeping and enhancing their own health and preventing diseases, individuals conduct some measures and activities such as observing appropriate diet, sleep and activities, exercise, controlling the body weight, not smoking and drinking alcohol, and immunizing against diseases. This set of activities conduct lifestyle (Ahmadi, 2010). From among factors affecting couples' satisfaction, personality traits can be named which can have relationship with lifestyle. Paying attention to spiritual intelligence and its effects on different dimensions of life has a particular status among researchers of behavioral sciences. Spiritual intelligence is related to the life in the mind and its relationship with the existence in the Universe and it is the ability of understating deeply spiritual issues and internal visions and it is per se is a type of multiple levels of intelligence. Spiritual intelligence is the complete internal intelligence, deep awareness of the body, material, psyche, and spirituality with the vision of self-awareness, relationship with transcendental force of others, earth, and creatures and covers a kind of compatibility and the behavior of problem solving which includes the highest level of growth in different cognitive, moral, and inter-personal domains. It helps individuals for coordinating with their relatives and accessing internal and external unity (Ghobari Bonab et al., 2007). In addition, in this line, McSherry et al. (2002) emphasize that this construct is the foundation of individuals' beliefs which causes the influence on his performance in such a way that it configures the real form of life. Emmons (2000, as cited in Zareh and Shirvanian, 2011) emphasize that some of the personality traits having biological foundations are correlated with spirituality and spiritual intelligence. Löckenhoff et al. (2009) refers to such relations in their findings.

From among limitations of the present study, one can refer to the lack of cooperation of some of the subjects because questionnaires were too many. In addition, it is suggested that in further research, the role of economic, cultural, and social functions should be considered.

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