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The Role of Spiritual Intelligence and Quality of Life in Prediction of Suicide Ideation among Students at University Of Guilan

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ABSTRACT

Suicide is a kind of high risk behaviors among adolescents, which is increasing as the relationships become more complicated nowadays. The purpose of the current study was to investigate the relationship between spiritual intelligence and quality of life with suicide ideation among Students at University of Guilan. The research method was a descriptive study kind of correlation. To accomplish this goal, in a correlation study, 200 university students were selected from Humanities Faculty University of Guilan through a cluster random sampling method in the 2013-14 academic years. To collect data, King Spiritual Intelligence Questionnaire, World Health Organization Quality of life Questionnaire and Beck Scale Suicidal Ideation that has acceptable reliability and validity were used. Descriptive results of the research showed that 9.5 percent the students had a high suicidal ideation. Other research findings suggested that there were significant negative relationship between suicide ideation with spiritual intelligence and quality of life. There are significant positive relationship between spiritual intelligence and quality of life. Based on the results of a multi- variable regression analysis, spiritual intelligence and quality of life explained 0.20 of the variance in suicide ideation. The results of present study support the importance of spiritual intelligence and quality of life prevention of suicide ideation among university students.

KEYWORDS: Spiritual Intelligence, Suicide Ideation, Mental Health, Quality of Life, Students

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INTRODUCTION

Suicide is a psychological and social problem that is increasing as the relationships become more complicated nowadays. Along with the human history, suicide has happened repeatedly and it is one of the major psychiatric emergencies. Epidemiology of suicide has an important role to determine the mental health of the population and it is a major problem in the world¹. A number of others, especially in the younger age groups, suicide deaths after accidents, are ranked as reasons for death and for many years, suicide is considered as a psychotropic urgency by researchers. Ways of committing suicide occur in different countries base on cultures, religions and symbols². Further, there are between 8 to 25 suicide attempts per suicide death³. The study of suicide has primarily examined three types of behavior: ideation, attempts, and completion⁴. The present study exclusively focuses on the suicide ideation.

Suicide Ideation is a term that refers to the occurrence of any self-destructive thought. These ideas are a whole gamut of vague ideas to suicide. The annual incidence of suicidal thoughts in adults has been reported between 2.3 and 5.6 percent. An estimated 24 percent of people, who reported that they had suicidal thoughts, commit suicide at the end of the process⁵. In other words, suicide ideation is considered a risk factor for suicide⁶. Associated with suicidal ideation has been done extensive research for example, Megan et al, in a survey showed that there are positive association between early life stress and suicidal thoughts. But this relationship is not a simple linear relationship in fact between perceived stress and suicidal ideation there are variables such as sex and drug use with can be a moderating role⁷.

In a survey conducted by Asghari *et al*, it was found that 22 percent of the students who being evaluated, were suspicious of psychological disorders. Results showed that self-concept and mental health of the students have a meaningful relationship with suicidal ideas. Results of systematic regression analysis showed that self-concept and mental health significantly explain 23 percent of the variance in suicidal ideas⁸. Asghari *et al*, in other research the results showed that there was significant positive relationship between suicide ideation with perceived stress, emotion- oriented strategies with perceived stress and emotion- oriented strategies with suicide ideation. Also the results showed that there were significant negative relationships between perceived stress with problem- oriented strategies and suicidal ideation with problem- oriented strategies. Results of the multiple stepwise regressions in this study show that all independent variables in equation during three steps allocate 18 percent of suicide ideation variance⁹. Dyrby *et al*, indicated that about 11 percent of students have reported suicide ideation in the last academic year. Researchers count several psychological factors on the phenomenon

of suicide and Suicide ideation¹⁰. The suicide rate among the population of university, 50 percent is higher than usual population. These students in comparison with their classmates that they were in a bad mood, they had difficulties in their life, most of them had a high depression that frequently form a kind of high excitement and to most of them were alarmed about attempt suicide¹¹.

Spirituality and religion are variables associated with suicide. Religion can reduce suicide risk by reducing suicide acceptability¹². There is considerable literature on the relationship between religion and health. Psychologists consider that there are various ways in which religion may benefit both physical and mental health, including encouraging healthy lifestyles, providing social support networks and encouraging an optimistic outlook on life; prayer and meditation may also help to benefit physiological functioning¹³.

This inquiry into spiritual intelligence suggests that it is one of several types of intelligence and that it can be developed relatively independently. Spiritual intelligence calls for multiple ways of knowing and for the integration of the inner life of mind and spirit with the outer life of work in the world. It can be cultivated through questing, inquiry, and practice. Spiritual experiences may also contribute to its development, depending on the context and means of integration. Spiritual maturity is expressed through wisdom and compassionate action in the world. Spiritual intelligence is necessary for discernment in making spiritual choices that contribute to psychological wellbeing and overall healthy human development¹⁴. King & Teresa defines spiritual intelligence as a set of adaptive mental capacities based on non-material and transcendent aspects of reality, specifically those that: contribute to the awareness, integration, and adaptive application of the nonmaterial and transcendent aspects of one's existence, leading to such outcomes as deep existential reflection, enhancement of meaning, recognition of a transcendent self, and mastery of spiritual states¹⁵.

Sood et al. in a survey calculated there are differences in personality traits and spiritual intelligence and there are positive relationship between personal meaning production and two factors namely agreeableness and neuroticism. Finally found there are Significant relationship appeared between transcendental awareness and openness¹⁶. Shams Esfandabad *et al*, findings show that drug addicts, in comparison to non-addicted people have lower religious attitudes and thus their quality of life is lower, too¹⁷. Bolghan-Abadi *et al*, showed that spiritual intelligence has effective role on predicting quality of life among university students¹⁸.

The term quality of life (QOL) references the general well-being of individuals and societies. The term is used in a wide range of contexts, including the fields of international development, healthcare, and politics. Quality of life should not be confused with the concept of standard of living, which is based primarily on income. Instead, standard indicators of the quality of life include not only wealth and employment but also the built environment, physical and mental health, education, recreation and leisure time, and social belonging^{19, 20}. The World Health Organization, defines quality of life as “the individual’s perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns”, in other words, a global view that considers many dimensions of the human beings²¹.

One of the main objectives of the universities is to train specialized and skill full work force towards the actualization of social and economic goals and satisfaction of the needs of the community. Students, as important agents in educational system, are intellectual, smart, and pioneer of each society, which their entrance to universities is accompanied with emotion and simultaneously with some problems²². Thus, the importance of students’ mental health, and that students’ mental health ensures the progress and scientific objectives in any society, we sought to investigate the relationship between spiritual intelligence and quality of life with suicide ideation among students of Humanity and Letters Faculty at University of Guilan. Finally it will be studied spiritual intelligence and quality of life is appropriate predictors for suicide ideation and explains its variance.

MATERIALS AND METHODS

The research method was a correlation type. Statistical populations were all undergraduate BA students of University of Guilan, Faculty of Literature and Humanity, who were studying in 2012- 2013 academic year. To accomplish this goal, in a correlation study, the study subjects included about 8 percent of population 200 BA University students (102 female and 98 male) were selected through a cluster random sampling. The gathered data were analyzed using Pearson correlation coefficient and stepwise regression analysis by means of SPSS 18.

King Spiritual Intelligence Questionnaire (2008):

Self-report scale for spiritual intelligence was made by King (2008). This scale has 24 questions. The respondents indicated their answers on a five point continuum. Therefore, the score of this scale could be from 0 to 96. High score in this scale refers to the high extent of individual’s spiritual

intelligence. Higher scores represent higher level of spiritual intelligence. In a study Its Cranach's Alpha turned out to be 0.95 and its validity 0.84 through halving²³. The reliability of this scale in current research calculated 0.74 Chronbach Alpha.

World Health Organization Quality of Life Questionnaire (1998):

The WHO QOL -BREF has 26 questions, of which the first two yield information about the individual's overall perception of QOL and overall perception of health. The remaining questions assess QOL in four domains: physical, psychological, social relationships, and environmental. It is a positively scored questionnaire, with the scores of the negatively worded questions being reversed for total score calculation. Higher scores indicate better QOL. In Iran, Nejat et al. have standardized this scale. The reliability of the questionnaire was obtained by the method of Cronbach's alpha (α) for healthy population in the physical health realm 0.70, mental health 0.73, health of social relationship 0.50, and environmental health 0.84, and the coefficient of reliability was reported by test-retest method with tow week intervals, 0.82²⁴. The reliability of this scale in current research calculated 0.71 Chronbach Alpha.

The Criterion of Becks' Suicide Ideation (1999):

The criterion is self-assessment questionnaire, which consisted of 19 items and prepared to appear and measure the intensity of attitude and planning to attempt suicide. This criterion evaluates the cases such as wish to die, tendency towards active and inactive suicide, period and frequency of suicide ideation, range of self-control, preventive factors and readiness of person for attempting suicide. This questionnaire includes five items of riddle. If the responder gives a positive responds, (that is one or two), especially to question number five, it is not necessary to continue. Score zero means nothing; score one means to some extent and score two means many. Anisi et al. showed that simultaneous admissibility of suicide ideation criterion of Beck with GHQ is equal to 0.95. The calculated permanency for this test is 0.80, Alfa coefficient²⁵. The reliability of this scale in current research calculated 0.85 Chronbach Alpha.

RESULTS

Table 1. Suicidal Ideation Rating

Suicidal Ideation Rating	N	Percent
Loss Suicide Ideation	144	72
Low Suicide Ideation	37	18.5
High suicidal Ideation	19	9.5
Total	200	100

The results in Table 1 show that 9.5percent of Student humanities faculties of the University of Guilan had a high suicidal ideation.

Table 2. Descriptive statistics and Pearson correlation between variables

variables	α	N	M	SD	1	2	3
1. Suicide Ideation	0.85	200	3.29	4.71	1	-	-
2. Quality of Life	0.71	200	78.48	11.46	**-.34	1	-
3. Spiritual Intelligence	0.74	200	72.44	10.35	**-.41	**-.44	1

**. Correlation is significant at the 0.01 level

The results in Table 2 showed that Cronbach's alpha for scales, spiritual intelligence questionnaire 0.74, and world health organization quality of life questionnaire 0.71 and finally for Beck scale suicidal ideation Calculated 0.85 Cronbach's alpha. Showed that the number of samples in column N, average in column M and finally showed that the standard deviation of each variables in column SD. findings suggested that there were significant negative relationship between suicide ideation with spiritual intelligence and quality of life. There are significant positive relationship between spiritual intelligence and quality of life.

Table 3. Multivariate regression for spiritual intelligence and quality of life with suicide ideation

stages	Variable entered	r	r ²	F	B	β	T	P
1	SI	.41	.17	42.21	-.150	**-.41	-6.49	.00
2	QOL	.45	.20	25.80	-.06	**-.19	-2.81	.00

Results of the stepwise regression in Table 3 showed that spiritual intelligence (SI) primarily has a significant and high correlation with suicide ideation and its t coefficient is -6.49. In the second stage, quality of life (QOL) enters the equation, which its coefficient t is -2.81 and statistically is significant. Accordingly, we can say that independent variables in the tow stages of regression explain 0.20 of the variance for mental health disorders.

DISCUSSION AND CONCLUSION

The purpose of the current study was to investigate the relationship between spiritual intelligence and quality of life with suicide ideation and descriptive study of the prevalence suicidal ideation among Students at University of Guilan. The descriptive results of this study indicate that the 9.5 percent of Student humanities faculties of the University of Guilan had a high suicidal ideation. Therefore should be the basis for the special attention to this issue and to correct and prevent risky behaviors, thoughts, and actions. The results of the present investigation and global statistics on the prevalence of suicidal ideation among college students are consistent. Asghari et al, in their study reported 9 percent⁸. In other survey by Asghari et al, reported 11.3 percent of students had a high suicide ideation⁹. Zhang et al, about 20 percent of students had suicidal thoughts²⁶. Wilcox et al, conducted a survey on 1100 students and in that study, it was estimated that 12 % of students have experienced suicidal ideation during the study period. From the explanation of suicidal ideation's rate, it can be inferred that these figures are roughly in the range between 8 to 20 percent²⁷. The suicide rate should be defined based on the cultural context and mediating factors, because many variables can be involved in the reduction and increase of these figures. Suicidal behavior is a problem in different cultures, and it is widely accepted that there are socio-economic and cultural influences with respect to suicide risk²⁸.

Other research findings suggested that there were significant negative relationship between suicide ideation with spiritual intelligence and quality of life. There are significant positive relationship between spiritual intelligence and quality of life. Based on the results of a multi- variable regression

analysis, spiritual intelligence and quality of life explained 20 percent of the variance in suicide ideation. At relationship between quality of life and suicidal ideation, this research results is adaptable with research of Engin et al²⁹ and Hirokawa et al³⁰. At relationship between spiritual intelligence and suicidal ideation, this research results is adaptable with research of Ebrahimi et al³¹ and Stack & Augustine¹². In other survey by Xiang et al, Findings showed that significant discrepancies in attitudes toward suicide, but not suicidal behaviors across ethnic and religious groups. Suicide acceptance significantly affected suicidal behaviors as well. Although religious commitment is not associated with suicidal behaviors, its deviation is reflected in students' acceptance of suicide³². Several investigators have reported a significant relationship between suicidal ideation and family variables. In a study of young adolescents, researchers reported that suicidal ideation was correlated with a family characterized by low cohesion, organization and independence, and high achievement⁴.

Isfehni and Etemadi, quality of life and spiritual intelligence have positive correlation with extraversion, openness to experience, agreeableness and conscientiousness and had negative correlations with neuroticism. Among personality traits, extraversion, agreeableness and neuroticism can explain 20 percent of the variance of spiritual intelligence. These results can indicate that spiritual intelligence is a separate character of personality³³. In order to explain the relationship between suicide and spiritual issues; we can mention mile Durkheim's views. He believes what would justify the suicide rate in the modern world is declining of traditional norms and fading of religion and spirituality. Durkheim was the first to argue that the causes of suicide were to be found in social factors and not individual personalities. Observing that the rate of suicide varied with time and place, Durkheim looked for causes linked to these factors other than emotional stress. He looked at the degree to which people feel integrated into the structure of society and their social surroundings as social factors producing suicide and argued that suicide rates are affected by the different social contexts in which they emerge³⁴.

As the social organization changes, human puts aside spirituality and stresses on material world. In this case, Durkheim stresses on Anomic Suicide in which the transition does not take place easily and people are in a state of confusion and idiomatically in the state of anomie. He knows anomie as the cause of many problems and the ravages of the modern world and the developing world. Being caught wandering in the material and its contrasting values contains nothing but suicide, divorce, delinquency, and crime. Considering the quality of life and suicide, it can be deduced that suicide is the product of one's dissatisfaction of life. Theories that emphasize the role of environmental factors on suicide are

moving in line with the environment and the person's view of the poor quality of life, and will lead to increased suicide rate. When a person feels that the opportunity for his development, success, and self-esteem is little, he feels despair and depression and therefore sees himself as the agent of these disorders and takes steps to his destruction. The results of this study can be used in individual and group counseling with students to the provision of mental health and disposal of risky behaviors and thoughts.

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