



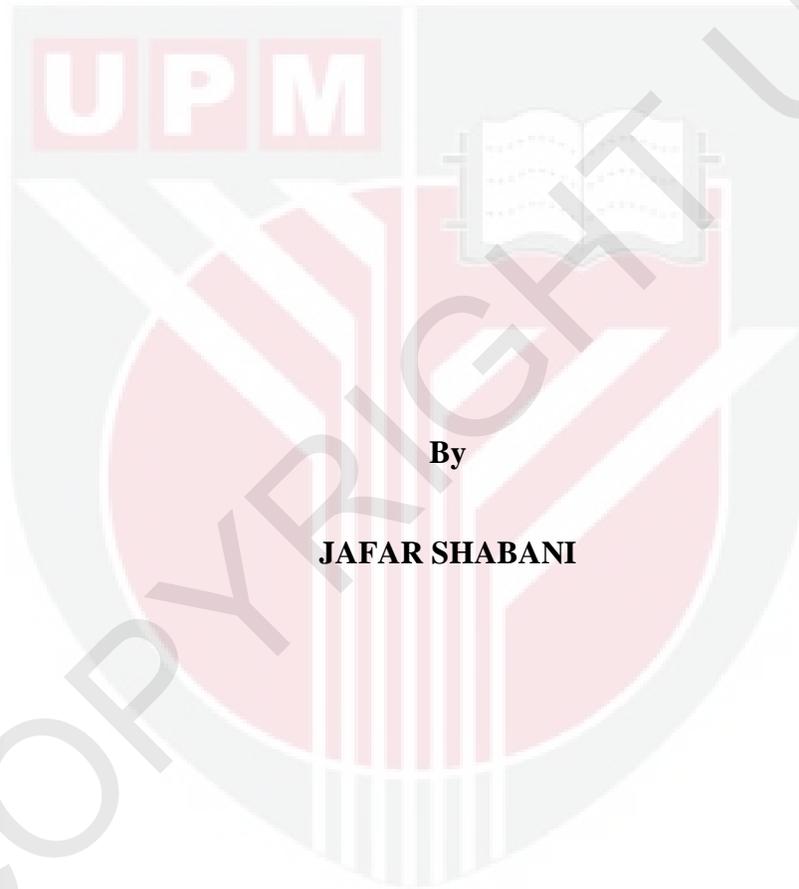
UNIVERSITI PUTRA MALAYSIA

**RELATIONSHIP BETWEEN EMOTIONAL AND SPIRITUAL
INTELLIGENCES AND MENTAL HEALTH PROBLEMS AMONG
IRANIAN HIGH SCHOOL STUDENTS**

JAFAR SHABANI

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By

JAFAR SHABANI

**This thesis submitted to the School of Graduate Studies, Universiti Putra Malaysia,
in Fulfilment of the Requirements for the Degree of Doctor of Philosophy**

March 2011

ABSTRACT

Abstract of thesis presented to the Senate of Universiti Putra Malaysia in fulfilment of the requirement for the degree of Doctor of Philosophy

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JAFAR SHABANI

March 2011

Chairman: Siti Aishah Hassan, PhD

Faculty: Educational Studies

The purpose of this study was to investigate the relationship between emotional and spiritual intelligences scale and sub-scales with mental health problems scale and sub-scales among Iranian high school students. The participants in the study included 10th, 11th, and 12th grade students from eight public high schools in Gorgan City, north of Iran. They were 247 high school students, specifically comprised 124 boys and 123 girls, age ranged between 15 to 17 years old. The sample responded to three valid and reliable instruments, which were 1) Emotional Quotient Inventory, Youth Version (EQ-i YV); 2) Integrated Spiritual Intelligence Scale (ISIS); and 3) General Health Questionnaire (GHQ 28).

This research utilized the *ex post facto* research design. The researcher was interested to investigate the relationship of emotional and spiritual intelligences scale and sub-scales with mental health problems scale and sub-scales, as well as whether or not mental health problems scale and sub-scales could be predicted by emotional and spiritual intelligences scale and sub-scales. In addition, it sought to examine the significant differences of mental health problems scale and sub-scales concerning the participants' gender and age. Finally, this study examined the moderation effects of gender and age on the relationships of emotional and spiritual intelligences with mental health problems. Data analysis included frequencies, percentages, mean scores, as well as multiple and moderated regressions. SPSS for Windows at alpha level .05 computed the statistical data.

The findings of this study revealed significant but negative relationship between total emotional intelligence, interpersonal, adaptability, stress management, and general mood with mental health problems scale and sub-scales. Thus, these variables were found significantly related to mental health problems scale and sub-scales. Nevertheless, there was no significant relationship between one of the emotional intelligence sub-scales (intrapersonal) and mental health problems scale and sub-scales. The hypotheses also denoted the negatively significant relationship between total spiritual intelligence, consciousness, grace, meaning, transcendence, and truth, with total mental health problems, social dysfunction, and depression, as well as, negatively significant relationship between total spiritual intelligence, grace,

meaning, transcendence, and truth, with somatic symptoms and anxiety. Regression linear analysis showed that some predicting variables (total emotional and spiritual intelligences, general mood, grace, truth, and stress management) were found to be of significance in explaining mental health problems scale and sub-scales. In sum, the results of this study support the theories that emotional and spiritual intelligences are predictors for mental health problems scale and sub-scales. Results of t-test showed that there was no significant mean difference between male and female students and their mental health problems scale and sub-scales. The results of one-way ANOVA revealed that there was no significant mean difference between students' age groups (15th, 16th, and 17th) and their mental health scale and sub-scales. Finally, the results indicated that gender and age were not moderators for the relationship between emotional and spiritual intelligences and students' mental health problems. Hence, gender and age as moderating variables did not influence the relationship between emotional and spiritual intelligences with mental health problems.

ABSTRAK

Abstrak tesis yang dikemukakan kepada Senat Universiti Putra Malaysia sebagai memenuhi keperluan untuk ijazah Doktor Falsafah

HUBUNGKAIT ANTARA KECERDASAN EMOSI DAN SPIRITUAL DENGAN DAN MASALAH KESIHATAN MENTAL DALAM KALANGAN PELAJAR SEKOLAH TINGGI DI IRAN

Oleh

JAFAR SHABANI

Mac 2011

Pengerusi: Siti Aishah Hassan, PhD

Fakulti: Pengajian Pendidikan

Tujuan kajian ini dibuat adalah untuk mengkaji hubungan di antara kepintaran emosi, dan kepintaran spiritual dengan skala dan subskala masalah kesihatan mental di kalangan pelajar-pelajar Iran di peringkat sekolah menengah. Responden kajian melibatkan pelajar-pelajar gred sepuluh, sebelas dan dua belas dari lapan buah sekolah di Gorgan City, di sebelah utara Iran. Kesemua pelajar ini telah memasuki alam persekolahan bermula umur sepuluh, sebelas dan dua belas tahun berdasarkan pencapaian pelajar daripada lapan buah sekolah di Gorgan City, di sebelah utara Iran. Terdapat 247 orang pelajar sekolah menengah, yang terdiri daripada 124 orang pelajar lelaki dan 123 orang pelajar perempuan yang berumur di antara 15 hingga 17

tahun. Sampel yang direspon kepada tiga instrumen yang sah dan boleh dipercayai iaitu; Skala Kepintaran Integrasi Spiritual (ISIS) bagi mengukur kepintaran emosi, Inventori Hasil Bahagi Emosi, Versi Remaja (EQ-i YV) bagi menilai kepintaran emosi dan Soal Selidik Kesihatan Am (GHQ 28) bagi mengukur skala dan subskala kesihatan mental.

Rekabentuk kajian adalah '*ex post facto*'. Objektif kajian ini adalah untuk mengkaji hubungan di antara kepintaran emosi dan spiritual dengan masalah kesihatan mental dan juga sama ada skala dan sub-skala masalah kesihatan mental dapat diramal oleh kepintaran emosi and kepintaran spiritual. Selain itu, ianya diperiksa sama ada terdapat perbezaan signifikan di antara jantina dan kumpulan umur pelajar dalam kepintaran emosi dan kepintaran spiritual mereka. Akhir sekali, kajian ini menguji regresi berganda sederhana untuk kesan sederhana bagi jantina dan umur ke atas hubungan kepintaran emosi dan kepintaran spiritual dengan skala dan subskala kesihatan mental. Analisis data di dalam kajian ini termasuklah frekuensi, peratus, skor purata, regresi berganda dan sederhana. Data statistik dianalisa dengan menggunakan 'SPSS for Windows' pada tahap alpha .05.

Hasil kajian ini mendedahkan hubung kait yang penting tetapi negatif antara kecerdasan emosi, interpersonal, kebolehsuaian, pengurusan stres, dan suasana umum, dengan skala dan sub skala bagi masalah kesihatan mental. Oleh itu, kesemua pemboleh ubah ini didapati mempunyai hubung kait dengan skala dan sub skala bagi

masalah kesihatan mental. Namun tiada pula kaitan penting ditemui antara salah satu daripada sub skala kecerdasan emosi (intrapersonal) dengan skala dan sub skala bagi masalah kesihatan mental. Hipotesis ini juga membayangkan hubung kait penting yang negatif antara kecerdasan spiritual, kesedaran, adab, makna, transenden, dan hakikat, dengan seluruh masalah kesihatan mental, disfungsi sosial, dan kemurungan, berserta dengan hubungan penting yang negatif antara kecerdikan spiritual, adab, makna, transenden, dan hakikat, bersama dengan simptom-simptom somatik dan keresahan. Analisis linear regresi pula menunjukkan beberapa pembolehubah ramalan (kecerdasan emosi dan spiritual, suasana umum, adab, hakikat dan pengurusan stres) menjadi penting dalam menjelaskan skala dan sub skala masalah kesihatan mental. Kesimpulannya, keputusan kajian ini menyokong beberapa teori berkaitan dengan kecerdasan emosi dan spritual sebagai peramal skala dan sub skala masalah kesihatan mental. Keputusan daripada ujian-t menunjukkan tiada perbezaan min yang nyata antara pelajar lelaki dan perempuan dengan skala dan sub skala masalah kesihatan mental. Keputusan ANOVA sehala pula mendedahkan bahawa tiada perbezaan min yang nyata antara kumpulan umur pelajar (15, 16 dan 17 tahun) dengan skala dan sub skala kesihatan mental mereka. Akhirnya, keputusan menunjukkan jantina dan usia bukan menjadi moderator bagi hubungan antara kecerdasan emosi dan spiritual dengan masalah kesihatan mental pelajar. Maka itu, jantina dan usia sebagai pemboleh ubah moderator tidak mempengaruhi hubungan antara kecerdasan emosi dan spiritual dengan masalah kesihatan mental.

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DEDICATION

This is a special dedication to my parents. Your prayers, support, love, and believe in me have set a great example for me to follow. The values, courage, and love that you instilled in me have helped me to walk through my fears and realize my goals. This dedication also goes to my son, dear AHOURA. No words could express all the gratitude and love that I have for you. GOD Bless You Always, my dear son.

APPROVAL

I certify that an Examination Committee has met on 30/March/2011 to conduct the final examination of **Jafar Shabani** on his Doctor of Philosophy thesis entitled “**Relationship between emotional and spiritual intelligences with mental health problems among Iranian high school students**” in accordance with Universiti Pertanian Malaysia (Higher Degree) Act 1980 and Universiti Pertanian Malaysia (Higher Degree) Regulations 1981. The Committee recommends that the candidate be awarded the Doctor of Philosophy. Members of the Examination Committee are as follows:

Bahaman Abu Samah, PhD

Associate Professor
Faculty of Graduate Studies
Universiti Putra Malaysia
(Chairman)

Samsila Roslan, PhD

Associate Professor
Faculty of Graduate Studies
Universiti Putra Malaysia
(Internal Examiner)

Halimatun Halaliah Mokhtar, PhD

Lecturer
Faculty of Educational Studies
Universiti Putra Malaysia
(Internal Examiner)

Lan M. Evans, PhD

Professor
School of Psychology
Massey University New Zealand
(External Examiner)

NORITAH OMAR, PhD

Associate Professor and Deputy Dean
School Of Graduate Studies
Universiti Putra Malaysia

Date: 21 June 2011

This thesis is submitted to the senate of Universiti Putra Malaysia and has been accepted as fulfilment of the requirement for the Degree of Doctor of Philosophy. The members of the Supervisory Committee were as follows:

Siti Aishah Hassan, PhD

Senior Lecturer
Faculty of Educational Studies
Universiti Putra Malaysia
(Chairman)

Aminah Ahmad, PhD

Professor
Faculty of Educational Studies
Universiti Putra Malaysia
(Member)

Maznah Baba, PhD

Senior Lecturer
Faculty of Educational Studies
Universiti Putra Malaysia
(Member)

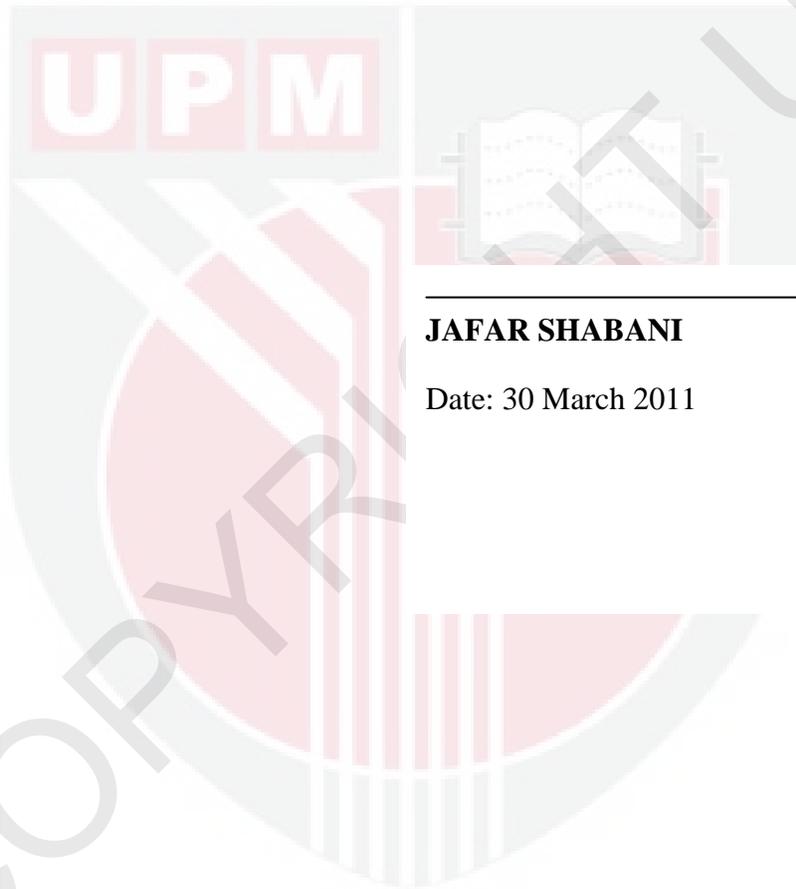
HASANAH MOHD GHAZALI, PhD

Professor and Dean
School of Graduate Studies
Universiti Putra Malaysia

Date:

DECLARATION

I declare that the thesis is my original work except for quotations and citations which have been duly acknowledged. I also declare that it has not been previously, and is not concurrently, submitted for any other degree at University Putra Malaysia or at any other institution.



JAFAR SHABANI

Date: 30 March 2011

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