

Research Paper**Predicting Life Satisfaction Based On Spiritual Intelligence and Psychological Capital in Older People**Asghar Jafari¹, *Fatemeh Hesampour¹

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ABSTRACT

Objectives Old age is a significant period in life and due to the development of science and improvement in health conditions, the number of elderly people is increasing in various societies. To promote the adjustment of the elderly population in the society, it is necessary to pay attention to their life satisfaction. Therefore, the present study aimed at predicting life satisfaction of elderly people based on their spiritual intelligence and psychological capital.

Methods & Materials The research method is descriptive and correlational. The study population comprised 180 people residing in elderly homes in Kashan City, Iran. Of them, 123 subjects were selected based on the Morgan table and simple random sampling. The data were collected using the questionnaires of life satisfaction, spiritual intelligence, and psychological capital, then the obtained data were analyzed by Pearson correlation and multiple regression tests.

Results The mean (SD) values of age, perception and connection to universe, spiritual life, self-efficacy, hopefulness, resiliency, optimism and life satisfaction were 70(2.5) years, 62.18(7.14), 51.11(6.75), 24.14(4.14), 24.33(4.11), 21.08(4.38), 28.33(5.04), and 21.71(2.75), respectively. The results showed that the components of spiritual intelligence and psychological capital significantly predicted the level of life satisfaction in the elderly ($P < 0.01$) and the perception and connection to the universe and hopefulness predicted more changes in life satisfaction among the elderly ($P < 0.01$).

Conclusion The results suggest that the components of spiritual intelligence and psychological capital can partially predict life satisfaction in the elderly. Therefore, in order to increase the level of life satisfaction in them, it is necessary to promote their spiritual intelligence and psychological capital.

Key words:

Life satisfaction, Spiritual intelligence, Psychological capital, Elderly

Extended Abstract**1. Objectives**

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he population of the world is rapidly aging, particularly in developing countries. According to the World Health Organization, the population of people

over 60 years old will increase from 12% to 22% during 2015 to 2050. The last census conducted in 2011 announced the population of Iran to be about 76.1 million. The population of the elderly, by definition of Ministry of Health (2011) (people over 60 years), was 8.2%, which amounted to 6200000 people. With the advancement of science and improvement of sanitary conditions, the number of the elderly has increased

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across all societies. In order to upgrade the compatibility of the elderly, it is necessary to pay attention to their life satisfaction. Therefore, the present research studied the prediction of life satisfaction among the elderly considering their spiritual intelligence and psychological capital.

2. Methods & Materials

The research method is descriptive and correlational. The study population comprised 180 elderly people living in nursing homes in Kashan, out of them, 123 were randomly chosen using Morgan table. After choosing the sample, the researcher invited the subjects to a meeting and explained to them the objectives of the study, confidentiality of results, and not requiring to disclose personal information in the questionnaire. They were then provided with the life satisfaction questionnaire by Diener et al. [1], spiritual intelligence questionnaire by Abdullahzade, and psychological capital intelligence questionnaire by Luthans [2]. The data were analysed by multiple regression analysis and Pearson correlation coefficient. All analyses were done by SPSS 22.

Life Satisfaction Questionnaire

It was used by Diener et al. to measure the amount of life satisfaction. The scale has five subscales. Ismaeeli (2008) ran it simultaneously with the Shadkami Oxford scale in order to validate it and found its concurrent reliability as 0.66. He also used the Cronbach α in order

to determine the reliability of the scale and reported a reliability coefficient of 0.80, which is acceptable.

Spiritual Intelligence Questionnaire

It was developed and introduced by Abdullahzade, Keshmiri, and Arab-Ameri in 2008. It consists of 29 questions and two parts. The first part includes 12 questions named “understanding and communicating with the origin of the universe,” and the second part includes 17 questions named “spiritual life with the inner core.” In a research on the students of Gorgan and Payam-e Noor universities, the questionnaire’s validity and reliability were both 0.89.

Psychological Capital Questionnaire

It consists of 24 questions and 4 subscales of hope, resiliency, optimism, and self-efficacy. Each subscale has 6 items. The subject answers each item on a 6-point Likert-type scale (completely disagree to completely agree). Questions 1-6 relate to the subscale of self-efficiency, 7-12 to hope, 13-18 to resiliency, and 19-24 to optimism. The reliability of the questionnaire was 0.85 according to Cronbach α .

3. Results

Mean (SD) values for the age of the elderly were 70(5.2) years; for understanding and communicating with the universe, 62.18(14.7); for spiritual life, 51.11(6.75); for self-efficiency, 24.14(4.14); for hope, 22.83(1.58); for resiliency, 21.08(4.38); for optimism,

Table 1. Mean and standard deviation of the scores by the elderly in spiritual intelligence and psychological capital for life satisfaction

	Variable	Mean	Standard Deviation	Least Score	Biggest Score
Spiritual intelligence	Spiritual intelligence	113.29	15.21	15	145
	Understanding and communicating with universe	62.18	7.14	25	68
	Spiritual life	51.11	6.75	46	88
Psychological capital	Self-efficiency	24.14	4.14	10	31
	Hope	24.33	4.11	14	30
	Resiliency	21.08	4.38	8	24
	Optimism	28.33	5.04	11	33
	Psychological capital	98.15	8.32	48	117
	Life satisfaction	21.71	2.75	14	26

Table 2. Pearson correlation coefficient for spiritual intelligence and psychological capital with life satisfaction of the elderly

Variable	1	2	3	4	5	6	7	8	9
Spiritual intelligence	1								
Understanding and communicating with universe	0.32**	1							
Spiritual life	0.30**	0.48**	1						
Self-efficiency	0.34**	0.58**	0.36**	1					
Hope	0.30**	0.47**	0.50**	0.49**	1				
Resiliency	0.32**	0.46**	0.39**	0.21*	0.20*	1			
Optimism	0.32**	0.45**	0.38**	0.41**	0.39**	0.42**	1		
Psychological capital	0.43**	0.44**	0.37**	0.51**	0.48**	0.35**	0.27**	1	
Life satisfaction	0.49**	0.51**	0.49*	0.36**	0.37**	0.34**	0.38**	0.36	1

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28.33(5.04); and for life satisfaction, 21.71(2.75). The results showed that spiritual intelligence and psychological capital significantly predicted the level of life satisfaction among the elderly ($P>0.01$), and “understanding and communicating with the universe and hope” had a greater part in this prediction ($P>0.01$).

Table 1 shows the mean and standard deviation of the scores obtained by the subjects in spiritual intelligence and psychological capital in relation to life satisfaction of the elderly. Before performing regression, assumptions related to normal distribution of scores of life satisfaction, and collinearity predictive variables, i.e., dimensions of spiritual intelligence and psychological capital, were studied in accordance with the Kolmogorov-Smirnov test and Collinearity. The results of these tests showed these two assumptions were applicable to the distribution of variables in this study.

Life satisfaction among the elderly was analyzed using multiple regression analysis for the relation between spiritual intelligence and psychological capital. The correlation coefficient between spiritual intelligence, psychological capital, and life satisfaction among the elderly was 0.52, explaining 27% of changes in life satisfaction among the elderly.

The correlation coefficient between spiritual intelligence and life satisfaction among the elderly was 0.23, explaining 48% of changes in life satisfaction among the elderly. The correlation coefficient between psychological capital and life satisfaction among the elderly was 0.16, explaining 25% of changes in life sat-

isfaction among the elderly. The results also mentioned that the psychological capital can significantly predict life satisfaction among the elderly. The greatest beta was 0.201, which explains why “hope” has a greater part in determining life satisfaction among the elderly (Table 2).

4. Conclusion

Our study results are in line with those of Zhi et al. [3] and Zamani et al. [4]. The results showed that a part of life satisfaction could be predicted by spiritual intelligence and psychological capital. In order to improve the level of life satisfaction, it is suggested that spiritual intelligence and psychological capital of the elderly be promoted. With regard to the results of the study, the more the spiritual intelligence, the higher the life satisfaction and psychological well-being would be. So, people with more religious beliefs have a more relaxed life.

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Conflict of Interest

The authors declared no conflicts of interest.