

# Interpersonal Forgiveness based on Spiritual Intelligence Components among High School Male Students of Tabriz

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## Abstract

**Background and Objective:** Forgiveness is a concept taken into consideration in religion and positive psychology, and its constructive role has been emphasized in mental health as well as creating healthy relationships. Different factors can influence forgiveness one of which seems to be spiritual intelligence. Given that, this study aims at prediction of interpersonal forgiveness based on spiritual intelligence components among high school male students of Tabriz.

**Method:** This study had a descriptive correlational approach. A sample of 250 students were selected according to the Morgan table using multi-stage cluster sampling among second-grade high schools of Tabriz city; they filled Spiritual intelligence scale of Abdollahzadeh and interpersonal forgiveness of Ehteshamzadeh & et al. The data were analyzed using statistical methods of Pearson Correlation and Multivariate linear regression. All ethical issues were observed in this study and the researchers declared no conflict of interests.

**Results:** The results indicated a significant and positive relation of "understanding and communication with the origin of the universe", "Spiritual life with the inner core" and "intrinsic orientation" with interpersonal forgiveness ( $P < 0.05$ ). Furthermore, spiritual life could significantly predict interpersonal forgiveness.

**Conclusion:** According to the results it can be said spirituality is the search for the sacred elements, meaning, high awareness and excellence, and spiritual intelligence is the ability to use these subjects that can predict the function and adaptability of individuals so that they have greater forgiveness.

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## Summary

**Background and Objective:** For many years, human has had a tendency toward collective life to preserve his life, and thus communities have been formed. They have created limits for those types of behavior which violate their rights, causing pain and discontent. That was needed to regulate their relationships in the community. Attacks have various personal and social consequences. The pain has different personal and social consequences. Among these consequences, the common ones are anger, hatred, grudge, revenge,

defamation, and the breakdown of friendly relationships (1). Therefore, the need for forgiveness as an effective and practical human communication process in the face of mistakes and injustice is obvious. Forgiveness is a concept which is taken into consideration in religion and positive psychology, and has been emphasized as a factor with a constructive role in mental health and creating healthy relationships (2). Various factors can facilitate forgiveness, of which probably spiritual intelligence can be one. Hence, spirituality has become widespread throughout the world. The benefits that may be derived from spiritual behaviors can be beneficial to the well-being of the global population in the future and provide the ability

to access perfection and peace (3). Taken together, the aim of this study was the prediction of interpersonal forgiveness based on spiritual intelligence components among male students at high school in Tabriz city.

**Method:** The research method was descriptive-correlation. The statistical population of the study was all 3220 male high school students in district 2 of Tabriz, who were studying in academic year of 2015-2016. Among them, a sample of 250 male students were selected based on cluster sampling and the Morgan formula ( $z=1/96$ ,  $d=0/05$ ). In this way, six state schools, and from each school two classes were selected to complete the sample. The questionnaires were distributed with the coordinates in the classes and collected after 15 minutes. The research data were collected from 255 questionnaires and analyzed using Pearson statistical method and multivariate linear regression. The tools used the Interpersonal Forgiveness questionnaire of Ehteshamzadeh et al and also the Spiritual Intelligence questionnaire of Abdollahzadeh et al. which was validated by the developers.

**Results:** Correlation coefficient between variables was used to investigate the relationship between interpersonal forgiveness and spiritual intelligence. The results indicated that there was a significant and positive relation between "understanding and communication with the origin of the universe", "Spiritual life with the inner core" and "intrinsic orientation" with interpersonal forgiveness ( $P<0.05$ ); moreover, spiritual life could predict interpersonal forgiveness to a great extent. In other words, 10.5% of the total variance of the forgiveness is uniquely explained by it. However, understanding and communicating with the source is not significant in predicting forgiveness.

**Conclusion:** Given the results, it can be concluded that spirituality is the search for the sacred elements, meaning, high awareness and excellence, and spiritual intelligence is the ability to use these subjects that can predict the function and adaptability of an individual. It is worth noting the results imply that people honestly believe in the teachings of their religion and act too. They have greater forgiveness in the case of conflicts. In addition, the true faith in God creates a system of cognition in a person, and it is the effect of such faith by which the stressful events of life experienced are regarded as experiential learning, an opportunity for growth and excellence, and in this sense, the power of forgiveness increases and behaviors like revenge diminishes. Therefore, education and health organizations can contribute to healthy interpersonal relationships between students through religious interventions.

#### Ethical Considerations

##### Compliance with ethical guidelines

The Ethics Committee in Biomedical Research of Shahid Beheshti University of Medical Sciences has confirmed this research.

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#### Conflict of interest

The authors declared no conflict of interest.

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