

Relationship of religious orientation and spiritual intelligence with emotional self-regulation in women subject to violence

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Abstract

Background and Objective: One of the most obvious forms of violence in the contemporary society is the violence against women. Thus, the present study has been conducted and aimed at predicting emotional self-regulation through religious orientation and spiritual intelligence of the women against whom violence has been used.

Method: This study was correlational. The statistical population of the study was the entire female victims of violence in Mashhad who referred to the center of social emergency in 2015. Among these women, 70 individuals were picked using convenience sampling. Instruments included the Emotional Self-regulation Scale, Religious Orientation, and Spiritual Intelligence. In this research, all the Ethical issues were observed and authors declared no conflicts of interest.

Results: The findings demonstrate that there is a significant relation between religious orientation on the one hand and spiritual intelligence and emotional self-regulation on the other.

Conclusion: The higher the level of spiritual intelligence in individuals, the better emotional self-regulation. In addition, the internal religious orientation has a positive influence on emotional self-regulation. According to the findings, it can be concluded that spirituality and emotional regulation can be important factors in individuals' adaptation against high-pressure factors, and religion is the predictor of decrease in non-desirable emotional self-regulation in individuals.

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Summary

Background and Objective: Violence is a form of social harm and a type of behavioral disorder in the individual. The damage caused by domestic violence can lead to complications such as recurrent neurological symptoms, pain syndromes, arthritis, cardiovascular disease, gastric ulcer and other digestive disorders (1). Furthermore, depression, anxiety and, low self-esteem in these women is more than normal (2). The thrill of the Hedrafkard is prioritized. Adjustment of excitement is defined as the process of initiating, maintaining, altering or modifying the incidence, severity or continuity of the inner feeling and the excitement associated with the social-

psychological and physical processes in accomplishing the goals of the individual (3). Spirituality is one of the effective psychological components that plays an crucial role in emotions (1), representing a set of spiritual abilities and resources that work towards them as a wave of increasing adaptability and, consequently, mental health of individuals (5, 4). Our aim is to find out if spiritual intelligence and religious orientation can be an important factor in regulating the emotions of women who are victims of violent.

Method: The research method is descriptive-correlational. The study population included all women against whom violence was used and referred to the emergency social care center in Mashhad in 2014. The sample size is 70 women who were selected by convenience sampling. The following instruments were

used:

Difficulty of Emotion Adjustment: It includes 36 items and 6 sub-scales. The overall inner density is .93. Oliver (2009) reported the overall internal consistency of .86. The higher the score, the lower the excitement setting (6).

Spiritual Intelligence: It includes 29 questions that were developed by Abdullah Zadeh and his colleagues, which have two dimensions: understanding and communicating with the source of existence and the factor of spiritual life with the inner core. Cronbach's alpha was obtained by Abdullah Zadeh et al., .89. And the correlation coefficient of all questions was reported to be .3 (7).

The religious orientation of Allport and Ross (1950) with 21 items was used to measure the inward and outward orientations, correlation between external and external directions was reported in 0.20. In Iran, John the Great (1999) The internal one was .71 and the rest of the retest was .44 (8).

Results: The average total score of difficulty is 10.23 and the standard deviation is 21.27. It should be noted that the higher the total emotional self-regulation score is, the higher the emotional adjustment will be. The Pearson correlation between religious orientation and the total score of the difficulty of adjustment of excitement has a negative and significant relationship ($p < .05$). Moreover, Pearson correlation coefficient between spiritual intelligence factors such as perception and the relationship between the origin of the being and the spiritual life of the inner core and the total score of the difficulty of adjustment of excitement have a significant and reverse relationship ($p < .05$). Based on the regression analysis, two levels of spiritual intelligence can predict 15% of the emotional adjustment difficulty and two religious orientation scales could predict 16% of the emotional adjustment difficulty. What's more, the results of path analysis indicate that spiritual intelligence .37 affects the difficulty of regulating emotion and religious orientation .41 affects the difficulty of emotional regulation.

Conclusion: Religious beliefs serve as support for more adaptation. By teaching emotional self-regulation skills and supporting and improving religious beliefs, it is possible to prevent some mental illnesses, and improve the social relationships of individuals in the community, hence resulting in less violence against women. The findings of this study provide important information for the individuals, families, practitioners of the education system, counseling centers and government institutions. Families can learn how to establish and develop positive and constructive interactions with their children in order to create and enhance emotional intelligence. Psychologists and counselors can take steps toward spirituality and spiritual intelligence training in order to boost spirituality and emotional self-regulation.

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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