

The Mediating Role of Spiritual Health in the Relationship between Emotional Intelligence and Mobile Phone Addiction

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Abstract

Background and Objective: Addictive use of mobile phones has profoundly altered human thinking habits and has also affected people's behavioral and psychosocial adjustment. The present study aimed to examine the mediating role of spiritual health in the relationship between emotional intelligence and mobile phone addiction.

Methods: The method used in the present study is descriptive and correlational. The statistical population of the present study consisted of all the high school students in Ardabil public schools in the academic year of 2019. Out of them, a sample of 250 students was randomly selected by multi-stage cluster sampling, who answered the questionnaires on cell phone addiction, emotional intelligence, and spiritual health. Data were analyzed using descriptive statistics, Pearson correlation coefficient and structural relationship modeling. In this study, all ethical considerations were observed and no conflict of interest was reported by the authors.

Results: The results of correlation coefficient showed that mobile phone addiction has a negative relationship with the total score of emotional intelligence and its components and with spiritual health. Spiritual health is also positively related to the overall score of emotional intelligence and the components of awareness and self-motivation. Model fit indices also confirmed the effect of emotional intelligence on mobile phone addiction mediated by spiritual health.

Conclusion: The findings reinforce the hypothesis that spiritual health can be a protective factor in adolescents and help them reduce the negative symptoms associated with Internet and smartphone use. The results of these findings can be used to prevent Internet-related psychological incompatibility and problematic use of smartphones in adolescents.

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Summary

Background and Objective

There is growing evidence that cell phone addiction is a concern among adolescents and young adults due to its high incidence (1) and serious adverse effects on health effects (2), sleep quality (3), mental well-being, academic achievement and Has their interpersonal

relationships (4). Mobile phone addiction refers to the excessive use of mobile phone activities, along with a strong and persistent craving for and dependence on mobile phones, which leads to a loss of self-control and endangers psychological and social functioning among individuals (5). With the rapid development of information technology, mobile phones have been integrated into people's daily lives due to their very rich large functions. Adolescents who are developing

self-control are more likely to be attracted to cell phones (6). In addition, adolescents are at a critical stage of scientific development upon entering university, which lays the foundation for their future work. Mobile phone addiction can significantly distract adolescents and reduce their academic achievement (7). Emotional intelligence is one of the variables that can play a role in cell phone addiction. Emotional intelligence is the ability to reason about emotions and use influential information to guide one's thinking as well as one's actions (8). Emotional intelligence is an important social skill and according to the social skills model, lack of social skills makes people more susceptible to online social interaction, which increases the risk of smart phone addiction (9). Mobile phone addictions have had significant positive effects on problematic behaviors and significant negative effects on emotional intelligence (10).

Spiritual health is one of the constructs that seems to mediate the relationship between emotional intelligence and cell phone addiction. Spiritual health as is one of the important dimensions of health in human beings that provides an integrated relationship and harmony between external and internal forces and is characterized by characteristics such as stability in life, harmony and also a sense of close relationship with self, God, society and environment (11). Spiritual health has also been described as a sense of connection, harmony with oneself, others, nature, and transcendent existence that leads to an understanding of the ultimate goal and meaning of life through an achievable, dynamic, and cohesive growth process (12).

Therefore, according to the above research records, it can be said that mobile phone addiction has been the subject of much research. On the other hand, given that previous studies have focused mainly on university students, while many efforts to better understand mobile phone addiction Mobile is not performed in adolescents. In addition, previous research studies have focused primarily on other causes of cell phone addiction. However, less is said has been stated about the mediating role of spirituality and its underlying mechanisms. Based on this theoretical explanation, the present study was conducted to investigate the mediating role of spiritual health in the relationship between emotional intelligence and mobile phone addiction.

Methods

Compliance with ethical guidelines: In this study, in order to observe the ethical issues, all the Journal of Pizhūhish dar dīn va salāmat (i.e., Research on Religion & Health)

subjects had complete freedom were absolutely free to participate in the research study and before completing the questionnaire, the objectives of the research study were explained to them and. They were also assured that the collected information will be analyzed as a group.

The method of the present study is descriptive-correlational. The statistical population was included all public school students in Ardabil, Iran, in the academic year 2019, from out of which whom a sample of 260 people were selected by multi-stage cluster random sampling; which after removing the distorted data, 250 questionnaires were entered into included in the statistical analysis. The sampling method used was multi-stage cluster random sampling. The method of data collection was as follows: after obtaining a license from the university, we referred to the Education Department of Ardabil city and after the approval of the Education Department and provision of provide the necessary license for cooperation, first the a list of all public boys' secondary schools in Ardabil in the first semester of 1398 2019 including 9 nine schools were prepared and 2 two schools were selected and then from the 2 two selected schools, 5 five classes were randomly selected and after referring to the students in the classroom, they were asked to give answer the questionnaires of cell phone addiction, spiritual health and emotional intelligence in groups. Cell phone addiction, spiritual health and emotional intelligence respond.

The inclusion criteria were having a mobile phone and willingness to participate in research and being a student, and the exclusion criteria criterion were was unwillingness to participate in research the study. It should be noted that the questionnaires were provided to the subjects anonymously and with a code.

Results

The results of the present study showed that emotional intelligence is directly related to mobile phone addiction. The results of structural equations modeling showed that emotional intelligence has a direct effect on spiritual health and an indirectly effect on mobile phone addiction through the mediation of spiritual health.

In this regard, this study has shown that emotional intelligence has a direct impact on spiritual health.

Conclusion

In this regard, this study, has it was shown that emotional intelligence has a direct impact on

spiritual health. Explaining this finding, it can be stated that spiritual health has two parts components: religious health and existential health. Religious health means refers to the degree of satisfactory relationship with God and existential health means refers to feeling satisfied with life and having spirituality and purpose in life (13).

The results of the present study showed that spiritual health is directly related to mobile phone addiction. In explaining explanation for this hypothesis finding, it can be said stated that, as Chiang et al. Proposed suggested, spiritual health is one of the fundamental dimensions of health and well-being and the coordinating and complementary force of other dimensions of human health, i.e. physical, mental, social and emotional dimensions that include belief in something greater than oneself. And faith is the purpose of life (14).

In general, the results of the present study showed that emotional intelligence mediated by spiritual health has an important role in mobile phone addiction. Based on these findings, it was can be concluded that excessive use of mobile phones clearly indicates a risk factor for health in students and excessive spending time on social networks installed on mobile phones for various aspects of life, including social, and spiritual. It has negative physical and psychological consequences.

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Ethical considerations

According to the authors, this article is taken obtained from a research project entitled "Structural relationship model of sense of belonging to school based on family cohesion with respect to the mediating role of spiritual intelligence in high school students" that approved by the ethics committee in biomedical research of Ardabil University of Medical Sciences It has been approved by under the code of ethics IR.ARUMS.REC.1400.056.

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Conflict of interest

The authors declared no conflict of interest.

Authors' contribution

Supervision of over writing the article and its compilation: first author; data collection: second author and data analysis: third author.

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