

The predictive power of spiritual experiences on psychological well-being and personality characteristics in Student of the Islamic Azad University Science and Research Branch, Sistan and Baluchestan

Mahdi Khazaei Esfehani* and Alireza Ganjali

Corresponding author: Mahdi Khazaei Esfehani

ABSTRACT: This study aimed to evaluate the predictive power of the spiritual experiences on psychological well-being and personality characteristics. For doing so correlation- Predictions. Its population includes all students in the Islamic Azad University Science and Research Branch Sistan and Baluchestan in the 92-93 school years. Statistic sample of this research include 381 students. Research tools are questionnair of spiritual experiences by Dr. Ghobari bonab, well being questionnaire by Ryff and personality characteristics questionnaire by Neo. Its validity is content type and its stability evaluated by Alpha coefficient for spiritual experiences %89 for psychological well-being %87 for personality characteristics %79. For analyzing statics data, average Dressy test of Pearson correlation, step by step regression, unilateral variance analyze and independent t applied. The results showed that there is a positive, direct and meaningful relation between spiritual experiences with psychological well-being and there is a meaningful and inverse relation between spiritual experiences with personality characteristics. Also the results showed that there is no difference between spiritual experiences, psychological well-being and personality characteristics in terms of age, marital status, living situation and field of study. The only difference between spiritual experience, psychological well-being and personality characteristics was in terms of gender and related to spiritual experiences and the results showed that male students spiritual experiences is higher than female students ones.

Keywords: spiritual experiences, psychological well-being, personality characteristics.

INTRODUCTION

So far there isn't single definition for personality that all psychological theorists agree on it. This disagreement net only is for complexity of the subject under study (personality) and different scientific and personal fields of theorists, but also is dependent on their theoretical provisions and empirical approaches about human nature, that's why each of theorists offer the special definition of personality.

Religion and spirituality and its connection with the world creator that human returned it after centuries of separation and understood its deep abilities against new life problems that stress is one of its problems. Religion is one useful means to provide mental health and a tool to access the blissness. The common performance of religion is not to move away stress from us, but honoring God enables us to reduce limits and attachment to the world.

There for, when technology development provides material progress, it empties human, the thought about the relation between material and meaning damages and human faces sense of gap, the prophets come to connect human to this spiritual dimension and provided rich religions culture for human. The spiritual guidance's connect human to religion, but rebellions human does not pay attention to them and its result is per laxity, loss of sense of emptiness and confusion. The great psychologists like rung, James, franked and Eric From saw this gap and reported in their writings, but most psychologists did not pay attention this warns. However, recent 25 years researches shows

that spirituality is one unspeakable dimension and must pay attention to it like other constructs to provide mental health.

In recent years, pathological approach to study of human health has been criticized. Unlike this view that defines health as the absence of disease, new approaches emphasize on “good” rather than “bad or sick being”.

Research objectives:

The main objective:

1. To study predictor power of spiritual experiences on psychological well- being and personality characteristics in students of pardis college in science and Research of Zahedan unit (branch) secondary
1. To study the status of spiritual experiences of pardis students in sciences and researches of ahead unit according to gender age, marital status field and indigenous or non- indigenous
2. To study the status of psychological well- being of pardis students in science and research of Zahedan unit according to gender, age marital status, field, indigenous or non- indigenous
3. To study the status of personality characteristics of pardis. Students in science and research of Zahedan branch according to gender age, marital status, and field, indigenous or non- indigenous.

The main question

1. Can spiritual experiences predict psychological well- being and personal characteristics in students of Zahedan University College of science and research?

Sub- questions

1. How is the status of spiritual experiences in pardis students of science and research of Zahedan branch according to gender, age, marital status, indigenous or non- indigenous?
2. The status of psychological well- being in pardis college students of science and research in Zahedan branch according to gender age, marital status, field and indigenous or non- indigenous?
3. The status of personality characteristics in pardis college statements of science and research in Zahedan branch according to gender, age, marital status, field and indigenous or non- indigenous?

Conceptual definitions

Spiritual experiences:

Koenig et al believe that spirituality includes seeking for understanding answers that they connect to life and world foundation, to find answers for the meaning of individual life and more importantly to involve innate connection with high God.

Psychological well- being

Strive for perfection in order to realize the true potentials of the individual

Personality characteristics:

Personality includes relatively stable pattern of traits, attitudes or characteristics that survive people behavior to some extent. More specifically, personality includes traits or tendencies that results in individual differences in behavior, stable behavior during times, the persistence of behavior in various situations.

Population of this research includes all students of Pardis College of science and research in Zahedan branch. Sampling in 382 by stratified random according to Morgan table for statistical analysis of data, mean, standard deviation, person correlation coefficient, step by step regression, analysis of one- side variance and independent test are used.

Based on the theoretical formwork in the present research, the dependent variable is spiritual experiences and dependent variables are psychological well- being and personality characteristics Results and discussion

Question 1:

1. Can spiritual experiences predict psychological well- being and personality characteristics in students of Pardis College of science and research in Zahedan branch?

To examine the predictive power of spiritual experiences on psychological well- being and personality characteristics in students, Regression analysis and correlation were used.

Table 1

Variables	Psychological well-being	personality characteristics
	-0.102	0.592

As the table indicates, There is direct and significant relationship between spiritual experiences and psychological well- being (r = 0.592) and there is reverse and significant relationship between spiritual experiences and personality characteristics (r = 0.102).

Table 2. The results of correlation matrix of psychological welfare and personality characteristics

Components	personality characteristics	Psychological well-being
Finding meaning in life	-0.06	** 0.16
Effect relationship with God	*0.13	**0.48
Prosperity and spiritual activities	-0.02	*0.43
Transcendent mystical experiences	-0.06	*0.49
Negative experiences of spiritual	-0.08	*0.16
Social and religious activities	-0.001	** 0.55

*0.05 < p
**0.01 < p

Table 3. The relationship of spirituality dimension with personality

Components	Beta	sig	t	S.t
Constant	123.93	0.0	15.9	7.7
Effect relationship with God	-0.247	0.011	-2.5	0.096

As shown, among the various dimensions of spiritual experiences, factor which can effect on personality characteristics are the effect of connection to God that has the reverse and significant relationship with personality characteristics.

Question 2:

Is there significant difference between personality characteristics, psychological well- being and spiritual experiences of students according to gender?

Table 4. Evaluation of the difference between personality characteristics, psychological well- being and spiritual experiences according to gender

sig	df	t	s.d	Mean	Number	sex	Variables
			35.81	363.84	251	Son	Spiritual Experiences
0.04	379	2.25	40.98	354.65	130	Girl	
			33.56	329.49	251	Son	personality characteristics
0.25	379	0.47	36.3	327.7	130	Girl	
			21.24	105.47	251	Son	Psychological well-being
0.50	379	1.78	18.15	101.57	130	Girl	

The table findings show that there isn't significant difference between personality characteristics, psychological well- being of boy and girl students (p 0.05, t- 0.47, p 0.05, t -1.78). But with 95% at level 0.05 the spirituality mean of boy and girl students has significant. The degree of spirituality in males (mean 363.84) is greater than the spirituality of female students (mean 354.65) (t -2.25, p<0.05).

Question 3:

Is there significant difference between personality characteristics, psychological well- being and spiritual experiences of students according to their marital status?

Table 5. Evaluation of the difference between personality characteristics psychological well- being and spiritual experiences according to marital status

Variables	Mrital status	Number	Mean	Sd	+	df	Sig
spiritual experiences	Single	177	357.04	38.72	0.63	379	0.25
	Married	20	363.88	36.97			
Psychological well- being	Single	177	328.49	33.02	0.95	379	0.31
	Married	204	329.24	37.24			
Personality characteristics	Single	177	105.32	19.50	-1.71	379	0.26
	Married	204	103.11	43.95			

The table findings show that there isn't significant difference between personality characteristics, psychological well- being and spiritual experiences of students according to marital status ($p > 0.05$, $t = -1.77$, $p > 0.05$, $t = -1.82$, $p > 0.05$, $t = -0.65$).

Question 4:

Is there significant difference between personality characteristics, psychological well- being and spiritual experiences according to their residence?

Table6. Examination of difference between personality characteristics, psychological well- being and spiritual experiences according to residence

Variables	Mrital status	Number	Mean	Sd	+	df	Sig
spiritual experiences	Native		361.46	40.72	-1.76	379	0.05
	Exotic		358.70	34.97			
Psychological well- being	Native		329.92	37.02	-0.02	379	0.11
	Exotic		326.15	32.24			
Personality characteristics	Native		103.5	19.62	1.06	379	0.46
	Exotic		316.98	20.87			

The table findings show that significant differences between personality characteristics, psychological well- being and spiritual experiences of students weren't observed ($p > 0.05$, $t = -1.75$, $p > 0.05$, $t = -0.71$).

Question 5:

Is there significant difference between persoanlity characteristics, psychological and spiritual experiences of students in the field study?

Table7. central indicators and standard deviation of personality characteristics, psychological well- being and spiritual experiences of students according to colleges

spiritual experiences		Psychological well- being		spiritual experiences		N	Variables colleges
Sd	Mean	Sd	Mean	Sd	Mean		
13.61	101.5	55.9	322.9	45.7	356.6	14	Theology and Philosophy
21.9	104.6	32.4	327.2	37.6	361.08	124	Law and Political Science
19.8	98.2	19.98	328.6	28.8	363.5	16	Language and Literature
19.74	100.7	36.14	325.8	40.29	365.6	64	Education
26,57	107.7	38.23	328.9	32.67	364.96	28	
							Engineering and Technology
18.72	105.42	11.59	359	33.70	364.4	5	Agriculture
17.24	107.66	40.60	335.5	40.38	356.4	21	Environment
18.80	105.9	32.62	330.80	38.35	361.8	108	Management and Accounting
20.30	104.14	34.5	328	37.85	360.80	381	Total

According to table 7, it seems mean spiritual experiences of students (360.70) is higher than mean psychological well being (328.89) and higher than mean personality characteristics of students (104.14).

According to the table mean spiritual experiences in students of engineering college (364.96) is the highest and the other colleges of education science is (356.62), language and literature (363.56) management and accounting

(361.88), law and political science (369.08), theology and philosophy (356.64) and environment (356.42) respectively.

According to table, the average psychological well-being of agriculture college (359.00) is the higher than in the other college of environment (335.52), management and accounting (330.80), engineering (328.96), language and literature (328.06), law and political science (327.20), Education (325.84) and theology and philosophy (322.92) respectively.

According to table, the average personality characteristics of students in engineering college (107.78) is the highest in the other colleges of environment (107.66), agriculture (105.40), management and (105.09), law and political science (104.68), Theology and philosophy (101.57), education (100.70) and language and literature (98.62) respectively.

Conclusion:

The obtained results showed that one of the effective factors in psychological well-being is spiritual experiences. Therefore, more attention to spiritual experiences and necessary trainings in this area can improve the mental health of people. Belief to the presence of support can be effective to the extent of support itself, especially this support is from God. He is powerful supporter and guarantees human mental health. Infrastructure of worship and compatibility with whatever related to God moves to route that has roots in healthy of body and mind and trust in boundless divine source. Therefore the positive and significant relationship between spiritual experiences and mental health in addition to acceptance of theoretical basics indicates this verse of Quran a person who closet divine thread and seeks God support, he/she abstain from sin.

REFERENCES

- Fiest J and Grogory J. 2002. Theories of Personality.
- Grant S, Langan-Fox J and Anglim J. 2009. The big five traits as predictors of subjective and psychological well-being. *Psychol Rep.* 2009; 105(1); 205-31.
- Kaplan HB. 1996. Psychological stress: perspectives on structure, theory, life-course, and methods. 1st ed. USA: Academic Press; 1996.
- Koenig HG, McCullough ME and Larson DB. 2001. *Handbook of religion and health*, Oxford, N. Y: Oxford University Press.
- Lawrence PA. 1996. The Science of personity. New york. Chichester sinjapore.
- Moayyeri MT. 2005. Problems of Education. Tehran: Amir Kabir press; 2005.
- Negovan V. 2010. Dimensions of students' psychosocial well-being and their measurement: Validation of a students' Psychosocial Well Being Inventory. *Europe's Journal of Psychology.* 2010; 2: 85-104.
- Ryff CD, Singer BH and Love GD. 2004. Positive health: Connecting well-being with biology. *Philosophical Transactions of the Royal Society of London* 2004; 359.
- Ryan RM and Deci EL. 2001. On happiness and human potentials: a review of research on hedonic and eudemonic well-being. *Ann Rev Psych* 2001; 52: 141-166.
- Ryff CD. 1995. Psychological well-being in adult life. *Cur Dir Psych Sci* 1995; 4: 99-104.