



## Relationship between spirituality intelligence and the faculty's thinking styles with their mental health rate in the human science college of the Islamic Azad University of Rudhen unit

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**Abstract.** The Purpose of this study was to find out the relationship between faculty's Spiritual intelligence and thinking styles with their mental health in the human science college of the Islamic Azad university of Roudhen unit. A sample of 130 persons selected by the stratified random sampling answered the questionnaire of the general health (Goldberg, 1972), the standard questionnaire of thinking style (Esternberg, 1991) and spirituality intelligence (Abdollahzadeh, 2008). The research was a correlation one. Data were analyzed by SPSS software in two levels of description and inference. The findings showed that there was a Positive significant correlation between the spiritual intelligence (SI) and thinking styles among faculty of the Islamic Azad University of Rudhen; that is, thinking styles increase as their SI increases. There was a positive significant correlation between the general health and faculty's SI in the Islamic Azad University of Rudhen. The findings of Pearson correlation test showed that as the faculties' Si increases, the rate of general health will increase. There is a significant correlation between thinking style and general health of the faculties in the Islamic Azad University of Rudhen. It means as the score of the people's thinking style increases, the rate of general health increases too. There is a positive significant correlation between Si and thinking style of the faculties and the rate of their general health in the Islamic Azad University of Rudhen.

**Keywords:** General health, spirituality intelligence, thinking style

### 1. INTRODUCTION

If high education is considered as the most important issues in every society, the task of teaching has got an important position in efflorescence and improvement of that society according to the same logic. Human force is the biggest resource in any organization and the effectiveness and efficiency of every organization completely depend on its staff. The health of the faculty as the most important university staff and attending its effective factors are among the issues being focused by the various countries. One of the basic needs of human is health playing a vital role in the sustainable development. Although physical health was focused at first, other aspects of health such as mental health is paid attention as the science develops and an acceptable level of physical health is achieved and many diseases are suppressed (Abdi Masuleh, Kaviani, Khaghanizadeh, Moemeni Araghi, 2007).

Traditionally, mental health means existence or nonexistence of mental damages. However, mental damage is defined as the internalized disorders like anxiety, depression and externalized problems like behavior disorders (America Psychiatric Assosiation, 2000).Rabiei and Islamimoghaddam (2009) have proposed three definitions for mental health:

- A) Mental health is a science for a better life and social welfare embracing all of the life aspects from the first moments of embryonic life including in womb life to infancy, childhood, adolescence, elderliness and death.
- B) Mental health is a science and art which help the people adapt to their environment by making right mental and emotional approaches and select more appropriate solutions for their problems.

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- C) Mental health is a situation in which an individual does not have unusual (disordered) thoughts and behaviors and is able to communicate the other in the society effectively and suitably and has an appropriate behavior according to his job, education, family and society.

World Health Organization (WHO) has proposed a definition for the general health in which it means complete physical, mental and social welfare and the dynamic and reciprocal effects of these parts. Mental health is one of the determining criteria of the general health and it means the feeling of being good and being certain about one's efficiency, self-reliance, competition capacity, cross generation belonging and efflorescence of the potential mental excitement abilities and so on (WHO, 2001).

General health is the most important aspect of life in any organization whether collectively or individually. It is a matter man has tried to achieve it from the prehistory till now. Health is an essential condition to play social roles. Human beings can properly activate if both they sense themselves healthy and the society recognizes them so (Safiri& Imanian, 2009).

From another hand, WHO points the physical, mental, social and spiritual dimensions in defining the dimensions of human being's essence and introduces the fourth dimension which is spirituality in his growth and enrichment (Vest narrated by Shahidi & Shirafkan, 2004). So, the researches show that the fourth dimension can help the improvement of the people's general health along the other dimensions.

Today, since growth, education and evaluation of thinking are among the functions of the academic organizations, the demand for the thinking people is very important in the universities and the other scientific and didactic centers due to their very important role in education the responsible and expert human force for all of the organizations and offices. In general, it is inferred that the faculty's thinking style is the essential prerequisite condition for their education and researches to be effective. It helps the faculty to have a higher effectiveness in the classrooms and research activities. Human is the most wonderful creatures in the world so an individual's thinking is especially crucial in workplace in the performance of the society. One of the critical subjects focused in the epistemology of human sciences during the last decades is thinking style by which behaviors and the attitudes of the people including the university faculty can be discussed in the different issues (Sternberg, 2000). Spirituality in an individual's personal and workplace life makes special changes to improve his life conditions. Spirituality is one of the important dimensions of life quality and the importance of spirituality and spiritual growth in human life has increasingly focused by the psychologists and experts in the last decades. The approaches about human capacity and capability rather than disorders are paid attention by the consolors during the recent years. The most important constructs of these approaches are better life and happiness (Snyder, 2000).

One kind of intelligence is spirituality one applied for solving the problems and challenges about the meaning of life and values and raising questions such as " Does my job make me perfect in my life and am I shared in the mental happiness and peace of the people?" in the mind (Wigglesworth 2004, narrated by Sohrabi, 2006). SI plays role in the meaning people give to the relationship and experience of the life and in the manner they make their life understandable. Santus believes that the people with high spirituality intelligence construct the life properties base d on the natural and spiritual rules which causes the desirable life quality and success (Santus, 2006).

Therefore, spirituality and SI, in particular, play an important role in perception of correlation in the academic group and faculty. One of the features of every faculty member on the important issues of teaching, effective teaching and behaving the other colleagues is the thinking style of

these people. Human is the most wonderful creature of the world so an individual's thinking is especially crucial in workplace in the performance of the society. One of the critical subjects focused in the epistemology of human sciences during the last decades is thinking style by which behaviors and the attitudes of the people including the university faculty can be discussed in the different issues (Sternberg, 2000).

In the university, the faculty which is the most important factor in life, growth and glory or destruction of these organizations follows this manner. The conformity of the teachers' thinking styles with the type of activity and duties upon them causes their job satisfaction and increase of their effectiveness and efficiency in the organization. The thinking styles of the university professors make them perform the best decision in the least time in managing the teaching issues or in their behaving manner with the students and the other staff. The various researches showed that some factors like culture, age, education field, work experience, the style of parents and the other effects on the people's thinking styles (Amamipure, 2003). It has been assessed until now that the thinking styles are in the scope of the psychiatric studies but it is the fact that there is a subject between the sciences of sociology and psychology. Proposing the intellectual self-governance theory, Sternberg introduces the thinking styles in 13 styles classified in 5 dimensions of function, forms, levels, ranges and trends. In brief, a person with the legislating style tends to creation, invention and design and he does the work in his own manner in the dimension of function. A person with the performance style does what has been said to him and a person with the thinking style of judgment tends to judge and assess the people and works. In the dimension of attitude, a person with the thinking style of freedom tends to work in a new way and he disagrees with the customs and a person with the thinking style of conservatism tends to do the work in the predetermined and right methods (Amamipur, 2001).

So, it can be said that using different thinking styles in the various situations happened for the university's faculty as the performers of the affairs in this cultural organization of every country besides having spirituality is essential in their higher general health and their work advancement in order that they can better manage the teaching tasks to satisfy themselves and their clients more by these three important matters ( using different thinking styles, general health and spirituality intelligence). According to the mentioned materials and the important of the stated variables in today world, it is tried in this research to analyze the correlation between SI and thinking styles of the faculty with their general health in human science college of the Islamic Azad University of Rudhen unit.

## 2. METHOD

The present research is a descriptive study with a correlative design. The study community includes all of the faculty professors of human science college of the Islamic Azad University of Rudhen unit (n=240) serving in the school year of 2013-2014. The study sample was consisted of 140 professors selected by multistage cluster random sampling. At first, a list of all human science colleges was prepared. Then, a group of random sample composed of the faculty members was selected randomly. The questionnaires not answered at all were omitted from the study. The results of 140 questionnaires were analyzed finally.

The data was collected by three questionnaires: "the standard questionnaire of thinking style" (Sternberg, 1991), the standard questionnaire of general health (Goldberg, 1972) and the realized questionnaire of "Spirituality intelligence" (Abdollahzadewh, 2008).

Thinking style questionnaire is prepared by Sternberg (1991). It has 24 items with five degree likert scale from 1 (the least score) to 5 (the most score) and its indices are as following:

Relationship between spirituality intelligence and the faculty's thinking styles with their mental health rate in the human science college of the Islamic Azad University of Rudhen unit

The components of performance, legislative and judging t thinking styles are tested by questions (17-24), questions (9-16), and questions (1-8), respectively. They are in five degree scale. The calculative validity for 30 persons is 0.86.

SI questionnaire was prepared by Abdollahzadeh, Mahdieh Kashmiri and Fatemeh Arabameri in 2008 for the ordered students. The order group consisted of 280 persons out of whom 200 persons were the students of Natural Resources University of Gorgan and 80 ones from the Payam e Noor of Behshahr. There were 184 girls and 96 boys. The 30 item introductory questionnaire was codified by the test designers and performed on 30 students. Its reliability in the introductory stage was 0.87. Item 12 was omitted in analyzing by Loop method and the final questionnaire was prepared with 29 items. In the final stage, it was performed on 280persons of the sample group. The reliability was 0.89 in this stage. Factor analysis was used to review the justifiability in addition to the visual content justifiability in which the items were confirmed by the experts. The items' correlation was more than 0.3. Two factors were obtained in varimax rotation to decrease the variables. The first factor with 12 items was called "Perception and relationship with the origin of the universe" and the second factor with 17 items was called "Spiritual life or reliance on inner universe". The first factor includes items of 1, 4, 5, 7, 8, 9, 11, 15, 16, 24, 27, 29 and the second one includes items 2, 3, 6, 10, 12, 13, 14, 17, 18, 19, 20, 21, 22, 23, 25, 26, 28. The test of significant difference between girl and boy showed that there was a significant difference between girls and boys in general SI and the first factor but no significant difference in the second factor.

**Table 1.** Statistic sub-indices of girl and boy samples

Components	sex	number	mean	Standard deviation
SI	girl	184	119/5	12/5
	boy	96	115/5	15/0
First factor	girl	184	53/0	5/0
	boy	96	50/0	8/0
Second factor	girl	184	66/0	8/5
	boy	96	66/0	8/0

Score 1 was assigned for strongly disagree, 2 for disagree, 3 for somewhat, 4 for agree and 5 for strongly agree. The range of score is from 20 to 145.

**Table 2.** Interpretation of girls and boys separately.

boys		girls	
135more than	Very high	137more than	Very high
124- 134	high	129-136	high
106- 123	average	111-128	average
86- 105	low	94-110	low
85less than	Very low	93less than	Very low

In this study, the validity of the questionnaire was 0.83 after performing on 30 members of the faculty.

### General Health Questionnaire

The main text of the general health questionnaire was designed and codified by Goldberg in 1972 for screening and non- psychotic psychiatric disorders of the care centers and the other communities.

There are 60 items in the main questionnaire. Its text is about the disease situations and general health along with emphasizing on the psychiatric, physical and social problems in the present

time. So, the diseases symptom and the healthy states of an individual are assessed. One should mark the option having the most conformity with his situation.

Every body’s answer to each question is determined in a four degree spectrum. The low degrees show the health and the high ones show lack of health and the existence of disease (Goldberg, 1972).

The general health questionnaire can be considered as a collection of questions consisted of the disease symptoms of the different mental disorders from the lowest levels. It can distinguish the mental sick persons as a general class from those assume themselves healthy. This questionnaire is not aimed to achieve a certain diagnosis in the hierarchy of the mental diseases but to distinguish between the mental disease and health (Astura, 1998).

The shorter forms prepared by Goldberg and Hiller in 1972 is used according to the conditions of different cultures. The questions were extracted based on the factor analysis method performed on the primary 60 items form. It includes four subscales as the primary one but there are seven questions in each scale.

The scales of GHQ28 includes: physical symptoms, anxiety and sleep disorder, social function disorder and depression (Goldberg &Hiler, 1979).

The first subscale (A) is about the feeling of an individual about his health condition and about their feeling of fatigue. It includes the physical symptoms and assesses the physical receptions causing excitement motivations. The items of this subscale are marked A in the questionnaire. The questionnaire of the second subscale (B) includes cases about anxiety and insomnia. Its seven items are marked B.

The third subscale tests the extent of the people’s ability against the professional demands and daily life problems. It declares their feelings about how to cope with frequent life situations. Letter C shows seven items of this subscale in the questionnaire. The fourth subscale which is marked D includes cases about serious depression and suicide ideation.

The total score of every individual is the sum of the scores of four scales. The benefit of the 24 item form of the general health questionnaire is that it is designed for all of the people in the society. It can determine the probability of the existence of a disorder in an individual as a screening tool (Stoura, 1998).

### 3. FINDINGS

Table 3 shows the descriptive characteristics and the reciprocal correlations of the variables.

**Table 3.** The reciprocal correlations between the thinking styles and spirituality intelligence and general health.

Variables	General health	Thinking styles	Spirituality intelligence
1- general health			
2- thinking styles	** 569.0	-	
3- spirituality intelligence	** 528.0	**496.0	

Table 3 shows the matrix of correlation between the criterion variable (general health) and thinking styles and spirituality intelligence. The values of correlation between general health and thinking styles, general health and SI, SI and thinking styles are 0.569, 0.528 and 0.494, respectively, which are significant in the level of 0.001. These values show that there is a

Relationship between spirituality intelligence and the faculty's thinking styles with their mental health rate in the human science college of the Islamic Azad University of Rudhen unit

positive significant relationship between general health and thinking styles. There is a positive significant relationship between general health and spirituality intelligence. There is a positive significant relationship between thinking styles and spirituality intelligence. Multivariate regression was used to predict general health rate according to SI and thinking styles in spite of correlations between variables. The results of the regression analysis are shown in tables 4-9.

**Table 4.** A summary of variance analysis related to the residual regression for the variables of general health and thinking styles.

source	Sum of the squares	Freedom degree	Square mean	$R^2$	R	F	Significance level
regression	18.563	1	18.563				
residual	40.276	138	0.315	0.315	0.562	53.994	0.000
total	58.838	139					

**Note:** The amount of correlation between the predictor variable and the criterion variables - $R$  the square of correlation between the predictor variables and criterion one- $R^2$

As the table shows, the amount of obtained  $R^2$  (31%) means that 31% of the general health variance is explained by the faculty members' thinking styles. In another word, 31% of the distribution observed in the variable of general health is justified by this variable. The amount of R (0.56) shows that the present linear regression model can be used for prediction. The ratio of the calculated F (53.994) is significant in the certainty level of 95%. The results of the significant model estimation are shown in table 4.

**Table 5:** The summary of concurrent regression analysis of the variables of general health and thinking styles

variable	$\beta$	SEB	B
constant		0.271	1.813
Thinking styles	0.562*	0.076	0.583

**Note:** (n=140),  $B$  : nonstandard coefficient,  $SEB$ : standard error of coefficient,  $\beta$ : standard coefficient,\* P- 0.05

According to table 5, the variable of thinking styles can predict the criterion variable (general health) by the concurrent multivariate regression analysis method.

**Table 6.** A summary of variance analysis related to the residual regression for the variables of Si and thinking styles.

source	Sum of the square	Freedom degree	Mean of square	$R^2$	R	F	Significance level
regression	9.991	1	9.991				
residual	30.600	138	0.222	0.246	0.496	45.058	0.000
total	40.591	139					

**Note:** The amount of correlation between the predictor variable and the criterion variables - $R$  the square of correlation between the predictor variables and criterion one- $R^2$

As the table 6 shows, the amount of obtained  $R^2$  (0.24) means that 24% of the SI variance is explained by the faculty members' thinking styles. In another word, 24% of the distribution observed in the variable of thinking style is justified by this variable. The amount of R (0.496) shows that the present linear regression model can be used for prediction. The ratio of the calculated F (45.058) is significant in the certainty level of 95%. The results of the significant model estimation are shown in table 6.

**Table 7.** The summary of concurrent regression analysis of the variables of SI and thinking styles

variable	$\beta$	SEB	B
constant		0.154	0.158
Thinking styles	0.496	0.072	0.486

**Note:** (n=140), B : nonstandard coefficient, SEB: standard error of coefficient,  $\beta$ : standard coefficient,\* P- 0.05

According to table7, the variable of thinking styles can predict the criterion variable (spirituality intelligence) by the concurrent multivariate regression analysis method.

**Table 8.** A summary of variance analysis related to the residual regression for the variables of SI and general health.

source	Sum of square	Freedom degree	Mean of square	R <sup>2</sup>	R	F	Significance level
regression	16.765	1	16.765	0.279	0.528	53.057	
residual	43.289	138	0.316				0.000
total	60.054	139					

**Note:** The amount of correlation between the predictor variable and the criterion variables -R the square of correlation between the predictor variables and criterion one-R<sup>2</sup>

As the table shows, the amount of obtained R<sup>2</sup> (0.37) means that 37% of the SI variance is explained by the faculty members' general health. In another word, 37% of the distribution observed in the variable of thinking style is justified by this variable. The amount of R (0.528) shows that the present linear regression model can be used for prediction. The ratio of the calculated F (53.057) is significant in the certainty level of 95%. The results of the significant model estimation are shown in table 8.

**Table 9.** The summary of concurrent regression analysis of the variables of SI and general health

variable	$\beta$	SEB	B
constant		0.184	0.472
Thinking styles	0.528	0.087	0.631

**Note:** (n=140), B : nonstandard coefficient, SEB: standard error of coefficient,  $\beta$ : standard coefficient,\* P- 0.05

According to table9, the variable of spirituality intelligence can predict the criterion variable (general health) by the concurrent multivariate regression analysis method.

#### 4. DISCUSSION

The results of this research showed that the thinking styles are the positive predictor of the general health ratio. This finding is in agreement with the following results:

Khandaghi and Pakmehr (2011) obtained the following results in a research on the relationship between the mental health and the critical thinking of the students in The Medical Science University of Mashhad:

It can be concluded that the improvement of critical thinking process leads to enhancement of the level of the students' mental health according to the significant relationship between mental

Relationship between spirituality intelligence and the faculty's thinking styles with their mental health rate in the human science college of the Islamic Azad University of Rudhen unit

health and critical thinking. Critical thinking skills are doubly essential in the students of the fields related to medicine and health.

It is in agreement with the researches of Aghaei (2011) on The relationship between critical thinking skills and general health of the students. Performing the questionnaires on 383 persons selected from a 8750 person community by the stratified random sampling, he found that there was a positive significant relationship between critical thinking skills and general health of the students. The coefficient of the regression model shows that there is a negative relationship between the critical analysis skill and analogous reasoning skill and mental disorders.

The results obtained from prediction of general health according to the faculty members' thinking style showed that spirituality intelligence can predict the ratio of faculty members' general health. The following finding explains this result:

This finding is in agreement with the following research:

In a research on considering the relationship between the teachers' thinking styles and the students' spirituality intelligence in the high school of the city of Tehran, with a 384 student and 367 teacher samples, Shafiei (2011) found that:

There was a significant relationship between the teachers' thinking styles and the students' spirituality intelligence in the high school of the city of Tehran and 45.5% of the changes of the students' spirituality intelligence are explained by the variable of thinking styles.

These findings partly agree with the results of Amamipur (2002). In a research on "Revolutionary consideration of the pupils and students' thinking styles and their relationship with creativity and development", he found that there was a difference among the thinking styles of the different age group so that as the age increased, the rate of monarchy, anarchy, oligarchy and conservatism thinking styles and of partial thinking styles in part was decreased and the legislative and hierarchal thinking styles were increased. There is difference between the pupils and students' thinking styles in different educational levels so that as the education level increases, the monarchy, anarchy, oligarchy and conservatism and partial thinking styles are decreased significantly.

It is in agreement with Ehsani (2012) on considering the relationship between the spirituality intelligence and thinking styles of the faculty members with their efficiency in The Islamic Azad University of Rudhen unit. He found the following results in this research performed on a 130 person sample of the faculty members:

There is a significant relationship between the ratio of spirituality intelligence and the thinking style of the faculty members of The Islamic Azad University of Rudhen Unit. It means that as the individuals' spirituality intelligence increases the thinking styles increases too. There is a significant relationship between the ratio of spirituality intelligence and the efficiency of the faculty members of The Islamic Azad University of Rudhen Unit. It means as the score of thinking style increases, the efficiency will increase too. There is a significant positive relationship between the ratio of spirituality intelligence and the thinking style of the faculty members and their efficiency in The Islamic Azad University of Rudhen Unit.

In predicting the general health according to spirituality intelligence, the findings showed that spirituality intelligence could predict the ratio of faculty members' general health. The following findings confirm these results:

Recent studies show that achieving an intuitive stage, finding the optimal goal for life, knowing the different levels of consciousness and ... are factors help in finding the meaning of life.



However, the meaning of life is a concept with a determining role in improvement of the mental health. Therefore, this theory justifies the probability of relationship between these variables in theory.

Almar, Mc Donald & Friedman's findings (1987) confirm the relationship of spirituality intelligence and general health. They found that spirituality was in relationship with less disease and longer age. Susa and Kart Right's study (2004) showed that spirituality intelligence could effect on increasing self- esteem, life satisfaction and making the sense of purposefulness. However, more clearly, Tiller's study (2001) is in agreement with findings of this research. He found that there was a positive relationship between SI and mental health. There are other findings confirming this positive relationship. In addition, Ostovard & Joe (1998) showed in a study on 121 students that there is a significant relationship between religious morale and mental health and compatibility and those perceiving them religious more than the other are more compatible and have the highest educational performance.

Tracy performed a research in 2006 about the relationship of SI with the family and professional roles and life-satisfaction in the age range of 20-40 years old. His findings show that SI is in relationship with life and marriage satisfaction but there is a low significant between SI and job satisfaction and physical health.

Sohrabi Taleghani (2008) performed a research on the relationship between SI and religion orientation and being strict on girl and boy students of Azad University in the unit of research science in a 132 person sample. The results showed that there was no significant relationship between SI and being strict on the students. Internal religion orientation is more internalized in students with higher SI. There was a negative significant relationship between religion orientation and strictness of the students so that the students with more internalized religion orientation have higher strictness. Similarly, Yaghubi, Zughfi Paidar, Abdollahzadeh and Mohagheghi (2007) showed in a research on the students (n=300) that there was no significant difference between SI and mental health level of girl and boy students.

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