



Research Article

<http://s-o-i.org/1.15/ijcrms-2015-1-6-3>

Studying the relationship between life quality and Emotional Intelligence with student's General Health among of Jondishapour Medical Science University of Ahvaz, Iran

Hakim Sahaghi¹, Ali Mohammadi², Marzieh Rabiei³

¹M.A. in Educational Psychology, Shahid Chamran University of Ahvaz, Iran

²M.A. in Family Counseling, Shahid Chamran University of Ahvaz, Iran

³B.A. student in Environmental Health, Bushehr University of Medical Sciences, Iran

*Corresponding author: mohammadi9631@gmail.com

Abstract

The current research was done with the aim of relationship between life quality and Emotional Intelligence with General Health. The statistical population of the current research is all of the students of Jondishapour Medical University of Ahvaz in academic year of 2015-16. A sample with size of 200 was selected using multistage cluster sampling method. In order to collect data, Quality of Life Questionnaire, Emotional intelligence questionnaire, General Health Questionnaire (GHQ) have been applied. Research data were analyzed by Pearson's correlation and Regression analysis. The results of the simple correlation showed that the life quality as well as Emotional Intelligence had a positive and significant relationship with General Health. The results of regression analysis also showed that such variables as life quality and Emotional Intelligence played a major role in predicting General Health.

Keywords: life quality, Emotional Intelligence, General Health.

Introduction

General health is one of the main elements of health that is considered a requirement of an active, useful and effective life of every man, especially the youngs and students in every society. Because of on the one hand, students as an important part of the youngs population in any society and on the other hand, the students life due to this specific duties in this period and living in an environment with new requirements associated with some high risk behaviors (Niemz, Griffiths and Banyard, 2005). Mental health helps individual to make decision when they are in crisis situations, when they have to deal with life difficulties and stressful issues (Shokrkon and

Neissi, 2007). General health has been associated with many variables that from most important can be noted Life quality, Emotional Intelligence.

Today, there are another important factors along with long lifespan like the way of living or life quality. According to the definition of the World Health Organization Quality Group, quality of life refers to one's perception of his/her own place in life in terms of the cultural context of the society and the goals, and his/her criterion and worries and derives from the variables such as physical health, mental status, independency, and social relationships (Stenner, Cooper, & Skevington, 2003). The quality of life is a perception that

people have about their place in life in terms of culture and valuing systems and is related to their goals, wishes, and standards (Barbotte, Guillemin, & Chau, 2001). The quality of life is a broad concept that encompasses all of the aspects of the life such as health and is something more than physical health and includes feeling of being healthy, the level of satisfaction, and existence of general sense of self-worthiness. It is an abstract and complex concept including varying contexts that all of them are contributing in personal satisfaction and self-esteem (Bowling, 1991). The quality of life is sometimes equally defined as the individuals' life satisfaction and includes a wide range of individuals' satisfaction from all of life issues (Felce & Perr, 1995). The quality of life is related to individuals' mental health and deals with expression of moods and the individuals' changes and capacities and the extent of their satisfaction from life performances (Endicott, Nee, Harisson, & Blumenthal, 1993).

Generally, emotions play a significant role in individual's lives because they are feelings which enliven life, allowing us to experience the joys and grief of our lives (Aghayar & Sharifi, 2008). Human beings has two minds, a thinking mind and a feeling one. These two minds, put together, form an individual's mental life. When the emotions are aroused, the balance between these two minds is disturbed, causing the emotional intelligence (mind) to overcome the thinking mind. Therefore, the focus has shifted towards the role of emotional intelligence in everyday life (Extremera & Fernandez, 2006). It is up to the leadership to direct the organizations to a positive direction since leadership can influence the emotions most of all. Emotional intelligence is a kind of readiness, skill and capability which deeply affects an individual's abilities so that he /she may be motivated, control his/her emotions and manage his/her relationship with others (Goleman, 1998). On the other hand, people with emotional intelligence are able to control their feelings as well as others', distinguish between the positive and negative consequences, utilize their affective data in order to lead their own thoughts and activities and provide themselves with more opportunities to think and be more creative and to aim their emotions and feelings at solving their own problems (Sobhaninejad & Yoozbashi, 2008).

Many theorists have tried to explain the concept of emotional intelligence. Goleman, Boyatzis and Mckee (2006) hold that the employees of organizations, in their attempt to raise productiveness and performance, should have, in addition to technical and professional abilities, other characteristics which put together, are called emotional intelligence, since it is these features that prompt an individual, when faced with other individuals and other situations to be conscious, serene, respectful, considerate, supportive, attentive, responsive, elucidatory and receptive. He is believed that in order to overcome the incoming challenges, one should enhance the components of emotional intelligence including self awareness, self management, social awareness and relation control. Self awareness means an awareness of emotions and accepting them, introspection, impartial attitude toward one's own internal states and knowing them, an awareness of one's weaknesses and strengths and includes emotional self awareness, self-evaluation and self confidence. Self-management means self-control, management of emotions, the ability to retrieve oneself emotionally following an emotional shock, a sense of duty in one's job, flexibility with regard to changes, and an acceptance of new ideas and opinions, and includes self control, transparency, flexibility, progress innovation, and optimism. Relation control means that an individual accordingly adjusts his or her relations with others and it includes providing inspiration, penetration, development and growth of others as well as creating change, management of conflict, and team work. Social awareness also signifies how individuals can organize their relationships and includes devotion service centeredness and organizational awareness. Consequently, in organization, emotional intelligence is closely related to such occupational variables as performance, success, motivation, quality of work life, etc.

In current research, we examine the following hypotheses:

- 1- There is a significant relationship between life quality and General Health.
- 2- There is a significant relationship between emotional intelligence and General Health.

3- There is a significant multiple relationship between life quality and emotional intelligence with General Health.

relationships, and environmental health, respectively.

Materials and Methods

Regarding to the nature of the issue and the aim of the study, descriptive-correlation methods were used. The statistical population of the research includes all of the students of Jondishapoor Medical University of Ahvaz in academic year of 2015-16. In the current research, 200 students were selected as the sample using simple random sampling method. The research ethics were completely followed as to the participants were assured about secretary of the information and they completed the questionnaires willingly in a silent environment and anonymously.

Measuring tools

Following tools were used to measure the studied variables:

1. Quality of Life Questionnaire: The World Health Organization Quality of Life Questionnaire (WHOQOL-BREF) is developed in more than 15 countries simultaneously and is translated into different languages. This is still developing. The scale assesses four realm of physical health, psychological health, social relationships, and environmental health by 26 items and is ranged on a Likert between 0 and 5. Total score is from 26 to 130 and higher scores indicate higher quality of life (Nejat et al., 2006). Jahanloo, Ghafranipoor, Sobhani, Kimiagar, and Vafaiy (2008) used the scale to examine curvilinear hypothesis of the relationship of quality of life and glucose control among the diabetic patients and reported of 0.87. In the research, the reliability of the scale obtained 0.81 for entire scale and 0.72, 0.74, 0.56, and 0.89 for physical health, mental health, social

2. Emotional intelligence questionnaire: this tool formed by Shering (1997) to assess emotional intelligence and the subscales relevant to it. It includes 33 questions, ranging from "always" to "never" base on the 5 levels of Likert. Though this questionnaire was wide frequently used in many researches (Haddadi, roshan & Asgharzadeh, 2007; Rezaeian, Akbari & moodi, 2006), the researcher had to use content validity method in order to determine the validity of this questionnaire. The reliability of the questionnaire was calculated as 0.76 which was acceptable.

3. General Health Questionnaire (GHQ): The general health questionnaire (GHQ) is designed by Goldberg and Hillier (1979). The GHQ is consisting of 28-items that grading was based on four-point Likert scale (0=never, 1=rarely, 2=usual, 3=always). Goldberg and Hillier (1993) reported reliability with Cronbach’s alpha 0.84 . Ashoori, Vakili, Ben Saeed and Noei (2009) in Iran reported its reliability 0.82 [30]. The reliability of the questionnaire was calculated as 0.79 which was acceptable.

Data analysis

The descriptive and inferential statistical methods were used to analyze the resulted data. Mean, standard deviation, the least and the most scores were used in the level of descriptive statistics, and correlation coefficient and simultaneously entry regression analysis were used in the level of inferential statistic.

Results

Correlation coefficients between life quality and emotional intelligence with General Health are presented table 1.

Table 1. Relationship between life quality and emotional intelligence with General Health

Research variables	1	2	3
Life quality	1		
Emotional intelligence	0.57**	1	
General Health	0.65**	0.55**	1

p ** 0.001

Table 1 shows the relationship of life quality and emotional intelligence with General Health in students. As it is shown in table 1, there is a positive, significant correlation between life quality and General Health ($p = 0.001$, $R = 0.65$). Also, there is a positive, significant correlation between emotional intelligence and General Health ($p = 0.001$, $R = 0.55$).

Regression method was used to examine the linear combination of life quality and emotional intelligence with General Health. In doing so, two

predicting variables (life quality and emotional intelligence) entered into stepwise multiple regression equation one by one and values of R^2 , R and F are calculated. Table 2 shows the linear combination of life quality and emotional intelligence with General Health. In stepwise multivariate regression analysis life quality initially entered explaining 16.5 of variance of General Health emotional intelligence is then entered which explained 0.19.9 of variance of General Health

Table 2. Predicting stepwise multivariate regression of General Health

Variables	R	B	Beta	T P	F P
Life quality	0.422	0.399	0.268	T=6.220 P=0.000	F=23.520 P=0.000
Emotional intelligence	0.366	0.365	0.367	T=4.378 P=0.000	F=32.640 P=0.000

Conclusion and Discussion

The main aim of this research was to examine the relationship between life quality and emotional intelligence with General Health. In general, the results of correlation analysis shows that there is a positive and significant relationship between life quality and General Health, and also between emotional intelligence and General Health. In explaining this result, on the one hand, as was discussed earlier, according to definitions of quality of life and general health, it can be argued that the quality of life had a broader concept than public health and includes all aspects of life and health is the center of the quality of life. On the other hand, the results showed that between the quality of life and emotional intelligence with General Health there is a significant relationship. In simple terms, there is overlap between these variables. As was pointed out, emotions play an important role in one's life. emotional intelligence is Capability that deeply affects an individual's abilities and thus prompts him/her to be self motivated and control and adjust his/her relations with others (Goleman, 1998) .As the results demonstrated, there was a significant, positive

relationship between emotional intelligence, its components, namely self- awareness, self-management and relation control, and social awareness. Some studies suggest that emotional intelligence improves occupational Performance .Thus it can be stated that by controlling their occupational setting, the principals can improve their quality of work life, leading to more efficiency and effectiveness of the organization, Another study made it clear that emotional intelligence can reduce interpersonal problems and improve social relations through strengthening mental health, one's sympathy with others, social consistency, emotional betterment and satisfaction of life (Besharat, 2005). Also, emotionally intelligent people are capable of controlling their own and others' emotions can, distinguish between its negative and positive results, use other's emotional data to their own benefit to guide their thoughts and activities, are more creative, thoughtful and use emotions to solve their own problems (Sobhaninejad & Yoozbashi, 2008). One study showed that emotional intelligence correlates with the principals' tendency towards organization change (Mirkamali, Sobhaninejad & Yoozbashi, 2007).

References

- [1]. Aghayar, S. and Sharifi D.P. (2008) Organizational emotional intelligence. Tehran: Sepahan Publications.
- [2]. Ashoori, A.; Vakili, Y.; Ben Saeed, S.; Noei Z. (2009). Metacognitive beliefs and general health among college students. Iranian Journal Fundamentals of Mental Health, 11(1), 15-20.
- [3]. Barbotte, E, Guillemin, F, Chau, N. (2001). Prevalence of impairments, disabilities, handicaps and quality of life in general population: Review of recent Literature. World Health Organ. 79 (11): 1042-1056.
- [4]. Besharat, M.A. ((2005) influence of emotional intelligence on quality of social relations. Psychology Journal, 1(31): 25-36.
- [5]. Endicott, J, Nee, j, Harisson, W, Blumenthal, R. (1993). Quality of life enjoyment and satisfaction questionnaire: A new ensure. Psychopharmacol Bull, 29 (2): 321-326.
- [6]. Extremera, D. and Fernandez-Berrocal, P. (2006) Emotional intelligence as predictor of mental social and physical health in university students. Span Journal of psychology, 9(1): 45-51.
- [7]. Felce, D, Perr, J. (1995). Quality of life: its definition and measurement. Res Dev Disable, 16(1), 51-74.
- [8]. Goldberg, D. P.; Hillier, V. (1979). A scaled version of general health questionnaire. American Psychological Medicine, 9(1), pp.131-145.
- [9]. Goleman, D. (1998) Working with emotional intelligence. New York: Bantam.
- [10]. Goleman, D., Boyatzis, R. and Mckee, A. (2006) Fundamental of organizational leadership: Emotional intelligence in management and organizational leadership. Translate by Bahman Ebrahimi, Tehran: industrial management organization Publications.
- [11]. Haddadi, A. roshan, R. and Asgharzadeh, F. (2007) Study of relationship between emotional intelligence with mental health and achievement of shahed students of University of Tehran. Iranian Psychologists Journal, 37(1): 73-97.
- [12]. Jahanloo, A., Ghafranipoor, F., Sobhani, A., Kimiagar, M., & Vafaiy, M. (2008). The relationship of science and knowledge, self-efficacy, and life quality with glucose control and blood fat among diabetic patients in terms of use of smokes. Journal of Medical Sciences of Hormozgan, 4(4); 49-60. (Persian, 1387)
- [13]. Mirkamali, M., Sobhaninejad, M. and Yoozbashi, A. (2007) Study of relationship between emotional intelligence with organizational change of managers of education organization of Isfahan Province. Journal of behavioral sciences, 37(4): 159-187.
- [14]. Nejat, S., Montazeri, A., Holakui Naeini, K., Mohamad, K., & MajdZadeh, R. (2006). Standardization of the world health organization quality of life questionnaire: translation of the Iranian version (WHOQOL-BREF). Journal of Health and health Research Institute, 4(4); 1-12. (Persian, 1385).
- [15]. Niemz, K.; Griffiths, M.; Banyard, P. (2005). Prevalence of pathological Internet use among university students and correlations with self-esteem, the General Health Questionnaire (GHQ), and disinhibiting. American Journal Cyber psychological Behavior, 8(4), 562-570.
- [16]. Shokrkon, H.; Neissi, A. (2007). The relationship between job satisfaction and mental health in the personnel of an oil refinery in Iran. International Journal of Psychology, 1(1), 1-16.
- [17]. Sobhaninejad, M. and Yoozbashi, A. (2008) Emotional intelligence and management in organization. Tehran: Yastaroon Publications
- [18]. Stenner, PH, Cooper, D, Skevington, SM. (2003). Putting them into quality of life. The identification of subjective constructions of health-related quality of life using methodology. Soc Soc Med. 57 (11), 2161-2172.

Access this Article in Online	
	Website: www.icrim.com
	Subject: Health Sciences
Quick Response Code	

How to cite this article: Hakim Sahaghi, Ali Mohammadi, Marzieh Rabiei (2015). Studying The relationship between life quality and Emotional Intelligence with student's General Health among of Jondishapour Medical Science University of Ahvaz, Iran. Int. J. Curr. Res. Med. Sci. 1(6):25–29.