

The Relationship of Emotional Intelligence and Commitment to Prayers with Sexual Desire in Single Students of Miyaneh City Universities

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Abstract

Background and Objective: Mismanagement of emotional impulses and reduced commitment to the religious duty of prayers as well as the increased relationship between male and female students are considered as the important issues in academic environments in recent years. The present study was an attempt to investigate the relationship of emotional intelligence and commitment to prayers with sexual desire in single students of Miyaneh Universities.

Methods: The statistical population included all single B.A. students in Payame Noor University and Islamic Azad University in Miyaneh, out of which a sample of 140 university students was selected using accessible sampling method. Data were collected using Petrides and Farnhaym's Emotional Intelligence Questionnaire, Panahi's Prayer Adherence Questionnaire, and Multidimensional Sexuality Questionnaire (MSQ). The data were analyzed by using Pearson correlation and multivariate regression. In this study, all the ethical considerations have been observed and no conflict of interest was reported by the authors.

Results: Based on the results among the components emotional intelligence, only emotion control had a negative and significant correlation with sexual desire ($r=-0.236$, $P<0.01$). In addition, commitment to prayers had a significantly negative correlation with sexual desire ($r=-0.165$, $P<0.05$). Furthermore, total emotional intelligence, emotion perception, emotion control and social skills had a positive and significant correlation with commitment to prayers ($P<0.05$). Optimism was not found to have a significant correlation with commitment to prayers. The capacity for predicting sexual desire by the variable of emotion control was 23 percent.

Conclusion: It seems that implementing interventions to improve emotion control and commitment to prayers is effective in reducing single students' sexual desire.

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Summary

Background and Objective

Sexual desire is one of the signs of human growth and maturation that appears in the beginning years of human life (1). The emergence of new patterns of sexual interaction such as the relationship between boys and girls shows that the reflection process has been precipitated in the sexual behavior of the youth. Values and attitudes in Iran are changing toward

considering the pre-marriage relationships between boys and girls as not bad. In this case, boys favor these relationships more than girls. Therefore, the friendly relationships between boys and girls, without considering the religious aspects or dimensions, is turning into a phenomenon that is being generalized and normalized in the social interactions, if we observe the society more closely and carefully (2). Mental factors seem to have a role in this respect. Understanding and controlling the emotions, social

skills and optimism, which were proposed by Petrides in the framework of emotional intelligence, can have a role in sexual desire.

In a study by Beirami and Esmaili, the girls who have a friendly relationship with the opposite sex were significantly different from those who did not have such relationships in emotional intelligence. On the other hand, in its most recent definition of health, the World Health Organization added spiritual health as one of the dimension of health. Many studies have been conducted on the relationship of spiritual health with mental, physical and social health following this definition. Inclination toward religion and following religious advices is considered as one of the components of spiritual health. Prayers is a lifestyle and widespread practice that includes ethics, values and standards of behavior. In this respect, a pious person works toward mental purification by emotional release and freeing the mind of all impurities and negative thoughts (3) because the changes caused by the prayers in the neurotransmitters responsible for sexual desire help the pious person to curb moral corruption. Based on the findings, the more girls enjoy a modern life with lower levels of values, beliefs and religious commitment, the more favorable they will be toward having a relationship with the opposite sex (4). Accordingly, the present study tries to address the following hypotheses:

1. Emotional intelligence and its components and commitment to prayers have a significant relationship with sexual desire.
2. Emotional intelligence and its components and commitment to prayers predict sexual desire in single university students.

Methods

Compliance with ethical guidelines: In order to collect the research data, in collaboration with the University Counseling Unit, a notice was put on the university bulletin boards to attract the attention of the participants. The students who came to cooperate and met the inclusion criteria (being single and not having a marriage record) were briefed on study goals by observing the ethical considerations, and their consent was obtained. The questionnaires were then handed over to them to complete in the consultation room.

The present study uses a descriptive-correlational design. The statistical population included all single B.A. students in Payame Noor University and Islamic Azad University in Miyaneh (no=4335) in 2016, out of which a sample of 140 university students was selected using accessible sampling method. Data were collected using Petrides and Farnhaym's Emotional Intelligence Questionnaire, Panahi's Prayer Adherence Questionnaire, and Multidimensional Sexuality Questionnaire (MSQ). Out of the completed questionnaires, 21 were eliminated from analysis due to missing data and 119 questionnaire were finally submitted to statistical analysis. The collected data were analyzed using Pearson correlation and multivariate regression.

Results

The mean for participants' age was 23.88 with a standard deviation of 3.22. Their age ranged from 19-34. Sixty two students (52.1%) of the participants were male and 57 (47.9%) were female. The findings showed that the total mean score for emotional intelligence was very low. Commitment to prayers had a relatively high mean score relative to the maximum score related to this variable (i.e., 100). Sexual desire had a low mean score.

Based on the results, among the components of emotional intelligence, only emotion control had a negative and significant correlation with sexual desire ($r=-0.236$, $P<0.01$) in a way that sexual desire decreased with an increase in emotion control. Furthermore, total emotional intelligence, emotion perception, emotion control and social skills had a positive and significant correlation with commitment to prayers ($P<0.05$). Optimism, however, was not found to have a significant correlation with commitment to prayers and commitment to prayers had a significantly negative correlation with sexual desire ($r=-0.165$, $P<0.05$). In other words, an increase in commitment prayers led to reduced sexual desire. Among the components of emotional intelligence, the variable of emotion control had a significant predictive power for sexual desire ($\beta=-0.29$, $P<0.05$).

Conclusion

Behaviors like reliance on God, patience, prayer and saying prayers can bring inner peace by creating hope and positive attitudes in an individual. The belief in the fact that there is a God that controls the situations can, to a large extent, help to reduce situational anxiety in a way that most pious people describe their relationship with God as a friendly and intimate relationship and believe that one can control uncontrollable situations in one way or another by reliance on God. Sexual desire is one of these situations. According to Balbi, individuals exposed to danger, discomfort or privation, who are in a insecure position, are dependent people who incline toward a secure and strong source for receiving support. This kind of relationship is more prevalent in religious rites and practices. Therefore, reduced reliance on religious practices and obligations including prayers causes alternative forms of dependency. One of them is the relationship with the opposite sex and the consequent sexual stimulation (5).

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Ethical considerations

The Ethics committee of Islamic Azad University of Zanzan has confirmed this research.

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Conflict of interest

The authors declared no conflict of interest.

Authors' contributions

Research Background and Theoretical Basis: First Author; Statistical Analysis, Discussion and Conclusion: Second Author.

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دراسة العلاقة بين الذكاء العاطفي والالتزام بالصلاة وبين الرغبة الجنسية عند الطلاب العزاب في جامعات مدينة ميانه

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الملخص

خلفية البحث وأهدافه: تعتبر سوء ادارة الدوافع العاطفية والتهاون في أداء فريضة الصلاة وكثرة الاختلاط بين الطلاب والطالبات الجامعيين في السنوات الاخيرة من القضايا المهمة في الجامعات. ولهذا قام البحث الحالي بدراسة العلاقة بين الذكاء العاطفي والالتزام بالصلاة وبين الرغبة الجنسية عند الطلاب العزاب في جامعات مدينة ميانه.

منهجية البحث: لقد اجريت هذه الدراسة بطريقة وصفية مترابطة واشتمل المجتمع الاحصائي كافة الطلاب العزاب في مرحلة البكالوريوس في جامعة بيام نور وجامعة آزاد مدينة ميانه حيث تم اختيار نموذج احصائي يشمل ١٤٠ طالبا بطريقة اخذ العينة المتاحة. تم جمع البيانات باستخدام استبيان الذكاء العاطفي لتبرايدز وفيرمان واستبيان الالتزام بالصلاة ل بناهي واسبينان جنسي متعدد الأبعاد (MSQ) ومن ثم تم تحليل البيانات وتجزئتها باستخدام ارتباط بيرسون ونحدر متعدد المتغيرات المتزامن. تمت مراعاة جميع الموارد الاخلاقية في هذا البحث وازافة الى هذا فإن مؤلفي البحث لم يشيروا الى اي تضارب في المصالح.

الكشوفات: اظهرت الكشوفات أن بين مكونات الذكاء العاطفي علاقة سلبية ذات دلالة احصائية بين السيطرة العاطفية وبين الرغبة الجنسية ($P < 0.01$ و $r = -0.236$). وازافة الى هذا هناك علاقة سلبية ذات دلالة احصائية بين الالتزام بالصلاة وبين الرغبة الجنسية ($P < 0.05$ و $r = -0.165$)؛ في حين أن هناك علاقة ايجابية ذات دلالة احصائية بين الذكاء العاطفي العام وتصور العاطفة والسيطرة العاطفية والمهارات الاجتماعية وبين الالتزام بالصلاة ($P < 0.05$)؛ وفي الوقت نفسه، لم تكن هناك علاقة دالة احصائية بين التفاؤل وبين الالتزام بالصلاة. كما ان السيطرة العاطفية كانت قادرة على التنبؤ ٢٣٪ من الرغبة الجنسية.

الاستنتاج: يبدو أن تطبيق التداخلات من أجل تعزيز السيطرة العاطفية والالتزام بالصلاة يمكن أن يكون فعالاً في الحد من الرغبة الجنسية للطلاب العازبين.

الكلمات الرئيسية:

الالتزام بالصلاة
 الذكاء العاطفي
 الرغبة الجنسية
 الطلاب العزاب

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ارتباط هوش هیجانی و تقید به نماز با تمایل جنسی در دانشجویان مجرد دانشگاه‌های شهر میانه

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چکیده

سابقه و هدف: در سال‌های اخیر، مدیریت نادرست تکانه‌های هیجانی، سیر نزولی انجام فریضه‌ی دینی نماز و افزایش معاشرت بین دختران و پسران دانشجو از مسائل مهم در دانشگاه‌ها است. این پژوهش با هدف بررسی رابطه‌ی هوش هیجانی و تقید به نماز با تمایل جنسی در دانشجویان مجرد دانشگاه‌های شهر میانه انجام شد.

روش کار: طرح این پژوهش توصیفی و روش آن همبستگی است. جامعه‌ی پژوهش کلیه‌ی دانشجویان مجرد مقطع کارشناسی دانشگاه پیام نور و آزاد شهر میانه بود که از میان آنان نمونه‌ی به حجم ۱۴۰ نفر به صورت نمونه‌گیری دردسترس انتخاب شد. داده‌ها با کمک پرسش‌نامه‌های هوش هیجانی پترایدرز فارنهایم، تقید به نماز پناهی و پرسش‌نامه‌ی چندوجهی مسائل جنسی (MSQ) جمع‌آوری؛ و با استفاده از همبستگی پیرسون و رگرسیون چندمتغیره‌ی هم‌زمان تجزیه و تحلیل شد. در این پژوهش هم‌ی موارد اخلاقی رعایت شده است و مؤلفان مقاله هیچ‌گونه تضاد منافی گزارش نکرده‌اند.

یافته‌ها: یافته‌ها نشان داد از میان مؤلفه‌های هوش هیجانی فقط کنترل هیجان رابطه‌ی منفی معناداری با تمایل جنسی داشت ($P < 0/01$ و $r = -0/236$). علاوه‌براین، تقید به نماز نیز با تمایل جنسی رابطه‌ی منفی معناداری داشت ($P < 0/05$ و $r = -0/165$)؛ در حالی که هوش هیجانی کلی، درک هیجان، کنترل هیجان و مهارت‌های اجتماعی با تقید به نماز رابطه‌ی مثبت معنادار داشت ($P < 0/05$)؛ در عین حال خوش‌بینی رابطه‌ی معناداری با تقید به نماز نداشت. متغیر کنترل هیجان نیز توانایی پیش‌بینی ۲۳ درصد از تمایل جنسی را داشت.

نتیجه‌گیری: به نظر می‌رسد اجرای مداخلات در جهت ارتقای کنترل هیجان و تقید به نماز می‌تواند در کاهش تمایلات جنسی دانشجویان مجرد مؤثر باشد.

واژگان کلیدی:

تقید به نماز

تمایل جنسی

دانشجویان مجرد

هوش هیجانی

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