

The Mediating Role of Spiritual Intelligence in the Relationship between Moral Disengagement and Addiction to Virtual Networks in High School Students of Ardabil

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Abstract

Background and Objective: Virtual networks are the most popular means of communication and information exchange, the widespread use of which has led to addiction. The aim of this study was to investigate the mediating role of spiritual intelligence in the relationship between moral disengagement and addiction to virtual networks.

Methods: The research method used in the present study is descriptive and correlational. The statistical population of the present study consisted of all male students in the second year of high school in Ardabil public schools in the academic year of 2019-2020. From this community, a sample of 360 people was randomly selected by multi-stage cluster sampling and answered the questionnaires of addiction to virtual networks, moral awareness, and spiritual intelligence. Data were analyzed using descriptive statistics, Pearson correlation coefficient and structural relationships. In this study, all the ethical considerations were observed and the authors of the article did not report any conflict of interest.

Results: The results of correlation coefficient showed that addiction to networks has a positive relationship with the score related to moral disengagement and its components and a negative relationship with the total score of spiritual intelligence. Spiritual intelligence also has a negative relationship with the overall score related to moral disengagement and its components (moral justification, useful comparison, resourceful language, shifting responsibility, spreading responsibility and inhumanity). Model fitness indicators also have confirmed the lack of effect of moral disengagement on becoming addicted to virtual networks through the mediation of spiritual intelligence.

Conclusion: Considering the role of moral disengagement and spiritual intelligence in addiction to virtual networks, holding educational workshops in schools to inform students about the effects of addiction to virtual networks and teaching aggression management skills and improving the level of spiritual intelligence is recommended.

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Summary

Background and Objective

As the need to communicate is the main reason for using virtual networks and people can

communicate with many people in a short time, in many cases it has led to the extreme use of these networks, especially by adolescents and young people causing people to be interested in real-world communication, which can threaten their mental well-being (1). Virtual networks are one of

the types of social media that have been so influential in the lives of Internet users in recent years that the forms of social communication have also been influenced by these new media and they will play even a much more important role in the future (2). The Internet has created a way to exchange information and interact with other people, and entertainment on social media (3). People's interactions on the Internet and social media have spread (4). However, the number of connected populations and access to information through mobile phones and virtual networks has been associated with a dangerous rhythm and their general addiction to these networks (5). Moral disengagement is a self-regulatory process that can help individuals reduce stress (which does not conform to their moral standards and ethical norms) when engaging in behaviors such as bullying others (6). Spiritual intelligence is one of the new approaches in the field of human mental health. Spirituality is one of the inner needs of human beings some experts believe ensures the highest levels of cognitive, moral, emotional and personal development (7). Thus, with the advent and widespread use of the Internet and smartphones, virtual networks have become a large part of human interaction. The use of virtual networks or the Internet affects the physical, mental and spiritual health of individuals. Therefore, it is necessary to examine the factors involved in addiction to the virtual network, especially among the students who are the most likely users of virtual network sites. Based on this theoretical explanation, the present study aimed to investigate the mediating role of spiritual intelligence in the relationship between moral disengagement and addiction to virtual networks.

Methods

Compliance with ethical guidelines: In this research, all the related ethical principles, including professional, scientific and educational responsibility, respect for the rights and dignity of individuals, adherence to possible and reasoned standards in research, proper use of knowledge and skills, distortion of information, conflict of interest, professional secrecy, confidentiality of questionnaires, obtaining informed consent of the participants and the right to leave the study were observed.

The method used in this study is descriptive and correlational. The statistical population of the present study consisted of all male students in the second year of high school in Ardabil public schools in the academic year of 2009-2010. From this community, a sample of 360 people was

randomly selected by multi-stage cluster sampling method, who answered the questionnaires related to addiction to virtual networks, moral awareness, and spiritual intelligence. The collected data were analyzed using descriptive statistics, Pearson correlation coefficient and structural relationship model.

For collecting the required data, after obtaining a permission from the university, the researchers referred to the Education Department of Ardabil and after the approval of the Education Department and presenting the required permission for cooperation, first the list of all public schools for boys in Ardabil secondary school in the first semester of schools was prepared and out of them two school were selected by multi-stage cluster random sampling method. The researcher then attended the schools and in coordination with the principal and teachers of the relevant schools and after referring to the students in the classroom, they were asked to answer the questionnaires of virtual network addiction, spiritual intelligence and moral restraint in groups.

Results

The results of correlation coefficient showed that addiction to virtual networks was positively correlated with the scores related to not having moral disengagement and its components and negatively correlated with the total score of spiritual intelligence. Spiritual intelligence was also negatively correlated with the total score of lack of moral disengagement and components of moral justification, useful comparison, thoughtful language, transfer of responsibility, distribution of responsibility and dehumanization ($P < 0.001$). Pattern fitting indices also confirmed the ineffectiveness of moral disengagement in virtual network addiction mediated by spiritual intelligence. In general, in this study, all the relationships between lack of moral disengagement and addiction to virtual networks as mediated by spiritual intelligence were found to be significant.

Conclusion

In general, in this study, all the relationships between lack of moral disengagement and addiction to virtual networks mediated by spiritual intelligence were significant. In explanation for this finding, it can be stated that moral disengagement as a set of mechanisms, can help people to deal reduce the tension created when doing improper acts like bullying others or addiction to virtual networks, which do not

conform to the moral standards and ethical norms of the society. In addition, moral disengagement can change adolescents' beliefs about addiction to cyberspace and allow them to justify, reconstruct, or rationalize their addictive behavior in the cyberspace. On the other hand, the results of the present study showed that moral disengagement was indirectly related to addiction to virtual networks mediated by spiritual intelligence. These results are in line with the findings of Arsangjan *et al.*, who concluded that spiritual intelligence has a positive effect on nurses' moral decision making (29). It is also consistent with the results of Nowruz *et al.*, who found that spiritual intelligence can be effective in reducing employees' unethical behavior (30). In explaining this finding, it can be stated that spiritual intelligence enables a person to face these capabilities and work hard to achieve these capabilities.

Finally, people with high spiritual intelligence are aware of how to act in different situations. In fact, spiritual intelligence includes adaptive and problem-solving behaviors and helps a person to use problem-solving strategies in challenging situations. In other words, these people have the ability to analyze and manage their own behavior and the actions of others, and this ability causes them to tend. Do not engage in risky behaviors such as addiction to virtual networks.

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Ethical considerations

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Conflict of interest

The authors declared no conflict of interest.

Authors' contribution

Supervising the design and writing the first draft of the article: first, second and third authors; data collection and analysis: fourth and fifth authors.

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الدور الوسيط للذكاء المعنوي بين عدم وجود التقيد الأخلاقي والإدمان على الشبكات الافتراضية عند تلامذة المرحلة الثانوية في مدينة أردبيل

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الملخص

خلفية البحث وأهدافه: تعتبر الشبكات الافتراضية أكثر الوسائل إقبالاً عليها من أجل التواصل وتبادل المعلومات، وقد أدى الاستخدام الواسع لها إلى الإدمان عليها. ويهدف التحقيق الحاضر إلى دراسة الدور الوسيط للذكاء المعنوي بين عدم وجود التقيد الأخلاقي والإدمان على الشبكات الافتراضية.

منهجية البحث: يعتبر التحقيق الحاضر من النوع الوصفي التشاركي. وتشمل دائرة مجموعة الدراسة جميع التلامذة الذكور للمرحلة الثانوية للمدارس الحكومية في مدينة أردبيل للعام الدراسي ٢٠٢٠-٢٠١٩، وقد تم أخذ عينة منهم بحجم ٣٦٠ فرداً بطريقة الكتلة العشوائية متعددة المراحل، وقد أجابوا على استبيانات الإدمان على الشبكات الافتراضية وعدم التقيد الأخلاقي والذكاء المعنوي. وقد تم تحليل البيانات من خلال معايير الإحصاء الوصفي ومعادل تشارك بيرسون ونمط العلاقات الهيكلية. وقد تمت مراعاة جميع الضوابط الأخلاقية في هذه الدراسة، ولم يلحظ مؤلفو المقالة أي تضارب للمنافع.

المعطيات: تشير نتائج معادل التشارك أن الإدمان على الشبكات الافتراضية له علاقة إيجابية مع عدم الحياة على درجة في التقيد الأخلاقي ومكوناته، وله علاقة سلبية مع الدرجة العامة للذكاء المعنوي. كما أن للذكاء المعنوي علاقة سلبية مع الدرجة العامة لعدم التقيد الأخلاقي ومكونات التوجيه الأخلاقي، والمقارنة المفيدة، واللغة المدبرة، وتبدل المسؤولية، وتوزيع المسؤولية وعدم الإنسانية ($P < 0.001$). كما أن معايير تناسب النمط أكدت أيضاً عدم تأثير التقيد الأخلاقي على الإدمان على الشبكات الافتراضية مع توسط الذكاء المعنوي.

الاستنتاج: بملاحظة عدم وجود تأثير للتقيد الأخلاقي والذكاء المعنوي على الإدمان على الشبكات الافتراضية فإنه يُنصح بعقد ورشات تعليم في المدارس من أجل توعية التلامذة لعوارض الإدمان على الشبكات الافتراضية وتعليم مهارات إدارة الغضب والارتقاء بمستوى الذكاء المعنوي.

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نقش میانجی هوش معنوی در ارتباط بین نداشتن تقید اخلاقی و اعتیاد به شبکه‌های مجازی دانش‌آموزان مقطع متوسطه دوم شهر اردبیل

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چکیده

سابقه و هدف: شبکه‌های مجازی پرطرفدارترین وسیله برای برقراری ارتباط و تبادل اطلاعات است که کاربرد گسترده آن به اعتیاد به آن منجر شده است. پژوهش حاضر با هدف بررسی نقش میانجی هوش معنوی در ارتباط بین نداشتن تقید اخلاقی و اعتیاد به شبکه‌های مجازی انجام گرفته است.

روش کار: روش پژوهش حاضر توصیفی و از نوع همبستگی است. جامعه آماری پژوهش تمامی دانش‌آموزان پسر دوره دوم متوسطه مدارس دولتی شهر اردبیل در سال تحصیلی ۹۹-۱۳۹۸ بود که از میان آنان نمونه‌ای به حجم ۳۶۰ نفر به روش نمونه‌گیری تصادفی خوشه‌ای چندمرحله‌ای انتخاب شد و به پرسش‌نامه‌های اعتیاد به شبکه‌های مجازی، نداشتن تقید اخلاقی و هوش معنوی پاسخ دادند. داده‌ها نیز با شاخص‌های آمار توصیفی، ضریب همبستگی پیرسون و الگوی روابط ساختاری تحلیل شد. در این پژوهش همه موارد اخلاقی رعایت شده است و مؤلفان مقاله تضاد منافی گزارش نکرده‌اند.

یافته‌ها: نتایج ضریب همبستگی نشان داد که اعتیاد به شبکه‌های مجازی با نمره نداشتن تقید اخلاقی و مؤلفه‌های آن ارتباط مثبت و با نمره کل هوش معنوی ارتباط منفی داشت. همچنین هوش معنوی با نمره کل نداشتن تقید اخلاقی و مؤلفه‌های توجیه اخلاقی، مقایسه سودمند، زبان مدبرانه، جابجایی مسئولیت، پخش مسئولیت و غیرانسانی‌کردن ارتباط منفی داشت ($P < 0/001$). شاخص‌های برازش الگو نیز تأثیر نداشتن تقید اخلاقی بر اعتیاد به شبکه‌های مجازی را با میانجیگری هوش معنوی تأیید کرد.

نتیجه‌گیری: با توجه به نقش نداشتن تقید اخلاقی و هوش معنوی در اعتیاد به شبکه‌های مجازی به ترتیب برگزاری کارگاه‌های آموزشی در مدارس جهت آگاه‌سازی دانش‌آموزان از عوارض اعتیاد به شبکه‌های مجازی و آموزش مهارت‌های مدیریت پرخاشگری و ارتقای سطح هوش معنوی پیشنهاد می‌گردد.

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