

Modeling the Relationship between Moral Intelligence and Psychological Well-being: The Mediating Role of Religious Attitude and Moral Reasoning

Mahdi Moeinikia^{ID}, Davood Toosi^{ID}, Morteza Javidpour^{ID}

Department of Educational Sciences, Faculty of Educational Sciences and Psychology, Mohaghegh Ardabili University, Ardabil, Iran.

*Correspondence should be addressed to Mr. Davood Toosi; Email: d.toosi67@gmail.com

Article Info

Received: Feb 22, 2021

Received in revised form:

Apr 6, 2021

Accepted: Apr 21, 2021

Available Online: Jun 22, 2022

Keywords:

Psychological well-being

Moral intelligence

Moral reasoning

Religious attitude



<https://doi.org/10.22037/jrrh.v8i2.34184>

Abstract

Background and Objective: Due to the emergence of a positive approach to mental health in recent years, psychological well-being as one of the factors in the growth of education has attracted the attention of researchers. In this respect, identification of the factors affecting it is essential. Considering the importance of psychological well-being and its related variables, the present study aimed to examine the relationship between moral intelligence and psychological well-being with the mediating role of moral reasoning and religious attitude.

Methods: The present study was descriptive and correlational. The statistical population of the study included high school principals in Ardabil, Iran, in 2020, out of whom 137 were selected by simple sampling method based on Morgan's table and the ratio of men and women. To collect data, four questionnaires were used by Lenik and Kiel's Moral Intelligence Questionnaire, Golriz and Braheni's Religious Attitude, Manavipour's Ethical Reasoning and Reef's Psychological Welfare. Structural equation modeling method was used to analyze the data. In this study, all ethical considerations were observed and no conflict of interest was reported by the authors.

Results: Based on the results, the variables of moral hash, moral reasoning and religious attitude had a direct effect on psychological well-being. Also, moral intelligence had an indirect and significantly positive effect on psychological well-being mediated by moral reasoning and religious attitude.

Conclusion: According to the research results and considering the positive effect of moral intelligence on increasing the psychological well-being of school principals and the need of the society for healthy, vibrant and productive people, teaching moral intelligence to principals is of special importance. Also, considering the effective role of moral reasoning and religious attitudes in the psychological well-being of managers, special attention should be paid to religious attitudes and creative reasoning of managers.

Please cite this article as: Moeinikia M, Toosi D, Javidpour M. Modeling the Relationship between Moral Intelligence and Psychological Well-being: The Mediating Role of Religious Attitude and Moral Reasoning. Journal of Pizhūhish dar dīn va salāmat. 2022;8(2):72-88. <https://doi.org/10.22037/jrrh.v8i2.34184>

Summary

Background and Objective

Promoting and strengthening mental health and psychological well-being have been among the growing global issues and concerns in recent

years (1). Psychological well-being has been defined as the emotional and cognitive reactions to the perceived personal characteristics and qualities, enough progress, efficient and effective interaction with the world, a desirable connection and relationship with the

community and positive development over time (2).

One of the variables that can play a role in promoting the psychological well-being of managers is moral intelligence (3). Moral intelligence refers to the capacity and ability to understand morality correctly, to have strong moral principles (including self-control, attention, respect, kindness, fairness and patience) and to act on them as well as to behave in the right direction (4). In fact, moral intelligence is the capacity of individuals' minds to determine how important it is to apply universal human principles to our own values, goals, and activities in life (5).

Observance of organizational ethics has an important role in the development of psychological well-being among managers. Researchers in a study of several organizations have found that organizations whose managers have high ethical behavior have a better chance of success than those with unethical and dishonest behavior (6). In this regard, the moral intelligence of employees and managers also affects the performance of the organization (7).

Also, it is taken for granted that a religious attitude in people will accompany a person in all ages and stages of life; But the meaning of religious attitude is the coherent and integrated monotheistic belief that God is the center of the matter and regulates the values, morals, customs and human behaviors for each other and for His nature (8).

Another variable affecting psychological well-being is moral reasoning. Ethical reasoning is a mental process that identifies a moral issue and the correct reaction to it, and the manager decides based on what is the right thing to do (9). In other words, ethical reasoning involves judging and making the right decision in dealing with the issues that are encountered on a daily basis in the educational environment (10).

The aim of this study was to investigate the mediating role of moral reasoning and religious attitude in the relationship between moral intelligence and psychological well-being among school principals in Ardabil.

Methods

Compliance with ethical guidelines: When distributing the questionnaires, the participants were assured that their opinions would be kept confidential and that the results would be measured only in general.

The research method is descriptive and correlational and the analysis method is structural equation modeling. In the proposed model, the

variable of moral intelligence is assumed as an endogenous variable and the variables of religious attitude and moral reasoning are assumed as mediating variables that affect the variable of psychological well-being. The statistical population of this study includes all school principals in Ardabil in the academic year 1399-1400. The study sample consisted of 137 managers (51 females and 86 males), who were selected by simple random sampling method based on Morgan's table. Smart pls software was used to analyze the data.

Results

The results showed that moral intelligence has a direct and indirect effect on psychological well-being. Moral intelligence, as a category that has the ability to know good and bad, right and wrong, right and wrong, and to have strong moral beliefs, can guide a person in the right direction.

Another finding was that there is a positive and significant relationship between moral intelligence and moral reasoning. Moral intelligence plays a major role in the way managers reason in various educational topics, so that people with higher moral intelligence have more logical and ethical arguments to advance their goals.

There is also a positive and significant relationship between moral intelligence and religious attitude. The higher a person's level of moral intelligence, the more his religious attitudes will be facilitated and reconstructed.

Another finding confirmed a positive and significant relationship between religious attitude and psychological well-being. According to the results, it can be stated that religion and religious beliefs have a positive effect on mental health. People with higher religious attitudes suffer less from mental disorders due to the spiritual connection they have with God and spirituality.

The findings also showed a positive and significant relationship between moral reasoning and psychological well-being. Ethical reasoning is influenced by individual factors including values, views, beliefs and values of individuals, each of which can directly and indirectly affect the mental health of managers. People with higher moral reasoning are better able to deal with aggressive and stressful environments, and these lead to higher psychological well-being in people.

Conclusion

The results obtained from the analysis of the collected data show that moral intelligence has a

direct and indirect effect on psychological well-being. This result is consistent with the findings of Javadizadeh et al. (9) and Hassani et al. (10). Another finding of the study was that there is a positive and significant relationship between moral intelligence and moral reasoning, which is consistent with the findings of Kubzanski et al. (11) and Zhang and Chen (12). In addition, there was a positive and significant relationship between religious attitude and psychological well-being, which is consistent with the findings of Qahramani and Nemati (13) and Jeffrey and Zhuang (14). There was also a positive and significant relationship between moral reasoning and psychological well-being. This finding is consistent with the findings of Jacobi (15) and Leo and Hancock (16).

According to the research results and considering the positive effect of moral intelligence on increasing the psychological well-being of school principals and the need of society for healthy, vibrant and productive people, teaching moral intelligence to principals is of special importance. Also, considering the effective role of moral reasoning and religious attitudes in the psychological well-being of managers, special attention should be paid to religious attitudes and moral reasoning of managers.

Acknowledgements

We would like to thank school principals in Ardabil for their sincere cooperation and help to achieve the goals of the research.

Ethical considerations

According to the authors of the article, the present study has been obtained from a research project entitled "Modeling the relationship between moral intelligence and psychological well-being: the mediating role of religious attitude and moral reasoning" approved in the one hundred and forty-ninth session of the Research Council of Mohaghegh University. Ardabili dated 05/03/2020.

Funding

According to the authors, this research has been done with the financial support of Mohaghegh Ardabili University.

Conflict of interest

The authors did not report any conflict of interests in this study.

Authors' contribution

The main author of the study and the supervisor of the article: first author; introduction and data collection and analysis: second and third authors.

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دراسة العلاقة بين الذكاء الأخلاقي والصحة النفسية: دور النظرة الدينية والإستدلال الأخلاقي في الصحة النفسية

مهدي معيني كيا^{ID}، داوود طوسي^{ID}، مرتضى جاويدپور^{ID}

قسم العلوم التربوية، كلية العلوم التربوية وعلم النفس، جامعة الخقق الأردبيلي، أردبيل، إيران.
 * المراسلات الموجهة إلى السيد داوود طوسي؛ البريد الإلكتروني: d.toosi67@gmail.com

معلومات المادة

الوصول: ١٠ رجب ١٤٤٢
 وصول النص النهائي: ٢٣ شعبان ١٤٤٢
 القبول: ٨ رمضان ١٤٤٢
 النشر الإلكتروني: ٢٢ ذى القعدة ١٤٤٣

الملخص

خلفية البحث وأهدافه: بالنظر إلى التوجه الإيجابي التي حظيت به السلامة النفسية في السنوات الأخيرة، أصبح علم النفس وتعزيز القدرات النفسية محط اهتمام الكثير من البحوث و اعتبر أحد أهم الأسباب في تنمية التعليم والتربية. ومن هذا المنطلق بات مركز اهتمام الكثير من البحوث والدراسات. وفي هذه المجال تصبح معرفة الأسباب والعوامل المؤثرة على الصحة النفسية أمراً بالغ الأهمية. بالنظر إلى الصحة النفسية والأسباب المتعلقة بهذه الصحة، أجريت هذه الدراسة بهدف تحليل العلاقات بين الذكاء الأخلاقي والصحة النفسية والدور الوسيط الذي يؤديه الاستدلال الأخلاقي والنظرة الدينية في هذا المجال.

منهجية البحث: يعتمد هذه البحث على المنهج الوصفي التضامني. أما الفئة التي أجريت عليها الدراسة فهي فئة مدرّاء مدارس مدينة أردبيل في عام ٢٠٢٠ و قد اخترنا ١٣٧ مشاركاً من بين المشاركين بالإعتماد على جدول مورغان في اختيار المشاركين. كما اعتمدت هذه الدراسة على منهج استبيان الذكاء الأخلاقي للباحثين لنيك و كيل، ومنهج النظرية الدينية لغولريز وبراهني، ومنهج الإستدلال الأخلاقي لمعنوي بور، ومنهج الصحة النفسية للباحث ريف. واستخدمنا منهج المعادلات البنوية لتحليل المعطيات. تمت مراعاة جميع الموارد الأخلاقية في هذا البحث وإضافة الى هذا فإن مؤلفي البحث لم يشيروا الى اي تضارب في المصالح.

المعطيات: أثبتت الدراسة أنّ مؤثرات الذكاء الأخلاقي، والإستدلال الأخلاقي، والنظرية الدينية تؤثر بشكل كبير ومباشر على الصحة النفسية. كما أنّ التأثير غير المباشر للذكاء الأخلاقي على الصحة النفسية ومن خلال الإستدلال الأخلاقي والنظرية الدينية لها تأثير كبير على الصحة النفسية.

الاستنتاج: بناء على نتائج البحث وبالنظر إلى التأثير الإيجابي للذكاء الأخلاقي والإرتقاء بالصحة النفسية لدى مدرّاء المدارس وحاجة المجتمع إلى الأفراد الأصحاء نفسياً، تصبح الحاجة إلى الذكاء الأخلاقي وتعزيزه لدى مدرّاء المدارس أمراً في غاية الأهمية. وبالنظر إلى تأثير الإستدلال الأخلاقي والنظرية الدينية على الصحة النفسية لدى مدرّاء المدارس، يجب الإهتمام بالنظرية الدينية والإستدلال الأخلاقي لدى مدرّاء المدارس.

الكلمات الرئيسية:

الإستدلال الأخلاقي
 الذكاء الأخلاقي
 الصحة النفسية
 النظرة الدينية

يتم استناد المقالة على الترتيب التالي:

Moeinikia M, Toosi D, Javidpour M. Modeling the Relationship between Moral Intelligence and Psychological Well-being: The Mediating Role of Religious Attitude and Moral Reasoning. Journal of Pizhūhish dar dīn va salāmat. 2022;8(2):72-88. <https://doi.org/10.22037/jrrh.v8i2.34184>

الگویابی رابطه بین هوش اخلاقی با بهزیستی روان‌شناختی: نقش واسطه‌ای نگرش مذهبی و استدلال اخلاقی

مهدی معینی‌کیا^{ID}، داود طوسی^{ID*}، مرتضی جاویدپور^{ID}

گروه علوم تربیتی، دانشکده علوم تربیتی و روان‌شناسی، دانشگاه محقق اردبیلی، اردبیل، ایران.
 *مکاتبات خطاب به آقای داود طوسی؛ رایانامه: d.toosi67@gmail.com

اطلاعات مقاله

دریافت: ۴ اسفند ۱۳۹۹

دریافت متن نهایی: ۱۷ فروردین ۱۴۰۰

پذیرش: ۱ اردیبهشت ۱۴۰۰

نشر الکترونیکی: ۱ تیر ۱۴۰۱

واژگان کلیدی:

استدلال اخلاقی

بهزیستی روان‌شناختی

نگرش مذهبی

هوش اخلاقی

چکیده

سابقه و هدف: با توجه به ظهور رویکرد مثبت‌نگر به سلامت روان در سال‌های اخیر، بهزیستی روان‌شناختی به‌عنوان یکی از عوامل رشد آموزش و پرورش توجه پژوهشگران را به خود جلب کرده است که در این میان شناسایی عوامل تأثیرگذار بر آن اهمیت اساسی دارد. با توجه به اهمیت بهزیستی روان‌شناختی و متغیرهای مرتبط با آن، پژوهش حاضر با هدف تحلیل روابط بین هوش اخلاقی و بهزیستی روان‌شناختی با نقش میانجی استدلال اخلاقی و نگرش مذهبی انجام شده است.

روش کار: پژوهش حاضر توصیفی و از نوع همبستگی است. جامعه آماری پژوهش مدیران مدارس شهر اردبیل در سال ۱۳۹۹ بودند که از میان آنان تعداد ۱۳۷ نفر با روش نمونه‌گیری تصادفی ساده بر اساس جدول مورگان انتخاب شدند. برای گردآوری داده‌ها از چهار پرسش‌نامه هوش اخلاقی لنینیک و کیل، نگرش مذهبی گلریز و براهنی، استدلال اخلاقی معنوی‌پور و بهزیستی روان‌شناختی ریف و برای تحلیل یافته‌ها از الگوی معادلات ساختاری استفاده شده است. در این پژوهش همه موارد اخلاقی رعایت شده است و مؤلفان مقاله تضاد منافی گزارش نکرده‌اند.

یافته‌ها: بر اساس نتایج به‌دست‌آمده متغیرهای هوش اخلاقی، استدلال اخلاقی و نگرش مذهبی بر بهزیستی روان‌شناختی به‌طور مستقیم تأثیر مثبت و معنادار داشتند. همچنین اثر غیرمستقیم هوش اخلاقی بر بهزیستی روان‌شناختی با میانجی استدلال اخلاقی و نگرش مذهبی نیز مثبت و معنادار بود.

نتیجه‌گیری: بر اساس نتایج پژوهش و با توجه به تأثیر مثبت هوش اخلاقی بر افزایش بهزیستی روان‌شناختی مدیران مدارس و نیاز جامعه به انسان‌های سالم، بانشاط و مولد، آموزش هوش اخلاقی به مدیران اهمیت ویژه‌ای دارد. همچنین با توجه به نقش اثرگذار استدلال اخلاقی و نگرش‌های مذهبی بر بهزیستی روان‌شناختی مدیران، باید به نگرش‌های مذهبی و استدلال اخلاقی مدیران توجه ویژه‌ای صورت گیرد.

استناد مقاله به این صورت است:

Moeinikia M, Toosi D, Javidpour M. Modeling the Relationship between Moral Intelligence and Psychological Well-being: The Mediating Role of Religious Attitude and Moral Reasoning. Journal of Pizhūhish dar dīn va salāmat. 2022;8(2):72-88. <https://doi.org/10.22037/jrrh.v8i2.34184>