

# Predicting the Quality of Life of Injured Veterans' Spouses: the Role of Spiritual Intelligence and Emotional Self-Regulation

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## Abstract

**Background and Objective:** War usually has wide personal, social, economic and cultural consequences that have a great impact on the physical and psychological problems and in general the quality of life of injured veterans and their spouses. Therefore, the aim of this study was to investigate the role of spiritual intelligence and emotional self-regulation in predicting the quality of life of injured veterans' spouses.

**Methods:** The present study was descriptive-correlational. The statistical population included all the spouses of injured veterans under the auspices of the Martyrs and Veterans Foundation of Tehran's District Five in the academic year 2019-2020. They answered Bader' et al.'s Spiritual Intelligence, Gross and John's Emotion Regulation, and WHO Quality of Life questionnaires. Multiple regression test was used to analyze the data. In this study, all the ethical considerations were observed and the authors reported no conflict of interests.

**Results:** The results showed that the correlation of spiritual intelligence and emotional self-regulation with quality of life was positive and significant ( $P < 0.01$ ). The components of spiritual intelligence explain 34.5% and the components of emotional self-regulation explain 22.1% of the variance in quality of life.

**Conclusion:** According to these findings, the use of spiritual intelligence training and emotional self-regulation for injured veterans' spouses increases their quality of life.



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## Summary

### Background and Objective

It is important to identify the factors that can improve the quality of life of injured veterans' spouses (1). In this regard, emotional self-regulation can play an important role in people's lives and be effective in improving the quality of life (2-6). On the other hand, another factor related to quality of life is spiritual intelligence (7). Studies have shown a relationship between spiritual intelligence and quality of life of students (8), nurses (9), the elderly (10) and emergency nurses (11). In general, knowing the quality status

of the injured veterans and their spouses and conducting studies on this issue can be considered as the first step to improving the quality of life of this group (12). On the other hand, the issue of quality of life as a vital and influential concept in the lives of people in the present century has a special and undeniable place and research evidence suggests the effectiveness of various variables. The role of spiritual intelligence and emotional self-regulation is not a clear agreement and so far in our country no study has been done on the relationship between these variables and their impact on the quality of life of veterans' wives, and this is one of the innovative aspects of the present study. Therefore, the aim of this study

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was to investigate the role of spiritual intelligence and emotional self-regulation in predicting the quality of life of veterans' spouses.

## Methods

**Compliance with ethical guidelines:** In this study, all related ethical principles have been observed, including the confidentiality of the questionnaires, the informed consent of the participants in the study, and leaving them free to withdraw from the study.

The present study was descriptive-correlational. The statistical population included all the spouses of veterans under the auspices of the Martyrs and Veterans Foundation of the fifth district of Tehran in the academic year 2020-2021 ( $n=550$  people), out of whom 225 were selected based on Krejcie & Morgan's table using accessible sampling method. They answered the Badee' et al.'s Spiritual Intelligence Questionnaire, Gross and John's Emotion Regulation and the World Health Organization (WHO) Quality of Life Questionnaire. Multiple regression test was used to analyze the data.

## Results

According to the results, 47 (20.9%) were 40-50, 95 (42.2%) were 51-60 and 83 (36.9%) were 61-70 years old. 62 (27.6%) had one child, 72 (32%) had two children, 56 (24.9%) had three children and 35 (15.6%) had four children. 132 participants (58.7%) were housewives and 93 people (41.3%) were employed. Also, 136 (60.44%) of their spouses had less than 30% of war injuries, 55 (24.44%) of their spouses had 31-60% of injuries and 34 (15.12%) of their spouses had more than 60% of war injuries. The results showed that the correlation of spiritual intelligence and emotional self-regulation with quality of life is positive and significant ( $P<0.01$ ). The components of spiritual intelligence explain 34.5% and the components of emotional self-regulation explain 22.1% of the variance in quality of life.

## Conclusion

The results showed that the correlation between spiritual intelligence and quality of life was positive and significant. Also, the components of spiritual intelligence positively and significantly predicted the quality of life of veterans' spouses. The result is consistent with the findings of similar studies in other societies (7-11). In the above explanation, it can be stated that spiritual intelligence creates meaning and purpose for life. People who have a sense of meaning and purpose in life cope better in times of crisis, and hope in God enables them to experience lower

psychological distress (13). And that in itself improves the quality of life. The results also showed that the correlation between emotional self-regulation and quality of life was positive and significant. Emotional self-regulation components also positively and significantly predict the quality of life of veterans' spouses. The above finding is consistent with related studies in this field (2-6). In explanation for this finding, it can be stated that emotional self-regulation involves the flexible use of emotion regulation strategies based on the situation and with the aim of changing and adjusting the intensity or duration of the emotion that is experienced. As a result of this process, the person will be able to behave optimally in order to achieve their goals when experiencing negative emotions, and also to avoid undesirable behaviors (14). Therefore, emotional self-regulation can play an important role in increasing the quality of life by informing a person about positive and negative emotions and accepting and expressing them in a timely manner.

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## Ethical considerations

According to the authors, this article was obtained from the doctoral dissertation of the first author at the Islamic Azad University, Science and Research Branch of Tehran, which was approved on 29/2/1399 under the number 75304/15/29/8.

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According to the authors, this study was not sponsored and was carried out at the personal expense of the authors.

## Conflict of interest

The author of the article did not report any conflict of interests in this study.

## Authors' contribution

Writing the main text of the article: first author; Supervisor, corresponding author of the article and scientific editor: the second author and consultant professor and statistical analyst: the third author.

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## توقع نوعية حياة زوجات المحاربين القدامى في الحرب المفروضة: دور الذكاء الروحي والتنظيم الذاتي العاطفي

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### الملخص

### معلومات المادة

**خلفية البحث وأهدافه:** لا شك أن للحرب آثاراً وتداعيات فردية، واجتماعية، واقتصادية، وثقافية جسيمة على الأفراد، وانما تختلف تداعيات ومشاكل جسدية، ونفسية على الفرد وتبسط بمستوى حياة منكوبي الحرب وأزواجهم وعوائلهم. وانطلاقاً من هذه المسئلة القارة تهدف هذه الورقة البحثية إلى دراسة دور الذكاء الروحي والتنظيم العاطفي في تقييم نوعية حياة زوجات المحاربين القدامى في الحرب المفروضة على إيران.

الوصول: ٢٦ جمادى الاولى ١٤٤٣  
وصول النص النهائي: ٤ رجب ١٤٤٣  
القبول: ١١ رجب ١٤٤٣  
النشر الإلكتروني: ٢٧ جمادى الاولى ١٤٤٤

### الكلمات الرئيسية:

التنظيم الذاتي

الحياة الروحية

العاطفة

الذكاء

نوعية الحياة

المحاربين القدامى

**منهجية البحث:** اعتمدت الدراسة في بحثها على المنهجية الوصفية-الارتباطية. والجمعية الإحصائية التي شملتها الدراسة فهي جميع زوجات المحاربين القدامى تحت رعاية مؤسسة الشهداء والمحاربين القدامى في المنطقة الخامسة بطهران في العام الدراسي ٢٠١٩-٢٠٢٠م. وقد اختير ٢٢٥ شخصاً عبر جدول كرجسي ومورغان حسب منهج أخذ العينات المتاحة وأجابوا على استبيان الذكاء الروحي لبديع والزملاء، ومنهج التنظيم العاطفي لجراس وجان ونوعية الحياة لمنظمة الصحة العالمية. كما استخدمت الدراسة منهج الإنحدار المتعدد لرجسيون. وقد تمت مراعاة جميع الموارد الأخلاقية وإضافة إلى ذلك فإن مولفي البحث لم يشيروا إلى أي تضارب في المصالح.

**المعطيات:** اظهرت النتائج أن العلاقة بين الذكاء الروحي والتنظيم الذاتي العاطفي وبين نوعية الحياة، علاقة إيجابية وذات دلالة واضحة ( $P < 0.01$ ). والنسبة المئوية لكل مكون من مكونات الدراسة كانت على النحو التالي: مكون الذكاء الروحي ٣٤/٥، بالمئة، ومكون التنظيم الذاتي العاطفي ٢٢/١ بالمئة، من مجموع مكونات نوعية الحياة.

**الاستنتاج:** نظراً للنتائج التي حصلت عليها الدراسة، فإن الإعتماد على تعاليم الذكاء الروحي والتنظيم الذاتي العاطفي لدى زوجات المحاربين القدامى الإيرانيين يؤثر في تحسين حياتهم بشكل إيجابي وكفيل برفع مستوى الحياة لديهم.

يتم استناد المقالة على الترتيب التالي:

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## پیش‌بینی کیفیت زندگی همسران جانبازان: نقش هوش معنوی و خودتنظیمی هیجانی

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### چکیده

**سابقه و هدف:** جنگ معمولاً پیامدهای گسترده فردی، اجتماعی، اقتصادی و فرهنگی دارد که تأثیر بسیاری بر مشکلات جسمی و روانی و به‌طور کلی کیفیت زندگی جانبازان و همسران آنان می‌گذارد. از این‌رو، هدف مطالعه حاضر بررسی نقش هوش معنوی و خودتنظیمی هیجانی در پیش‌بینی کیفیت زندگی همسران جانبازان بود.

**روش کار:** پژوهش حاضر از نوع توصیفی-همبستگی است. جامعه آماری شامل تمامی همسران جانبازان تحت پوشش بنیاد شهید و ایثارگران منطقه پنج شهر تهران در سال تحصیلی ۱۳۹۹-۱۴۰۰ بود که بر اساس جدول کرجسی و مورگان ۲۲۵ نفر به‌شيوه نمونه‌گیری در دسترس انتخاب شدند و به پرسش‌نامه هوش معنوی بدیع و همکاران، تنظیم هیجان گراس و جان و کیفیت زندگی سازمان بهداشت جهانی پاسخ دادند. برای تجزیه و تحلیل داده‌ها از آزمون رگرسیون چندگانه استفاده شد. در این پژوهش همه موارد اخلاقی رعایت شده است و مؤلفان مقاله تضاد منافی گزارش نکرده‌اند.

**یافته‌ها:** نتایج نشان داد همبستگی بین هوش معنوی و خودتنظیمی هیجانی با کیفیت زندگی مثبت و معنی‌دار بود ( $P < 0/01$ ) و مؤلفه‌های هوش معنوی ۳۴/۵ درصد و مؤلفه‌های خودتنظیمی هیجانی ۲۲/۱ درصد از واریانس کیفیت زندگی را تبیین کردند.

**نتیجه‌گیری:** با توجه به یافته‌های به‌دست‌آمده، کاربرد آموزش هوش معنوی و خودتنظیمی هیجانی در همسران جانبازان سبب افزایش کیفیت زندگی می‌شود.

### واژگان کلیدی:

جانبازان

خودتنظیمی

کیفیت زندگی

معنویت

هوش

هیجان

استناد مقاله به این صورت است:

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### مقدمه

و نسل‌هایی که در دوران جنگ هنوز متولد نشده‌اند نیز تأثیرگذار خواهد بود. در این میان اثرات این آسیب‌ها و فشارهای ناشی از جنگ بر خانواده به‌ویژه همسر فرد آسیب‌دیده پس از جنگ ادامه دارد (۱). کیفیت زندگی مفهومی انتزاعی است که بر درک فرد از جنبه‌های مختلف زندگی در چهار بُعد جسمی، روانی، اجتماعی و عملکرد شناختی استوار است (۲). کیفیت زندگی مفهومی چندبُعدی

جنگ واقعه‌ای است که تبعات آن تا سال‌ها پس از اتمام نیز بر مردم و جامعه تأثیر می‌گذارد و پیامدهای آن را می‌توان تا نسل‌ها دید. آسیب‌های جسمی حاصل از جنگ در کنار آسیب‌های روحی و روانی نه‌تنها شرکت‌کنندگان و نسلی را که آن را لمس کرده‌اند درگیر می‌کند، بلکه بر سلامت کل جامعه