

The relationship among spiritual intelligence and life satisfaction with mental health in nurses of medical educational centers of Ardabil in 2018

Abstract

Background and objective: *Mental health is an important index in people's life and has a significant impact on individuals' function and happiness in life. In general this index is influenced by several factors. Spiritual intelligence which is a new defined concept is an influential factor on mental health..life Satisfaction can also have a significant impact on mental health.In This study ,we investigate the effect of different factors such as Spiritual intelligence and life satisfaction on nurses' mental health score as a group affected by various stressors in personal and occupational life.*

Methods: *The current study is a cross sectional and analytical descriptive one .In this study 351 nurses were selected through stratified random sampling. Demographic data and the answers to SCL-25, SWLS and king's spiritual intelligence questionnaire were gathered and analysed using SPSSv22 software.*

Results: *Over 90% of the participants were women. The mean age of participants was $32/7 \pm 7/36$ years. An average correlation was found between nurses' spiritual intelligence score and their mental health state ($r=0/377$; $P<0/001$). Also, there was an average correlation between nurses' life satisfaction and their mental health ($r=0/302$; $P<0/001$). Transcendent Consciousness was the most influential subscale of spiritual intelligence which affected the mental health.*

Conclusions: *Based on the finding of this study,it can be concluded that spiritual intelligence and life satisfaction have a significant impact on mantal health of nurses. also, death of spouse and separation were also influential factors on mantal health of nurses. However, the mantal health of nurses was not under the influence of their age, gender and ward of work. Considering the simultaneous impacts of spiritual intelligence and life satisfaction on mental health of nurses, it can be concluded that spiritual intelligence is the main influential variable on mental health and life satisfaction has not an independent effect on mental health. consequently, it is recommended to improve the mental health of nurses and provide better health care*

services,nursing managers should take the necessary measures to promote Spiritual intelligence.

Keywords: *Mental health, Spiritual intelligence, Life satisfaction,nurse*