



Research Article

The Relationship between Spiritual Intelligence and Happiness: Research on Hockey Players

Arif Özsarı¹

Ministry of Youth and Sports

M. Çağrı Çetin²

Mersin University

¹ Correspondence to: Arif Ozsari (Dr), Ministry of Youth and Sports, Youth and Sports Provincial Directorate, Osmaniye, Turkey. Email: arifozsari@hotmail.com

² Mersin University, Faculty of Sports Sciences, Mersin, Turkey. Email: mcetin80@gmail.com

Abstract

The aim of this research is to investigate the relationship between spiritual intelligence and happiness. The universe of the research consists of 7 women's clubs, 8 men's clubs and a total of 180 athletes, 84 women and 96 men, from 15 clubs, participating in the women's-men's open field 1st league competitions of the Turkish Hockey Federation 2020-2021 season. Ethics committee approval was obtained for the research. CFA was performed for the research scales. In addition to descriptive statistics, Pearson correlation and multiple regression analyzes were applied within the context of the relational model. According to the results of the correlation analysis, a significant, positive and moderate correlation was found between existential thinking, personal meaning production, awareness and conscious state expansion, which are the sub-dimensions of spiritual intelligence, and happiness. According to the results of the multiple regression analysis, it can be said that awareness and conscious state expansion, which are sub-dimensions of spiritual intelligence, have a significant positive contribution in explaining the effect of spiritual intelligence on happiness, and that the happiness of the athletes will increase with the increase in their awareness and conscious state expansion depending on their spiritual intelligence.

Keywords:

Hockey players • happiness • spiritual intelligence

Ruhsal Zekâ ve Mutluluk İlişkisi: Hokey Sporcuları Araştırması

Öz

Bu araştırma ile ruhsal zekâ ve mutluluk ilişkisinin araştırılması amaçlanmıştır. Araştırmanın evrenini Türkiye Hokey Federasyonu 2020-2021 sezonu kadınlar-erkekler açık alan 1. lig müsabakalarına katılan 7 kadın kulübü, 8 erkek kulübü ve toplamda 15 kulüpten 84 kadın, 96 erkek olmak üzere toplamda 180 sporcu oluşturmaktadır. Örneklem grubunu ise bu sporcular içerisinde araştırmaya tamamen gönüllülük esasına göre katılmayı kabul eden 38 kadın, 89 erkek olmak üzere toplamda 127 sporcu oluşturmaktadır. Araştırma için etik kurul onayı alınmıştır. Araştırma ölçeklerine yönelik doğrulayıcı faktör analizi (DFA) yapılmıştır. Betimsel istatistiğin yanı sıra, ilişkisel model kapsamında pearson korelasyon ve çoklu regresyon analizleri uygulanmıştır. Korelasyon analizi sonucuna göre ruhsal zekânın alt boyutlarından olan önemli varoluşsal düşünme, kişisel anlam üretimi, farkındalık ve bilinçli durum genişlemesi ile mutluluk arasında anlamlı, pozitif yönlü ve orta düzeyli bir ilişki tespit edilmiştir. Çoklu regresyon analizi sonucuna göre ruhsal zekânın, mutluluk üzerindeki etkisini açıklamada ruhsal zekânın alt boyutlarından olan farkındalık ve bilinçli durum genişlemesinin anlamlı bir şekilde pozitif yönde katkısı olduğu, sporcuların ruhsal zekâlarına bağlı olarak farkındahklarının ve bilinçli durum genişlemelerinin artmasıyla mutluluklarının da artacağı söylenebilir.

Anahtar Kelimeler:

Hokey sporcuları • mutluluk • ruhsal zekâ

Corresponding author:

Arif Özsarı

E-mail:

arifozsari@hotmail.com

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Concept of Intelligence is defined as the ability of people to think, reason, to perceive objective truths, to judge and to draw conclusions (TDK, 2019). According to Vaughan (2002), intelligence can sometimes be defined as the ability to manage cognitive complexity. Intelligence is one of the most important individual differences between people (Saheb & Kakabraee, 2019). Intelligence was stated as a cognitive ability by Alfred Bine in the early 20th century. However, in the last two decades, the concept of intelligence has been expanded to other fields such as natural intelligence, existential intelligence, and spiritual intelligence (Sahebalzamani Farahani, Abasi, & Talebi, 2013). Spiritual intelligence is the ability to ask questions about the ultimate meaning of one's life (Sawhney & Bansal, 2015). Spiritual intelligence is very important in making spiritual decisions (Vaughan, 2002).

The Concept of Spiritual Intelligence and Spiritual Intelligence Theory

For many years, discovering spirituality and finding the meaning of life have been accepted as fundamental phenomena in the context of human existence. Since Zohar introduced the concept of spiritual intelligence, related field researchers have made an effort to clarify this concept (Skrzypinska, 2021). Gardner, one of the pioneers of intelligence research, discussed the concept of intelligence in a multidimensional way in his book *The Theory of Multiple Intelligences* (Gardner, 1987). According to Zohar and Marshall, there is increasing evidence that another type of intelligence, spiritual intelligence, exists in the 21st century. Spiritual intelligence is our most basic intelligence. Meaning is what we use to develop our capacity for vision and value. It makes us dream and strive. This type of intelligence underlies the role that our beliefs and values play in the things we believe and the actions we take (Zohar & Marshall, 2000a). Spiritual intelligence can enable us to reach the deepest layer of our true selves (Zohar & Marshall, 2000b).

If we layer intelligence in the form of a pyramid, we can put spiritual intelligence on the top layer of the pyramid (Wigglesworth, 2011). King (2008) stated that spiritual intelligence is an important element in defining the inner potential of individuals. According to Vasconcelos (2020), spiritual intelligence is a type of intelligence that people use to reach their own spirituality and develop these aspects of them. At the same time, spiritual intelligence can be seen as a human capacity that connects us to the ultimate frontier, the spiritual realm. Therefore, this type of intelligence can be developed carefully and in a disciplined manner over time by anyone who is genuinely interested in cultivating their own spirituality.

Spiritual intelligence expands one's capacity to understand others at the deepest level (Subraniam & Panchanatham 2015). It can be thought that people will be much happier when they understand each other better. According to Kangal (2013) mankind has tried to understand, define and capture happiness since its existence. Happiness is a concept that

reflects the positive emotional states of individuals (Keser, 2018). According to Fisher (2010), happiness occurs in the form of pleasant mood and emotional state, well-being and positive attitude and behavior. According to Ng (2022), happiness is subjective; but happiness is also affected by objective factors. Therefore, people can reach happiness in different ways. According to Diener and Seligman (2002), it can be said that people with a system of emotions and thoughts that can react appropriately to events are very happy. According to Lyubomirsky and King (2005), positive effects lead to success and people achieves more success when they are happy.

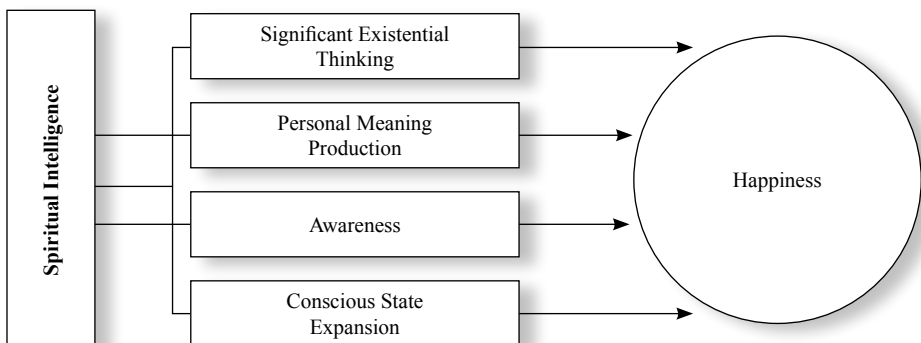
It is thought that the studies to be carried out with the participation of different sample groups in the field of spiritual intelligence are important. The reason for this thought is that every person has the ability to construct meaning and their spiritual intelligence comes into play in this process. The important thing here is the thought of whether the concepts that are interpreted make people happy. Based on this idea, this study aimed to investigate the relationship between spiritual intelligence and happiness. Therefore, it is thought that the results of this study are important because of the contributions they will make to the relevant literature.

METHOD

Research Model

This research was designed in line with the relational model (Karasar, 2019). Correlation research is research in which the relationship between two or more variables is examined without intervening in any way. The identification and study of human behavior in individual and social relationships is a complex process. Correlation research makes this complexity more understandable and allows it to be examined within the framework of relations at a simple level (Saruhan & Yıldız, 2017). In Figure 1 below, the conceptual model of the research and the hypotheses created are presented.

Figure 1.
Conceptual model of the research



H₁: Existential thinking, which is one of the sub-dimensions of spiritual intelligence, affects happiness in a positive way.

H₂: The production of personal meaning, one of the sub-dimensions of spiritual intelligence, has a significant positive effect on happiness.

H₃: Awareness, one of the sub-dimensions of spiritual intelligence, has a significant positive effect on happiness.

H₄: Conscious state expansion, which is one of the sub-dimensions of spiritual intelligence, affects happiness in a positive way.

Study Population

Ethics committee approval was obtained for the research from the relevant unit of Korkut Ata University with the number of E-59754796-050.99-18973, decision number of 2021/3/19. The universe of the research consists of 7 women's clubs, 8 men's clubs and a total of 180 athletes, 84 women and 96 men, from 15 clubs, participating in the women's-men's open field 1st league competitions of the Hockey Federation 2020-2021 season. The sample group consists of 127 athletes, 38 women and 89 men, who agreed to participate in the research on a completely voluntary basis.

Data Collection Tools

The demographic form was used in the first part of the data collection, which includes personal information. In the second part, "The Spiritual Intelligence Self-Report Inventory (SISRI-24) developed by King (2008) was used. The Turkish adaptation of the inventory was made by Seyfi (2016). Inventory: It consists of 4 sub-dimensions as "personal meaning production", "important existential thinking", "conscious state expansion" and "awareness" (Seyfi, 2016). As a result of the CFA related to the spiritual intelligence scale used in the research, the compliance criteria were examined and CMIN/DF(x)^{2nd}/df) was found to be: 1,350, CFI: .943, GFI: .850, IFI: .945, AGFI: .803, TLI: .932, RMSEA: .053 The fact that the X² /DF value of the scale is below 3 and the RMSEA value is below 0.08 indicates that the scale used is verified with the collected data. Cronbach's Alpha (α) values of the scale calculated in this study are: important existential thinking dimension .758; personal meaning production dimension .801; awareness dimension .876; conscious state expansion .753; and the overall scale was calculated as .931.

In the third part, the 7-item "Oxford happiness scale short form", which was developed by Hills and Argyle (2002) and adapted into Turkish by Dogan and Cotok (2011) was used to evaluate the level of happiness. As a result of the CFA regarding the happiness scale used in the research, the compliance criteria were examined and CMIN/DF(x)^{2nd}/df) was found to be: 1,256, CFI: .986, GFI: .969, IFI: .945, AGFI:

.922, TLI: .974, RMSEA: .045 The fact that the X^2/DF value of the scale is below 3 and the RMSEA value is below 0.08 indicates that the scale used is verified with the collected data. Moreover, the Cronbach's Alpha (α) value of the scale in this study was found to be .759. As a result of the CFA, it can be said that the goodness of fit values obtained for both scales used in the research are appropriate (Kline, 2011; Plichta & Kelvin, 2013; Ugurlu, 2014; Hair, Black, Babin, & Anderson, 2014).

Analysis of Data

Missing values were examined, and outliers were checked. Regression, correlation and descriptive analyzes are included.

Results

Table 1.
Demographic characteristics of Hockey Players

		N	%
Gender	Female	38	29.9
	Male	89	70.1
Age group	14- 15 years old	30	23.6
	16- 17 years old	27	21.3
	18- 20 years old	33	26,0
	21 and older	37	29,1
Duration of being athlete	1- 3 years	66	52,0
	4- 6 years	29	22,8
	7 years and more	32	25,2
Total		127	100,0

The findings regarding the demographic characteristics of the hockey players participating in the study are presented in Table 1 above. A total of 127 hockey players, 38 female (29.9%) and 89 male (70.1%) participated in the research. Age distributions are 30 athletes aged 14-15 (23.6%), 27 athletes aged 16-17 (21.3%), 33 athletes aged 18-20 (26.0%), and 37 athletes aged 21 and above (% 29.1). Athletic life duration groups were grouped as 66 athletes for 1-3 years (52.0%), 29 athletes for 4-6 years (22.8%), and 32 athletes for 7 years and above (25.2%).

Table 2.
Mean, standard deviation and correlation values of the variables

		M	SD	1	2	3	4	5
<i>Spiritual Intelligence</i>	1. Important existential thinking	3,33	,852	-				
	2. Personal Meaning Generation	3,63	,834	,567**	-			
	3. Awareness	3,46	,782	,656**	,784**	-		
	4. Conscious State Expansion	3,48	,927	,512**	,557**	,670**	-	
5. Happiness	3,42	,760	439**	,607**	,690**	,666**	-	

** $p < 0,01$

If we make an evaluation according to the correlation analysis made between the four dimensions of the spiritual intelligence scale and the happiness scale; It has been determined that there is a positive and moderately significant relationship between “important existential thinking” and “happiness” ($r=.439$), that there is moderately and a positive significant relationship between “personal meaning production” and “happiness” ($r=.607$), that there is moderately and a positive significant relationship between “awareness” and “happiness” ($r=.690$), and that there is moderately and a positive significant relationship between “conscious state expansion” and “happiness” ($r=.666$). Based on these findings, it can be said that there are positive relationships between spiritual intelligence and happiness.

Table 3.

Multiple regression analysis results of spiritual intelligence and happiness scales

Model	B	Std. Error	Beta (β)	t	p
(Constant)	,842	,226		3,723	,000
Significant Existential Thinking	-,076	,072	-,085	-1,060	,291
Personal Meaning Generation	,140	,088	,153	1,581	,116
Awareness	,365	,111	,375	3,279	,001
Conscious State Expansion	,306	,067	,373	4,586	,000
R=,751	R ² =,563	Adj. R ² =,549			
F ₍₄₋₁₂₂₎ =39,365	p=0,00	D-W=1,894			

Note: The dependent variable: Happiness

Regression analysis is a statistical method used to model and examine the mathematical relationship between variables (Gamgam and Altunkaynak 2017). Table 3 shows the regression analysis between the independent variable, mental soundness, and the dependent variable, psychological well-being. Regression analysis results are statistically significant ($F_{(4-122)} = 39,365$; $p < 0.001$). R^2 value of model found to be ,563 and the corrected R^2 value was found to be ,549. This finding shows that the independent variable of mental intelligence explains about 55% of the changes in the dimension of the happiness dependent variable. Considering the importance of the independent variable in this relationship influencing the dependent variable, based on the beta indicator, the significant and positive effect is in the dimensions of awareness ($\beta=.375$; $p < .01$) and conscious state expansion ($\beta=.373$; $p < .01$). According to the results, as awareness and conscious state expansion, which are sub-dimensions of spiritual intelligence, increase, the level of happiness may increase. Briefly, it can be said that spiritual intelligence has positive effects on happiness.

Discussion

This study, in which the relationship between spiritual intelligence and happiness was investigated, was carried out in the sample of hockey players. According to the results of the correlation analysis of the research, it was determined that there is

a positive and moderately significant relationship between the four dimensions of the spiritual intelligence scale, which are important existential thinking, personal meaning production, awareness and conscious state expansion, and happiness. Based on these findings, it can be said that there are positive relationships between spiritual intelligence and happiness (Table 2).

According to the results of the regression analysis of the study, it was found that the independent variable of spiritual intelligence explained approximately 55% of the changes in the dimension of the dependent variable of happiness. Considering the importance of the independent variable in this relationship influencing the dependent variable, based on the beta indicator, it was determined that the significant and positive effect was in the dimensions of awareness and conscious state expansion. According to the results, as awareness and conscious state expansion, which are sub-dimensions of spiritual intelligence, increase, the level of happiness may increase. In other words, it can be said that spiritual intelligence has positive effects on happiness. (Table 3). According to the relevant results, the h_3 and h_4 hypotheses created within the scope of the research model have been supported.

Research in the literature, Mirzaaghazzade Farzan, Amirjad Hoseinzadeh (2016) found a positive correlation between research studies about 212 national athletes and their life satisfaction. Not ameliorated (better designed from finding) stressors coped with using the equip body transition. Another high is those who are in a better situation with the relative spirituality of the athletes (Arnout, Alkhatib, Abdel Rahman, Pavlovic, Al-Dabbagh, & Latyshsh, 2019). Faribors, Fatemeh and Hamidreza (2010) found positive correlations between spiritual intelligence and happiness in their research with the participation of nurses. In their related research, Subraniam and Panchanatham (2015) suggest that there are positive relationships between spiritual intelligence and organizational citizenship behavior, and that spiritual intelligence is the driving force of organizational citizenship behavior. It has been determined that there is significant and a positive relationship between spiritual intelligence and the meaning of life and life satisfaction, and that spiritual intelligence has positive effects on the meaning of life and satisfaction with life (Söylemez & Koç, 2019; Jaferi & Hesampour, 2017; Kalantarkousheh, Nickamal, Amanollahi, & Dehghani, 2014). Munawar and Omama Tariq (2018), Kumawat and Puri (2019) suggest that there is life satisfaction and spiritual intelligence between a positive relationship. Bigdeloo and Bozorgi (2016) reported that there are positive and significant relationships between life satisfaction and spiritual intelligence and that spiritual intelligence can predict life satisfaction. Spirituality intelligence helps to resilience in people who experience stress (Khosravi & Nikmanesh, 2014). Chin, Raman, Yeow, and Eze (2012) determined that spiritual intelligence has an important role on creativity and innovation. Shateri, Hayat, and Jayerv (2019) reported that a higher level of mental

intelligence leads to a higher level of quality. Moreover, the sample of this research is hockey players. There are many studies that show that sports have a positive effect on happiness. For example, Özsarı and Çetin (2022) found in their related research that there is a positive relationship between attitude towards sports. It was determined by Zhang and Chen (2019) that there are positive relationships between sports and happiness. Gonzales, Fernandez, Ordonez and Morales (2017) concluded that sportive activities support higher levels of happiness, as well as improve socialization and therefore help people. It has been determined by Özgün, Yaşartürk, Ayhan, and Bozkuş (2017) that as handball players' motivation for success in sportive activities increases, their happiness levels also increase. Khazaei-pool, Sadeghi, Majlessi, and Rahimi (2015) concluded in their research that regular exercise has a positive contribution to the happiness of older adults. Rodriguez-Bravo, De-Juanas, and Garcia-Castilla (2020) emphasize that sports activities have positive effects on the psychological state of Spanish and Colombian youth.

Conclusion

It has been concluded that there is a significant, positive and moderate relationship between happiness and existential thinking, personal meaning production, awareness and conscious state expansion, which are sub-dimensions of spiritual intelligence; awareness and conscious state expansion, which are sub-dimensions of spiritual intelligence, have a significant positive contribution in explaining the effect of spiritual intelligence on happiness, and the happiness of the athletes will increase with the increase in their awareness and conscious state expansion depending on their spiritual intelligence.

It is a fact that the concept of spiritual intelligence, which is believed to exist in human beings and waiting for its features to be revealed by further discovery and researches with the participation of different universe and sample groups will contribute to the relevant literature. In the future new studies can be carried out with the participation of different universe and sample groups.

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Conflict of interest

The authors declare no conflict of interest in this study

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