

The Relationship of Spiritual Intelligence with Happiness and Cognitive Emotion Regulation in Students at Rasht University of Medical Sciences

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Abstract: Spiritual intelligence can increase the power of flexibility and self-awareness of a person, so that he will have more tolerance and patience in the face of difficulties and difficulties in life. Spiritual intelligence is one of the factors influencing the level of happiness and emotional cognitive regulation. Happiness is considered as a concept in symmetry with a positive inner sense, an ever-growing joy in motivating all human behaviors, and emotional regulation refers to all the approaches used to reduce, strengthen, and excite. Emotional approaches are a mix of personality, social, cognitive and emotional development. The aim of this study was to investigate the relationship between spiritual intelligence and happiness and cognitive emotion regulation in students of Azad University of Rasht Branch. This research is applied in terms of purpose and in terms of collecting descriptive information of correlation type. The statistical population of this study was all students who were studying at the Azad University of Rasht in 2017. As a result, the sample size for each predictor variable and criterion (50) were determined in a total of 150 people ed by available sampling method. In order to collect information, this study was first used in a library and after a questionnaire. In this research, the standard questionnaire of Spiritual Intelligence (EMA), Oxford Happiness Inventory, and Gravinsky Emotional Critical Settlement Questionnaire were used. The collected data were analyzed using SPSS software. In other words, spiritual intelligence (0.54) has a focal correlation with criterion variables (happiness and cognitive emotion regulation). Spiritual intelligence explains 29% of the variance of criterion variables (focal correlation). Happiness 32% of variance and emotional cognitive adjustment

explain 18% of variance of predictive variable (spiritual intelligence) and it can be concluded that spiritual intelligence has the most relation with criterion variable (happiness). Keywords: Spiritual Intelligence - Happiness - Adjustment of Excitement

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