

The role of spiritual Intelligence in predicting life satisfaction and life expectancy through the mediation of religious commitment In the elderly

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Abstract

Objective: Aging is the most fundamental and risky period of a person's life.

The purpose of this research is to determine the mediating role of religious commitment in predicting life satisfaction and life expectancy in the elderly based on spiritual intelligence.

Research method: The present study is of applied type and In terms of data collection method is descriptive-survey, this research is conducted In the field and In a correlational way. In this research, the data is collected through the distribution of questionnaires using the method of library studies and the field method in the range of 5 Likert scales are distributed and collected among the elderly in Tehran.

Findings: The questionnaire was distributed among the elderly people of Tehran, and for this purpose, due to the unlimited population of Tehran, it was divided into four regions. 96 questionnaires were distributed and collected among the elderly people who

were willing to cooperate and read and write.

Conclusion: The result is that following religious beliefs and having hope in life can lead to life satisfaction in the elderly

Keywords: elderly, satisfaction with life, hope for life, religious commitment

Introduction

The phenomenon of aging is a sensitive issue on a global scale. Directional statistics indicate that the number of elderly people has increased from 130 million people in 1950 to more than 600 million people in 2017.

It is also predicted that in the next 25 years, ½ billion people (14 percent) of the world's population will be 60 years old. Therefore, according to the growing trend of the elderly population, this phenomenon is considered one of the most important economic, social, and health challenges of the 21st century. The increase in the elderly population is one of the most important challenges for societies to improve the well-being of the elderly.

The presence of meaning in the life of the elderly creates health and psychological well-being, and is a factor for adapting to this era in facing tensions and experiencing numerous physical and mental problems.

The result of societies that have living conditions with health and medical care is improvement and longer life span and life expectancy and as a result the

phenomenon of old age, which means that the mental health of the society in the future will be more dependent on this group than in the past.

Research has also shown that the elderly are more vulnerable to the loss of happiness and mental well-being, which can lead to the onset of emotional disorders such as depression and anxiety caused by the usual age-related deficiencies and problems in various fields.

Aging is a sensitive phase of human life, in which a psychological transformation occurs in people and is accompanied by physical, cognitive and social changes in humans. Coming of age is associated with certain changes, such as the death of a spouse, the independence of children, leaving the retirement home, and the reduction of social relations.

We humans today look for someone or something outside of ourselves in order to achieve a sense of satisfaction and completeness, but the feeling of satisfaction is not somewhere outside of us, but an internal experience.

The feeling of satisfaction is the concept of being comfortable with what we have. If we understand and recognize this point, we will avoid wasting a lot of energy and be on a fruitful path.

Today, we like to believe that the feeling of satisfaction comes from achieving our desires, but this is not the case. The feeling of satisfaction grows from our

ability to organize our desires according to what is.

The fundamental principle of spirituality is to learn to accept what is instead of insisting and going on with life in a certain way.

This does not mean that we should give up or be passive. Achieving satisfaction is an active and dynamic process. It can be imagined that having a feeling of satisfaction is a movement between dreams and reality between what we want and what we get.

All countries wish to extend the life expectancy of their people and they succeeded to some extent in realizing this, but on the other hand, they do not make much effort to maintain the well-being of the ever-increasing elderly population.

According to research, the relationship that a person establishes with God is a fundamental element in the analysis of a person's personality, as is the effect that this relationship has on him.

Undoubtedly, all people have a relationship with God in different ways. But the quantity and quality of this relationship is different in different people.

Most of the recent research on religion based on different age groups has focused specifically on the elderly. Religious commitment can respond to the psychological needs of the elderly

and help them face death more easily, feel meaningful in life, and accept the inevitable deficiencies of old age.

Analysis method

This research is practical in terms of purpose, and the current research is descriptive-survey and correlation research in terms of data collection method for hypothesis testing, in addition, structural equation method is also used In this research.

Due to the fact that the size of the statistical population is unlimited, G power software was used to determine the sample size.

Considering that there were 56 questionnaire questions in this research, according to this software, a minimum of 5 samples and a maximum of 10 samples are required to determine the sample size.

Therefore, a minimum of 280 and a maximum of 560 samples were required according to the population, and 384 questionnaires were distributed among the population using a multi-stage cluster method.

For this purpose, the regions of Tehran were divided into four regions, North, South, West and East, and 96 questionnaires were distributed and collected among the elderly who were literate and willing to cooperate in February and March 2022 among each region.

According to the type of data and necessary information in conducting this research, two methods of library studies and field investigation (questionnaire distribution) have been used to collect data.

In this research, descriptive statistics methods such as (mean, standard deviation, tables and graphs) are used, and in Inferential statistics, data normality test, structural equation modeling test are used. The software used In this research is SPSS version 22 and Smart - PLS.

Findings

In order to check the basic assumptions raised in this study, the required information was collected and analyzed. The main hypothesis of the research was tested using the structural equation model (partial least squares approach) and it showed that the hypotheses are confirmed.

In the inferential analysis, the research hypotheses are evaluated and tested. First, the adequacy test of the KMO sample was performed and it showed that the correlation between the variables is significant.

Statistical analysis according to the diagram (2-4) shows that the total effect = direct effect + indirect effect is equal to $65\% = 53\% + (12\% = 23\% \times 56\%)$.

Considering that the direct effect of spiritual intelligence on life satisfaction

in the elderly is 53% and Its indirect effect is 12% and the total effect is 65%.

Therefore, it can be concluded that religious commitment has a positive mediating role in predicting life satisfaction in the elderly based on spiritual Intelligence. The statistical analysis according to the graph (3-4) shows that the total effect = direct effect + indirect effect is equal to 63%. = 43% + (20% = 37% × 56%).

Considering that the direct effect of spiritual intelligence on life satisfaction in the elderly is 43%, and Its indirect effect Is 20%, and the total effect Is 63%. Therefore, It can be concluded that religious commitment plays a positive mediating role in predicting life satisfaction in the elderly based on spiritual intelligence.

Discuss

In the present study, the effects of variables of spiritual intelligence, religious commitment, life satisfaction and life expectancy were investigated in the elderly of Tehran using a questionnaire.

In examining the variable effect of spiritual intelligence in the elderly, it can be said that the human need for spirituality cannot be considered a need along with other needs, but all actions and even the needs and motivations of a person can be influenced by spirituality. Religious well-being expresses a

relationship with a higher power, that is, God.

In the Holy Qur'an, God considers forgetfulness to be the beginning of self-forgetfulness, and the fact that a godless person becomes alienated from himself is because he loses his point of definition and source of light and knowledge.

It can be said that gender, increasing age and the level of education of the elderly have no effect on the spiritual intelligence and mental health of the elderly.

In examining the variable effect of life satisfaction in the elderly, it can be said: As one of the periods of human life, old age is an important and effective stage in the individual, family and social life of a nation.

Elderly people, in addition to the biological and physiological changes that occur in the body, face important life events such as retirement, death of friends and family members, moving to a new home and withdrawing from social activities and changes in social relationships and financial situations.

Statistical results have shown that there is a statistically significant difference between social support, happiness and life satisfaction in elderly people living in nursing homes and families.

Social support, happiness and life satisfaction were more favorable in

elderly people living in families than in elderly people living in nursing homes.

However, it can be said that with the improvement of medical and health conditions, the life expectancy of the elderly has gradually increased and spiritual well-being has a positive role in the life satisfaction of the elderly.

In examining the variable effect of life expectancy in the elderly, the results of this study indicate that the population of Iran is aging in unexpected conditions.

So that this age group has the fastest population growth among the world's population with the increase in life expectancy.

Birth control policy, mortality reduction, life expectancy Increase, growth of health services and treatment and diagnosis technology have caused a significant Increase in the elderly population.

*In examining the variable effect of religious commitment in the elderly, it can be said that there is a significant relationship. Nowadays, many thinkers and experts believe that religion has an undeniable effect on the health of the soul and body and other aspects of human life.

From the moment of birth to death, spirituality is evident in critical situations or milestones in our lives. Spirituality is mostly mixed with effort and struggle to understand seemingly

incomprehensible things and managing seemingly uncontrollable things. Spirituality is not only limited to transient and critical times, but flows in the foundation of all daily life.

Conclusion

Keeping the above Information in mind, It should be noted that In general, with increasing age, the possibility of diseases and disabilities in the last years of life increases, which leads to depression, dissatisfaction and hopelessness in life.

Thanking

I am grateful to my respected professor, Dr. Maryam Mashayekh, who was a good guide in all stages of this research and provided comprehensive and accurate information.

Diagram 4-2: Measurement of the final model and the results of the hypotheses in standard mode

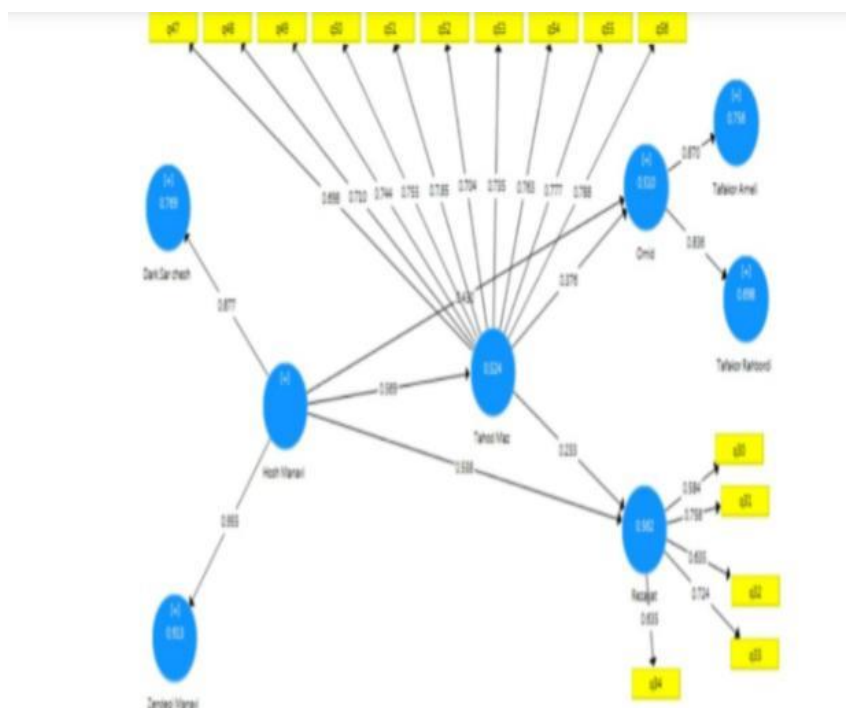


Diagram 4-3: Measurement of the final model and the results of the hypotheses in a significant state

Table 4-4 KMO value and the result of Bartlett's test

Sample adequacy test	٠,٨١
Bartlett's sphericity index	٣١٢٢
Degrees of freedom	٣٠٠
The significance level	٠/٠٠٠

Table 4-7: Hypothesis test results

Result	total effect	Indirect , direct effect	Hypothesis
Confirmation	%۶۵	%۵۳+ %۱۲	First hypothesis: It seems that religious commitment plays a mediating role in predicting life satisfaction in the elderly based on spiritual intelligence
confirmation	%۶۳	%۴۳+ %۲۰	The second hypothesis: It seems that religious commitment predicts life expectancy

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