

## عنوان مقاله:

Predicting Students' Psychological Well-being Based on the Components of Spiritual Intelligence and Sense of Coherence

## محل انتشار:

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## خلاصه مقاله:

Psychological well-being, meaning cognitive and emotional evaluations of one's life, which is one of the components of positive psychology, is of particular importance in students' behavior today. Therefore, recognizing the factors affecting it plays a crucial role in enhancing students' psychological well-being. The present study aims at predicting students' psychological well-being based on the components of spiritual intelligence and a sense of coherence. The present study is applied as well as descriptive/correlational research in terms of purpose and in terms of the nature and method respectively. Based on the Morgan Table, a sample of ۲۴۸ of Bilesavar Moghan Azad University students in the academic year ۲۰۱۹-۲۰۲۰ is randomly selected. Sense of Coherence Questionnaire, Spiritual Intelligence Self-Report Inventory (SISRI-۲۴) and Psychological Well-being Questionnaire are employed for data collection. Pearson correlation coefficient and regression are used for analysis data. The results show that there is a significant and positive relationship between spiritual intelligence as well as sense of coherence and students' psychological well-being; this means that whenever spiritual intelligence as well as sense of coherence increase, there is also improvement in psychological well-being. Spiritual intelligence can be a good predictor of psychological well-being and mental health. The spiritual tendency in life prevents a person from doing wrong and showing unacceptable behavior; it can ensure person's mental health.

## کلمات کلیدی:

Psychological Well-Being, sense of coherence, Spiritual intelligence

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