



Comparison of spiritual intelligence, job stress and coping styles between nurses and doctors

¹Mehrnoush Safaeian, ²Maryam Esmailinasab*

1 Department of General Psychology, College of Humanities and Social Sciences, Tehran Science and Research Branch, Islamic Azad University, Tehran, Iran

2. Faculty of Humanities, TarbiatModares University, Tehran, Iran

Email: esmailinasab@modares.ac.ir

ABSTRACT

The objective of the present study is to compare spiritual intelligence, job stress and styles of coping between nurses and doctors. The research method was a correlation type. About 232 of Imam Khomeini Hospital's doctors and nurses were randomly selected in this research. Spiritual intelligence questionnaires King (2008) and coping with stressful situations (CISS) Ander and Parker Occupational stress inventory of hospital (HSS-35) were used as the research tools. T test was used to compare the assumptions. The results showed spiritual intelligence, problem-oriented coping styles and occupational stress among nurse is more than doctors[19].

Keywords: spiritual intelligence, job stress, styles of coping, nurses, doctors

INTRODUCTION

The subject of the stress has been established in the whole people's life and their occupational affairs forcing a kind of psychological pressure on their life time in this regard. the occupational diversities and changes such as the organizational changes, payment and salary changes, occupational optimization, reduction or increase of human forces as well as the social shifts and changes can be subjected to those issues that they can make the high potential pressure on the people's behavior bringing the more panic, anxiety and worry over the life [1]. The long term and durable stresses of the job setting can destroy and collapse the occupational issues of the entire people; for instance the issues of resignation, frequent absents and the reduction of the energy and job efficacy can be governed by the same occupational collapse in this pavement. The occupational collapse is a mental and physical syndrome that the people can feel themselves into others problems [6]. The stress from the job is subjected to the stress that a person gets challenged in a certified job. In this definition both personal features and occupational factors have been considered in this path. Since the person and the environment have bilateral impact on each other, it can be stated that the process of the occupational stress will make the same mutual influence in this regard. Hence, it can be concluded that the mutual action between the job circumstances and the personal features can be established beyond the environmental requirements. The stress is defined as a psychological phenomenon being appeared in mental and physical disorders. Therefore, in the recent years the high attention to the stress and coping styles have been roughly considered in different groups and the studies represented that the application of the coping methods can play a key role in reducing the process of the stress [9]. People apply various approaches to reduce their stresses. The selection of the coping styles against the stress can reduce the impact of the stress on people's mental health and as a result the adaptation is required for establishing these various coping methods. Two main methods have been considered in this relation as following: problem-focused and emotion-focused methods. The problem-focused method appears in situations that people feel that they can manage and control the same situation. Some of these scientific methods include the past experiences, realism, gathering information for solving problems, consultation and attention to the positive remarks.

The emotion-focused method is subjected to those situations that a person feels that the same situation is not going to be solved and changed at all. Hence, the same person shows an emotional reaction trying to tolerate against it. Some objective emotion-focused methods include being angry, crying, feeling solitude, getting away from the situation [3]. concluded that those people using problem-focused coping methods can analyze even the tiny problems as well seeking towards the information considerably while people using emotion-focused strategies will be appeared seductive and detached [12]. In the problem-

focused approach, it is tried to solve the problem. As we know the intelligence has a close relationship with the behavior of solving the problem. The problem-solving skills have structures of reaching to the practical targets, reaching to positive results and attention to the oriented purposes. For the reason, if the spirituality is considered as a form of the intelligence, it will make the person to be able to overcome against the whole problems [4]. According to King the coping styles and problem solving techniques using the spiritual issues can be subjected to the adaptive spiritual intelligence. King suggests that it is an indirect relationship and the spiritual intelligence can play an interference role in this field. There may be a high correlation between the levels of the spiritual intelligence and the adaptation. The spiritual intelligence specialists consider the same process as the capacity for the human for bonding the experiences coherently into the world we are living into it. By the way, this intelligence can be subjected to the semantically establishment [2]. Purohit and Gain consider the spiritual intelligence as the experience ability that the whole people try to reach to the knowledge and going towards the progression at life. The spiritual intelligence gives a general perspective and attitudes towards the life affairs. People can apply these experiences to reach to their decisions and problem-solving issues potentially. The same person will be able to apply his or her fully capacities for the daily issue at life [10].

Most studies have been focused on the predicting factors in relation to the occupational stress. We believe that one of these variables neglected in recent years is subjected to the spiritual intelligence along with its high potential capacity in influencing on the organizational variables and occupational stress. Due to the carried out studies for the research variables, it is observed that in the past studies the coping styles against the job stress has not been unfortunately investigated in this path; for the reason, the researcher of the present study tried to carry out the comparison of every spiritual intelligence variables, coping styles and occupational stress between both groups of nurses and doctors. Animasan showed the results of the relationship between the independent and adaptive variables among the prisoners as positive and significantly. Amramalso indicated the influence of the spiritual intelligence on the effectiveness of the commercial leaders [13]. King (2008) also concluded that the excellent consciousness, making personal semantics, making conscious situation, critical thinking have their own related definitions in this case [19]. Parohit and Jain (2006) stated that there was no observed any significant difference between the spiritual intelligence of olds with their family members and olds living in the olds house [18]. Hiromasa (2009) showed that the increase of nursing profession experience, the risks of the same occupation will be reduced and it can also mitigate or decrease their stresses in this pavement. Also the findings of the present study represent that the increase of dependency feeling among nurses the organizational environment becomes recovered in this regard. It also reduces the illness and absence of the entire nurses [17]. Jin and Wi Lin (2008) showed that the managers had the job satisfaction and life satisfaction in compare to technical employers while the technical employers had also higher job stress than the managers. Also the results showed that the job stress has the negative consequences on the life satisfaction while the job satisfaction has a positive impact on the life satisfaction. Sharn Jed Kinz showed that the nurses with hardworking levels have low job stress and higher jib satisfaction [9] showed that there is a negative relationship between the job stress and occupational function. The interesting point of the study is that the degree of the stress is led to the recovery of the function [12] indicated that some mental and psychological factors such as competence and self-determination can reduce the occupational stress increasing the job satisfaction [20]. According to the result of the most research, nurses and the doctors have more stressful and sensitive occupation. Due to the direct relationship of these both occupations together, any stress and dissatisfaction of the same job can influence on their life drastically. Also, the quality of caring patients can be reduced in this pavement unfortunately. Hence it is necessary to investigate the effective approaches with the hard occupational conditions by these nurses and doctors.

MATERIALS AND METHODS

This research is a correlation type of research in terms of the data collection. Sample volume and sampling method: about 232 people from 600 physicians and nurses of Tehran Imam Khomeini Hospital were taken up randomly in this study. Data collection instrument: the applied instruments of the study include the questionnaires of the King spiritual intelligence questionnaire [19], coping with critical stress conditions questionnaire [1], and Hospital occupational stress questionnaire (HSS-35). The present options of these questionnaires were designed based on the five-Likert domain; these options were investigated by the consultant professors in order to confirm the contextual reliability of the study; finally, the reliability of the questionnaires was confirmed by these professors. Data analysis method: the questionnaires were scored and coded after completing the related questionnaires. The path analysis method was also applied in order to evaluate the relationship between the variables and the spiritual intelligence interference and the coping styles as well as the occupational stress.

RESULTS

Table 1: results of T-test and the difference between the spiritual intelligence among both groups of nurses and doctors

Variable	Group	Mean	Deviation	T	DF	Sig
Spiritual intelligence	Nurse	88.94	2.1	230	0.037	
	Doctor	85.76	10.33			

As it shown in table 1, the statistics T difference between both groups is 2.1 in 0.370 significant level; since the critical degree of T =1.67 with 230 DF in 0.05 level is larger, hence there is a significant difference between the spiritual intelligence of the nurses and doctors. Due to the statistics T, the size of the means can be stated that the nurses have higher means than the doctors.

Table 2: results of T-test and the difference between spiritual intelligence among both groups of nurses and doctors

Variable	Group	Mean	Deviation	T	DF	Sig
Problem-focused coping style	Nurse	49.02	7.21	1.9	214.6	0.048
	Doctor	47.22	6.61			
Emotion-focused coping style	Nurse	43.71	6.46	1.8	230	0.076
	Doctor	45.29	6.94			
Avoidance-focused coping style	Nurse	47.96	6.87	-1.8	230	0.078
	Doctor	49.62	7.32			

As it shown in table 2, the statistics T difference between both groups is 1.9 in problem-solving based for coping style in 0.048 significant level; since the critical degree of T =1.67 with 230 DF in 0.05 level is larger, hence there is a significant difference between the spiritual intelligence of the nurses and doctors. Due to the statistics T, the size of the means can be stated that the nurses have higher means than the doctors. Also the statistics T difference between both groups is 1.8 in the emotion-focused coping style in 0.076 sig level and since the critical degree of T is 1.67 with DF= 230 in 0.05 sig level smaller, there is not observed significant difference between the emotion-focused coping styles of nurses and doctors. In the other hand, the statistics T difference between both groups is 1.8 in avoidance coping style in 0.078 level significant and since the critical degree of T is 1.67 in DF= 230 in 0.05 level smaller, there is no observed significant difference between the avoidance coping style of doctors and nurses.

Table 3: results of T-test and the difference between occupational stress among both groups of nurses and doctors

Variable	Group	Mean	Deviation	T	DF	Sig
Occupational stress	Nurse	120.5	8.29	2.1	230	0.042
	Doctor	116.83	10.02			

As it shown in table 3, the statistics T difference between both groups is 2.1 in 0.042 significant level; since the critical degree of T =1.67 with 230 DF in 0.05 level is larger, hence there is a significant difference between the spiritual intelligence of the nurses and doctors. Due to the statistics T, the size of the means can be stated that the nurses have higher means than the doctors regarding to the occupational stress.

DISCUSSION AND CONCLUSION

According to the results of the present study, the difference between the spiritual intelligence of the nurses and doctors is significant. Hence, the spiritual intelligence of the nurses is higher than the doctors. The spiritual intelligence is subjected to a collection of activities that they make the most flexible behavior causing to the conscious among people's attitudes and this makes them to come along with the job environment.

This finding is coincident with the studies of [6,12,213,18]. The existence of the significant difference between the doctors and nurses coping styles is also significant statistically. The statistics T difference of problem-focused coping style is 1.9 in both related groups in 0.05 sig level. Hence, the nurses apply the problem-focused coping style higher than the doctors. Of course, the obtained difference is significant statistically but in representing the same process it can be stated that the doctors also apply avoidance

coping style due to their special situations in facing with stressful situations. However the nurses are those people that face with lots of problems with patients directly. In the other hand, they are expected to solve their problems anyway. Thus, they mostly apply problem-focused coping style due to their environmental pressures. The difference between the doctors and nurses is significant statistically regarding to the job stress. The statistics T difference mean is 1.2 in 0.05 sig level; in other words, the nurses have high stressful job in compare to doctors. Of course, the obtained degree is significant statistically. The nursing profession requires high focus skill making 24hr occupational stress. The point is that the nurses work in a team-based affairs cooperating with other members; this part of the job increases the related stress. In the other hand, the lack of job freedom is one of the most important stress-making factors; it seems that the doctors have higher freedom actions in compare to the nurses due to their job environment in a hospital. Due to the results of spiritual intelligence research and its two basic elements, excellent conscious and representation of personal concept let people apply the most suitable overcoming styles for their life adaptations. King (2008) believes that the spiritual intelligence acts as an interference in relation to the stresses and their adaptations; in other words [19], the spiritual intelligence gives a general viewpoint to a person for experiencing the whole events and happenings in the life; this makes the same person to be able to apply the opportunities and chances or spiritual resources for the entire decision making affairs and daily problem-solving. The conscious of the life value and gaining the spiritual life can make the person to get high confidential issues controlling the problems with high trust and personal affairs. Also the spiritual intelligence can reduce the stressful stimulants along with increasing the self-conscious making a high potential relationship with surrounding people bonding the social support from others raising the confidential sensation; this also gives the purpose and meaning of the life and people can get along with their own or personal problems in job atmosphere increasing the mental health in this pavement. Also the highest degree of spiritual intelligence among nurses can be subjected to the low income of the nurses but they try to give their best strives in facing with problems applying the problem-solving approaches such as accepting high responsibility at their job setting potentially.

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