

## **THE RELATIONSHIP BETWEEN SPIRITUAL INTELLIGENCE AND ANXIETY MEDIATE THE RELIGIOUS ATTITUDE IN UNDERGRADUATE STUDENTS OF ISLAMIC AZAD UNIVERSITY, FARS SCIENCE AND RESEARCH BRANCH**

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### **ABSTRACT**

The purpose of this study was to examine the relationship between spiritual intelligence and anxiety mediates the religious attitude in undergraduate students of Islamic Azad University, Fars Science and Research branch. Due to the nature and objectives, this study is a fundamental and the implementation of the correlation method is used. The population in this research, all Students of Islamic Azad University, Fars Science and Research (6000 people) that is, using a multistage cluster sampling as the sample size was estimated to have 300. Data from the questionnaires, Religious attitudes Serajzadeh Spiritual Intelligence Abdollahzadeh, And Anxiety Inventory is used. Analysis of Data Surveys has been carried out at two levels: descriptive and inferential statistics. Descriptive statistics such as frequency statistics, Percentage, mean and standard deviation were used. Inferential test of the Pearson correlation coefficient, multiple regression techniques and path analysis were used simultaneously. The results showed a Positive relationship between spiritual intelligence with religious attitudes there is a significant, dimension of spiritual intelligence, there is a significant relationship between the spiritual life anxiety and significant relationship between religious attitudes and anxiety of students the results showed that religious attitudes did not show the mediating role in the relationship between intellectual intelligence and anxiety.

**Keywords:** *Spiritual Intelligence, Anxiety, Religious Attitude*

### **INTRODUCTION**

In modern life, more than ever, we are stressful experiences that are endangering people's health, causing psychiatric disorders in man. Life in the industrialized world, where human relations are somewhat weak, and social support faded, proper human relations are at stake and the other people who have made a living, constantly trying out yet many natural and human wants and needs, regardless of their own, the pathogenesis of mental health and wellbeing of students is provided (Lambert *et al.*, 2007).

However, the research conducted in recent years indicates a mental disorder at different levels of students. Increase in referrals of students to counseling the student indicating psychological, social, and academic research is increasing among them. In Dibajenia (2001), in Shahid Beheshti University, 31.6 percent of students suspected of having a mental disorder. Adham's study (2007) found that 1.7 percent of physical, 2.3 percent suffered from anxiety and insomnia, 4.3 percent and 2 percent suffered from severe depression and avoidant dysfunction. Also in this study, Lotfi (2006) was suspected mental disorder percent report 35.4.

A review of these studies is one of the fundamental problems of student anxiety. Anxiety is an unpleasant emotional usually people use words like worry, anxiety, tension, and fear that they (Atkinson *et al.*, 2010). Anxiety, as a part of every human life, in all cases there is some moderate success, and in the limit as adaptive response, seen, anxiety, insecurity involves the threat or the source that it is clearly understood not.

Anxiety is a feeling scattered and vague symptoms such as fear and the cause is unknown (Dadestan, 2007). Numerous factors can contribute to anxiety. Research has shown those factors such as beliefs and attitudes, religious, spiritual intelligence, daily spiritual intelligence, spirituality, religiosity, religious and spiritual ceremonies Braztrab Tasyrdard (Alan *et al.*, 2008; Azhdari *et al.*, 2010; Rajai *et al.*, 2008; Roushani, 2009; Kekoe and Nancy., 1999; Ghobari *et al.*, 2009).

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More than two decades since researchers seriously, spirituality and religion as an important component of mental health, attention has been passed. The word spirituality, Piedmont (1999), as its inner core is introduced, which can be comforting, especially in stressful and anxious situations, the man and his gift to a superior force in the universe connected to.

According to psychologists and researchers of spirituality in recent years, new structures into the research literature and theoretical issues related to spirituality, is. Spiritual intelligence is one of these structures. Spiritual intelligence is the ability to utilize a range of religious and spiritual resources. Spiritual intelligence and spiritual intelligence structures in the compound has a structure. While spirituality is a search for the sacred elements, finding meaning, consciousness is above excellence. Spiritual intelligence includes the ability to use this function and compatibility issues that can predict (Rajaei *et al.*, 2008).

Aymuz, spiritual intelligence, some features, such as the: A) Spiritual intelligence, the ultimate intelligence type, we will solve the problems associated with it. Intelligence, that is, the broad range of actions in terms of semantic context, and it is also a significant part of our lives, as compared to other stages of development. B) Spiritual intelligence may be viewed in terms of the following criteria: integrity, compassion, careful attention to all levels of mutual sympathy, however, that the main role in the broader sense, the generosity and benevolence of spiritual and practical, seeking adaptation and the level and nature of life, comfort, a sense of loneliness. C) People who have high spiritual intelligence, capacity development has a high tendency to be careful. The potential for that part of their daily tasks devote themselves to spiritual practices such as forgiveness and spatial thanks, humility, compassion and wisdom to show. It can be said that spiritual intelligence and understanding of religious issues lawyers facilitate correct inferences. Spiritual Intelligence clear the mind and soul of man are associated with the underlying platform is to help the individual fact from fiction (Illusions) diagnosis (Vaughan, 2003).

Several researchers, including Denise (2006) and Walt (2006) found that people who have spiritual tendencies when dealing with injuries, better responses to situations that are in it, we are better positioned to handle stress manufacturers and health better. In 1999, Emmons by observing the behaviors and states of spiritual subjects, including Mother Teresa and Gandhi, spirituality and intelligence structures into a new structure, composition and terms of spiritual intelligence has led to. For him, the spiritual intelligence, the human capacity to ask ultimate questions about the meaning of life, and unified communications between us and the world in which we live.

Another matter that there are different views about the relationship between religion and spirituality. Some believe some of confrontation and polarization, but the core essence of spirituality and religion is inevitable and indispensable (Melikian, 2007).

The effect of religiosity on mental health than ever before, many discussions have been conducted, and in recent years, psychologists of religion's role in providing mental health, mental illness and treatment, special attention have. They believe in belief in God and religious attitudes, resources are wonderful, kind man gives spiritual power, and the hardships of life help him, and the anxiety that many people took we are prone to it, around it.

Pargament (1999), the psychological role of religion in helping people to understand and cope with life events is described: Religion can be a sense of hope, to feel close to others, emotion peace, opportunity self comfortable inhibit momentum, near to God and help solve problems and help you relax and reduce anxiety of individuals (Dezutter *et al.*, 2006).

Candler *et al.*, (2003) showed that negative attitudes toward life, the lack of religious belief occurs, increase the risk of mental illness is established, and, in general, men and women religious less likely to develop anxiety and anxiety disorders. Lotfi and Sayar (2008) a study to examine the relationship between intellectual intelligence and mental health in people over 15 years of Behshahr city began. The results showed that there was no significant relationship between mental health and spiritual intelligence.

One of the important things in life, mental health and identify ways to achieve it. Societies, the progress in technology material, and separation of deep religious beliefs in psychological problems, difficulties are experienced. Mental health, the psychology of the different views of this knowledge has been proposed. Human-centered views are generally in the range of mental health and the human world and the hereafter

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covers (Ghaseminejad *et al.*, 2011). With the knowledge and expertise of the particular perspective, the phenomenon of religion, thought, and reality about which it is expressed, but cannot accept that, the complexity and extent of the phenomenon, that all aspects of nature and human life, overshadowed phenomenon is simple and one-dimensional (Khodayari and Parand, 2006). Interpretations of the Qur'an and other Islamic sources and extensive use of words and definitions that religion has been presented. For example, following a religion is a way of faith (Sure Qur'an). Acknowledge the religion of Allah, the Messenger, the Book of Judgment and the Resurrection (Sure Qur'an). Islam is submission to God (Sure Qur'an). Follow the religion of Ebrahim (Peace be upon him) (Sure Qur'an). Religion is a belief in monotheism and worshiping God (Sure Qur'an). Religion, prayer and pay zakat (Sure Qur'an). The concept of law Religion (Sure Qur'an). Religion means Penalty (Sure Qur'an).

Religion is a phenomenon consisting of numerous phenomena and facts. Part of the truth about religion, psychological aspects that include categories such as emotions, attitudes, values, behavior and the social environment. On the basis of the meanings given for the religion, Muslim thinkers, religious, and multi-dimensional structure is viewed as a phenomenon, and the ways and means which have dimensions which affect human life, and her for an excellent general purpose, which certainly will lead to happiness and happiness (Khodayari *et al.*, 2006).

Will Durant, believes that religion is so rich, comprehensive and complex that no period in human history is not devoid of religious attitudes. Disbelief is not a religious man, spiritual crisis and distress in uncertain conditions is unconscious metaphysical forces of God and thinks of her calls for help, Shdhayy is constant (Khodapanahi and Khavanin, 2006).

The therapeutic approach in the Islamic community, the Muslim attitude to man, and his purposeful creation, the worldview of the Muslim people and their attitude to life, appears, in the treatment of neurotic disorders, such as anxiety, depression and obsessive attention to therapist are (Asgari *et al.*, 2009). But to ignore this area of treatment, patients in the use of religious attitudes as a means of coping with the disease who cannot bear their suffering is denied (Nelson *et al.*, 2002).

In short, religious and spiritual beliefs in many ways affected by anxiety and depression. Religion and Spirituality patients largely motivation and coping styles, and whether the relationship between attitudes and understanding of the treatment depends (Phillips *et al.*, 2009).

Internal studies suggest that there is a correlation between the variables and spiritual intelligence and religious attitudes affect their anxiety. Pour in the Tahmasbi and Kamangiri (1996) identified shown that negative religious attitudes, anxiety and depression; Birashk *et al.*, (2001) showed that there is a negative relationship between religiosity and anxiety. Jamali's research (2002) showed that there is a positive correlation between religious attitude and mental health. Khodapanahi and Khaksari (2005), the research found that there is a significant relationship between religious orientation and compatibility. Riahi and Aliverdi (2008) Regression analysis of data showed that variables such as social support, optimism and intrinsic religious orientation (direct and meaningful way) and extrinsic religious orientation and religiosity level (Figure indirectly through its effect on social support and optimism) have effects on mental health. Bayati *et al.*, (2008), a negative relationship between religious orientation and found that students with depression and anxiety. Azhdari *et al.*, (2010) showed that training in mysticism and spirituality effective in reducing anxiety in students. Jahnen *et al.*, (2010) reported a negative relationship between anxiety and spirituality. Akbari *et al.*, (2011) found that there is a relationship between intelligence and spiritual health.

Abroad are countless studies have examined the relationship between variables. Baker and Groush (1982) reported that between intrinsic religious orientation and anxiety and a significant negative correlation between extrinsic religious orientation and anxious and there is a significant positive correlation. Valeriet (1995) concluded that there is a positive relationship between happiness and religious affairs. Religion can be a complex social system of behavior and attitudes is important, including family planning, work, daily life and how to interpret different impression of affairs more effectively.

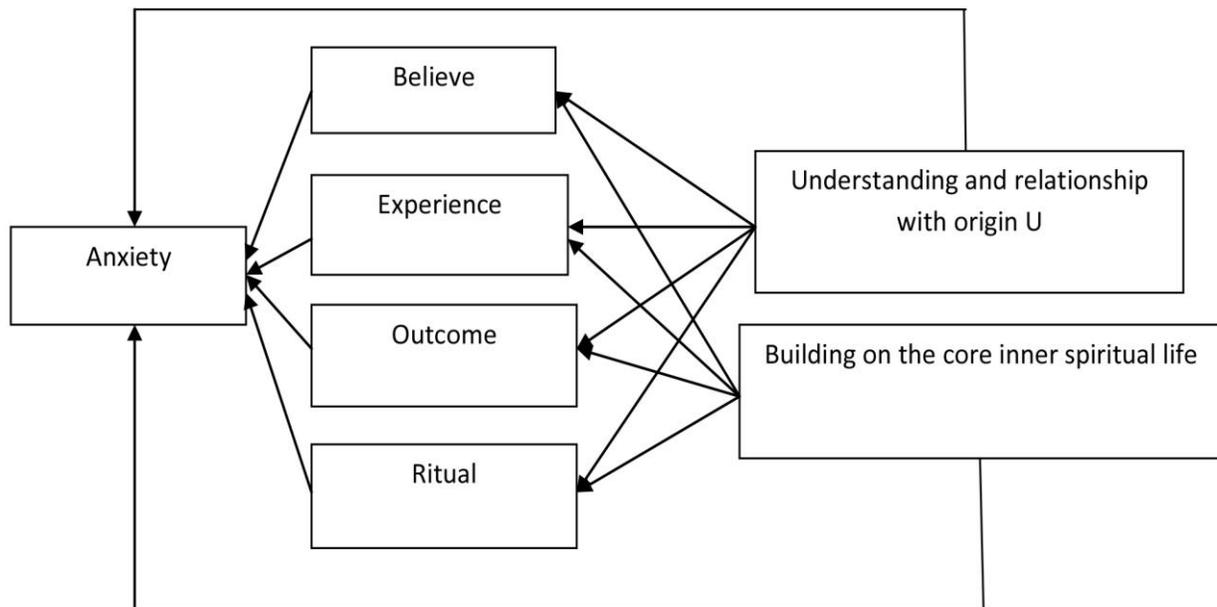
Kim *et al.*, (2004) concluded that the practice of religious beliefs with positive emotions like happy mood, happiness, kindness, confidence, respect, peace, positive relationship. Abdalkhaliq and Nasur (2007)

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found that religion has a negative correlation with anxiety. Koenig (2007) research has shown that people with mental and physical health and spiritual life, he is positively correlated with stronger religious beliefs are better adapted to their life situations.

Desrosiers and Miller (2007), the research demonstrated the strong religious beliefs of those who are doing more than coping with stress, personal, academic etc are more power, and are less likely to develop the disease and they have better mental health. Emmons (2010) found that between religious attitudes and personal and social adjustment of students, there is a significant positive relationship. Francis *et al.*, (2011) stated that a positive orientation to the Christian religion, with the higher scores on the General Health Questionnaire. Yang (2012) Spiritual and religious beliefs among intelligence showed significant positive correlation. Bolghan *et al.*, (2012) Positive correlation between intelligence and high moral and psychological disorders reported increased confidence.

According to previous studies, it has been found that, between spiritual intelligence and religious attitudes, there is a significant relationship with anxiety, as well as spiritual intelligence, not specific to a particular religion, can include all religious traditions, that It is common in many religions, Nevertheless, in previous studies, the relationship variables listed among students, simultaneously, less attention has been particularly neglected is the role of mediation religious attitudes. The main objective of this study was to investigate the relationship between spiritual intelligence and anxiety mediates the religious attitude in the students. The conceptual model of this research can be traced to the figure below.



**MATERIALS AND METHODS**

Research, is the basic type, and it investigates the mediating role of religious attitudes, the relationship between spiritual intelligence and deals with anxiety, is a correlation study. The population consisted of all students of Islamic Azad University, Science and Research of Fars. To determine sample size, using a multistage cluster sampling method, the Gulf of interdisciplinary research university, four randomly selected fields, and each field of study, two classes were selected randomly the classes were distributed among the students of the final sample was 300. The following instruments were used to measure variables: religious attitudes inventory: This questionnaire Serajzadeh (1998) and in accordance with and Gluck model (1965) to Islam, especially Islam. Shiite stated amounts in proportion are adjusted. The questionnaire included 26 items that 4 dimensions (subscales) measures of religiosity. All items along a five-point Likert scale from strongly disagree to strongly agree that they are valued. Serajzadeh (1998) over the validity of the questionnaire survey of PhD students with Muslim had full knowledge, acquired

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by Pearson's correlation coefficient was 0.61. Sharifi (2002) research also undermine the reliability of the test method Cronbach's alpha 0.75 and 0.78 respectively Alpha and validity of 0.45 (measured by the correlation coefficient between scores of the questionnaire and self religiosity of its people) Fulfilled It was. In the present study the reliability through Cronbach's alpha was 0.89.

**Beck Anxiety Scale:** A questionnaire developed by Beck in 1987 and was graded. This questionnaire has been prepared based on the 21 signs of anxiety and higher scores, indicates greater anxiety. Method of scoring: Option 1, Option 2 is the zero grade, first grade option 3, option 2 and grade 4, 3 to score. No person is between 0-7 if score anxiety. Between 8-15 mild anxiety, anxiety Byn16-26 average between 26-36 severe anxiety. In Iran, studies show that the questionnaire has high Reliability and Validity its consistency (coefficient alpha) 0.92 retest reliability with an interval of one week between 0.75 and 0.30 of the 0.76 is so variable. Overseas, the internal consistency coefficient is 0.92. The test-retest reliability with an interval of one week 0.75 and its associated material from 0.30 to 0.76 varies. By Cronbach's alpha reliability in this study was 0.78.

**Spiritual Intelligence Scale:** A test in 2008 by Abdullah Zadeh with collaboration Kashmir Keshmiri and Arab in Payamnour University students is the norm. The 29-point questionnaire that two factors. The first 12 questions "to understand and relate to the origin of the universe" and the second with 17 questions "and relying on the existence of an inner spiritual life" is. It is reported by Abdullah zadeh 0.88 reliability and validity through factor analysis and correlation of general questions 0.30 reported. By Cronbach's alpha reliability in this study was 0.84.

To analyze the data obtained from questionnaires, tests, correlation, regression, and path analysis were used.

**RESULTS AND DISCUSSION**

**Table 1: Statistical Analyses of spiritual intelligence, religious attitudes and anxiety**

	Spiritual Intelligence		Religious attitude			Rite	Anxiety
	Spiritual Life	Perception	Belief	Experiment	Outcome		
Mean	57.52	49.5	26.52	24	20.15	18.56	36.15
SD	7.77	7.66	4.9	4.54	3.49	6.33	10.33

**Table 2: Correlation of all the variables**

Variable	1	2	3	4	5	6	7
Spiritual Intelligence <sup>e</sup>	1. Understand	1					
	2. Spiritual	0.47**	1				
Religious Attitudes	3. belief	0.63**	0.29**	1			
	4. experience	0.75**	0.36**	0.7**	1		
	5. consequential	0.36**	0.23**	0.48**	0.47**	1	
	6. Rites	0.52**	0.29**	0.6**	0.57**	0.46**	1
	7. Anxiety	-0.02	-0.17*	0.001	0.02	-0.05	-0.07

\*\*P<0.01

**First research hypothesis:** The dimension intelligence, spiritual and religious aspects, there was a significant relationship with anxiety.

To test the research hypotheses, a Pearson correlation was used; the results in Table 2 show that all the dimensions of spiritual intelligence, with all the religious aspects, positive and significant in their relationship. But only after the dimensions of spiritual intelligence spiritual life negatively and

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significantly associated with anxiety. However, none of the religious aspects are not significantly associated with anxiety.

**Second Hypothesis:** Power of Spiritual Intelligence is a significant predictor of religious aspects. To investigate this hypothesis, a multiple regression analysis was used as the dependent variable was thus the dimension intelligence spiritual and religious aspects separately entered as the criterion variable).

**Table 3: Dimensions of Spiritual Intelligence predictive power of the faith (the religious aspects)**

Predictive variable	Criterion variable	F	df	R <sup>2</sup>	P<	β	t	P<
Understand Spiritual Life	belief	65.83	2.203	0.39	0.0001	0.64 -0.03	10.19 0.5	0.0001 N.S

Table 3, shows the results of the regression analysis, the amount is significant, F (P<0.0001, F=65.83), plus all of the predictor variables to predict 39% of faithfulness. The results show that the dimensions of spiritual intelligence, the understanding (P<0.0001, F=0.64) have a positive and significant predictor of belief.

**Table 4: Predictive Power of Spiritual Intelligence for the experience (the religious aspects)**

Predictive variable	Criterion variable	F	df	R <sup>2</sup>	P<	β	t	P<
Understand Spiritual Life	Experiment	147.74	2.207	0.58	0.0001	0.78 -0.02	15.27 0.57	0.0001 N.S

Table 4 shows the results of the regression analysis, the amount is significant, F (P<0.0001, F=147.74) plus 58% of the variance in all the variables predictive of later experience to predict. The results show that the dimensions of spiritual intelligence, only to later realize (P<0.0001, F=0.78) have a significant positive predictor of the experience.

Table 5 shows the results of the regression analysis, the amount is significant, F (P<0.0001, F=16.47) plus 13% of all the predictor variables to predict the outcome. The results show that the dimensions of spiritual intelligence, only then understood (P<0.0001, F=0.32) as a predictor of the outcome is positive.

**Table 5: Dimensions of Spiritual Intelligence predictive power for the outcome (of the religious aspects)**

Predictive variable	Criterion variable	F	df	R <sup>2</sup>	P<	β	t	P<
Understand Spiritual Life	Outcome	16.47	2.207	0.13	0.0001	0.32 0.07	4.42 0.98	0.0001 N.S

**Table 6: The Power of Spiritual Intelligence predictions for the ritual (the religious aspects)**

Predictive variable	Criterion variable	F	df	R <sup>2</sup>	P<	β	t	P<
Understand Spiritual Life	Rite	42.23	2.211	0.28	0.0001	0.5 0.06	7.55 0.92	0.0001 N.S

Table 6, shows the results of the regression analysis, the amount is significant, F (P<0.0001, F=42.23), plus all of the predictor variables to predict 28% of the rituals. The results show that the dimensions of

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spiritual intelligence, then Derek ( $P < 0.0001$ ,  $F = 0.5$ ) the positive predictive value is the ceremonial aspects.

**Third research hypothesis:** Power of Spiritual Intelligence is a significant predictor of anxiety.

To investigate this hypothesis, a multiple regression analysis was used so that the dimensions of spiritual intelligence and anxiety as the dependent variable were entered as the criterion variable. The results of this analysis are presented in table 7.

**Table 7: Predictive Power of Spiritual Intelligence for anxiety**

Predictive variable	Criterion variable	F	df	R <sup>2</sup>	P<	β	t	P<
Understand	anxiety	5.03	2.190	0.05	0.007	0.1	1.31	N.S
Spiritual Life						-0.25	3.15	0.002

Table 7 shows the results of the regression analysis, the amount is significant, F ( $P < 0.007$ ,  $F = 5.03$ ) plus 5% of all the predictor variables to predict anxiety. The results show that the dimensions of spiritual intelligence, spiritual dimension of life ( $P < 0.002$ ,  $F = -0.25$ ) a significant negative predictor of anxiety.

**The main hypothesis of this research:** The role of mediator between the religious aspects of spiritual consciousness and anxiety.

To investigate this hypothesis, the final step is to evaluate the model, the dimensions of spiritual intelligence as a predictive variable, and anxiety as the criterion variable, were entered into the regression equation and religious aspects as well as mediating variables entered in the model. The results in Table 8 indicate that the first phase of F there is ( $P < 0.003$ ,  $F = 6.05$ ) and Dimensions of Spiritual Intelligence 7% of the variance anxiety predicts in phase second also rate F there is ( $P < 0.01$ ,  $F = 2.64$ ) and 9% of the variance in the predictor variables are Predict anxiety. The mediation analysis showed that the beta of the spiritual life, in the second stage regression is increased compared to the first stage ( $P < 0.002$ ,  $F = -0.28$ ). This indicates that the religious aspects of the relationship between intelligence and spiritual anxiety could play an intermediary role.

**Table 8: Hierarchical regression analysis**

Stage	Variable	F	df	R <sup>2</sup>	P<	β	t	P<
1	Understand	6.05	2.162	0.07	0.003	0.13	1.49	N.S
	Spiritual Life					-0.31	3.45	0.001
	Understand					0.08	0.6	N.S
2	Spiritual Life	2.64	6.158	0.09	0.01	-0.28	3.12	0.002
	Belief					0.1	0.89	N.S
	Experiment					0.1	0.75	N.S
	Outcome					-0.008	0.09	N.S
	Rite					-0.19	1.79	N.S

**Discussion and Conclusion**

The purpose of this study is the relationship between spiritual intelligence and anxiety mediate religious attitudes among university students Fars Science and Research. The population in this study, all students of Islamic Azad University, Fars Science and Research (6000), which uses a multistage cluster sampling method, the sample size was 300, estimated. Analysis of data from surveys conducted by both descriptive and inferential statistics. In the descriptive statistics such as frequency, percentage, mean and standard deviation were used. In inferential statistics, Pearson correlation coefficient, multiple regression and path analysis using the same methods used Baron and Kenny. The results showed that, between spiritual intelligence, and religious attitudes, positive and significant relationship exists between the dimensions of spiritual intelligence, the spiritual dimension of life, anxiety, a significant relationship exists between

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religious attitudes and anxiety, relationship there is significant. The results showed that the mediating role of religious attitudes in relation to spiritual intelligence is not played with anxiety.

### **Analysis of Results**

In this section, based on the basic components of the study, findings from the questionnaire are presented, and then the results of the questionnaire survey and analyzed, and if there is, similar researches at home and abroad, is given.

The present study showed that the dimensions of spiritual intelligence in all aspects of religious attitudes are positively and significantly correlated. But the dimensions of spiritual intelligence and spiritual life only after the shares negatively associated with anxiety. However, none of the religious aspects are not significantly associated with anxiety. The findings showed that there is a significant negative correlation between spiritual lives with anxiety, this finding is consistent with findings Akbarzadeh *et al.*, (2010), Kaheni *et al.*, (2013), Bolghan *et al.*, (2012) is consistent. The explanation for this finding can be said to have spiritual life to those who tribulations, stress and lack of sense of inevitability that occurs in the course of their life cycle. Due to the nature of the transcendental spiritual experience, people with spiritual beliefs, continuously, in conjunction with an understanding of their life experiences, including spiritual and divine interventions and these interventions can alter the events of life and human thought and behavior they are useful and how to deal with events that adversely affect someone. Also, to cope with the pressures of life when a person needs help to counsel, spiritual realm, we can help you in situations of anxiety and stress, meaning the deal could be an attempt to find to find meaning in stressful situations described that reduces anxiety levels and calm the person returns.

The findings of the present study were based on the relationship between religious attitudes and anxiety which indicate that. This finding is consistent with findings O'Conner *et al.*, (2003) and Shreve-Neiger and Edelstein (2004) is consistent with the findings Tahmasbi and Kamangiri (1992), Birashk *et al.*, (2001), and Kajbaf and Reispour (2008), Bayani *et al.*, (2008), Kazemian and Mehrabi zadeh Honarmand (2009), Jann *et al.*, (2010), Nezhadnadry *et al.*, (2012), Baker and Groush (1982), Desrosiers Miller (2007), Stuart *et al.*, (2007), Francis *et al.*, (2011) is not consistent. In explaining these findings, it can be said with regard to the level of understanding of students at different educational levels of training, have acquired, and thereby increased to cope with the obstacles of life have gained a better understanding, in dealing with the problems encountered with greater wisdom and experience lower levels of anxiety.

In addition, the findings showed that there is a significant relationship between intelligence and religious and spiritual attitudes.

In explaining these findings, we can say, spiritual intelligence, the ultimate intelligence that some issues have shown us the meaning and value, and related issues, we solve them. Therefore, people who have high spiritual intelligence, capacity development and awareness tend to have high. They have the capacity to be a part of your daily activities are devoted to spiritual practices and virtues such as forgiveness, gratitude, humility, compassion and wisdom to show.

In the event we can say that the spirituality of tacit knowledge and by spiritual intelligence (King, 2008) influenced the decision. Therefore, spiritual intelligence, meaning and value to people's issues shows, and substantial belief in a spiritual context and religious disposition, as and prayer worship, attend special religious rituals, fasting and so provides. With this interpretation we can say that there is a relationship between religiosity is spiritual intelligence.

Regression analysis showed that the dimensions of spiritual intelligence, the perceived positive and significant predictor of belief is after.

This finding is consistent with findings Evan (2004), Amram (2005) is consistent. Because, after understanding the spiritual intelligence, the capacity to understand the superior aspect of ourselves, others and the natural world and the ability to enter into higher states of consciousness, such as pure consciousness, cosmic consciousness, unity and uniqueness points (King, 2008), so, enjoy the following related to the origin of the universe and monotheism, the person creates, and makes people believe that the world is ordered and accountable, and to individual acts, in the Hereafter deal and since the conviction, the beliefs that can be expected, the followers of one religion, they believe (and behave

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exactly like the last day to apply to be addressed), refers, therefore, to understand and communicate with the origin of the universe can predict adherence to religious beliefs and faith.

The results of the regression analysis showed that, of the spiritual dimension of intelligence, only after understanding the positive and significant predictor of the experience. These findings, the findings Chaboki and Hoseinian (2011), are consistent. In explaining these findings, we can say, understand and communicate with the origin of the universe, including drawing, developing and analyzing insights obtained through intuition, because the meaning is clear, and detailed insight, and since then the experience or emotion religion, which oversees emotions, perceptions and feelings about having a relationship with a spiritual substance as God (e.g.: sometimes I feel that I am close to God), therefore, associated with the origin of the universe, to feel close to God in the form brings. For people who have internalized spirituality, and active and have a strong sense of ethics and altruism, and their main motivation, the human being and his dignity, to equality with God, seek, and thus it can be said that the understanding, the following empirical predictions. Since then life has no spiritual power forecast sadly today may be that the role of religion and spirituality in the lives of young people regarding the less.

Furthermore, regression analysis showed that, of the spiritual dimension of intelligence, understanding only after a significant positive predictor of the outcome, and this finding with the findings Chaboki and Hoseinian (2011), and consistent there. In explaining these findings, we can say that, then you understand and connect with the source of belief in a transcendent understanding of life, a sense of humility and modesty in the presence of transcendent glory, to listen to the voice of Robubi, keep calm during turbulence, commitment, devotion and faith in people, creates and individuals to perform religious duties and belief, the existence of supernatural, committed and, therefore, this aspect of behavior, the effective life is, and since the after a consequence of the influence of beliefs, practices, experiences and knowledge on the daily life of religious followers of the religion, points out, it can be said that, after understanding and relationship with the source of being able to predict the outcome.

The results showed that the dimensions of spiritual intelligence, then the positive predictive understanding are next ritual. These findings, the findings Chaboki and Hoseinian (2011) is consistent. In explaining these findings, we can say, with regard to understanding and communicating with the origin of the universe, belief in supernatural being in human form, and also creates a sense of humility and modesty despite the grandeur of the Exalted, people to certain religious practices such as meditation and prayer, participation in religious rituals, fasting, etc leads, so we can say that the ceremonial aspect is an understanding to predict.

As previously indicated, the results showed that, of the dimensions of spiritual intelligence, spiritual dimension of life, a significant negative predictor of anxiety. In explaining these findings, we can say that, cause the spiritual life against life difficulties and attain deep insight of the problems no fear (Vegan, 2003). Elkins (2004) believe that makes the spiritual life of man, look with kindness and compassion more problems, endure the hardships of life, and the dynamics of their life move. Therefore, people with spiritual direction are less prone to anxiety and enjoy greater adaptability. Therefore, we can say that the concept of spiritual life, includes an adjustment, and problem behavior is the highest level of growth in different domains of cognitive, moral, emotional and interpersonal included, and the person in order to comply with phenomena around them, and helps achieve internal and external integration. The spiritual life so that you can create in the field of anxiety and depression that kills him. It also showed that, cannot you understand and connect with youth to predict anxiety, which can fade because of religious beliefs among young people.

The main hypothesis of this study, that the dimensions of religious attitudes, significant intermediary role between the dimensions of spiritual intelligence and anxiety, results showed that the model was not confirmed. In other words, religious attitudes intermediary role between spiritual intelligence and no anxiety. In explaining these findings, it can be said, perhaps there is no relationship between the dimensions of spiritual intelligence (except in one dimension), and religious aspects of anxiety, because that, other factors such as economic conditions, educational, familial, or emotional ties that students at this age are more involved with it, plays an important role in their anxiety. Of course, now, unfortunately,

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the evidence suggests that many young people, the role of religion and spirituality matter in life are minimized, and this can be one of the possible reasons for this finding. However, the worldwide interest in spirituality is growing, so that Seligman, reconcile century to the 21st century sees religion and psychology and spiritual issues are discussed within the framework of positive psychology. This is so far advanced that, in view of some psychologists, can be achieved only if the client's treatment, he noted the importance of spiritual life (Worthington *et al.*, 1996). Perhaps this study is a small step in the direction of our society, both by people and by psychologists, pay more attention to the role of religion and spirituality in the lives of the past, be paid. It should be noted that the instrument can also measure the results, have a great role in Islam between religion and spirituality, there is little differentiation, and the two are so intertwined that one cannot so imagine one without the other, it seems, is essential for spiritual intelligence tool constructed in accordance with Iranian religious and cultural conditions. Also, it can be said in explanation of this finding, given that the level of understanding students' acquisition of knowledge increases, their hardships and difficulties of life, better fare and experience less anxiety and apprehension they, therefore, the role of religious attitudes are less important in reducing anxiety.

### Conclusion

The findings of this study suggest that, to understand and communicate with the source of existence, including the spiritual intelligence, anxiety alone can affect you, so pay attention to the spiritual intelligence and spiritual awareness, especially student's factor that can play an important role in reducing student anxiety.

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