THE RELATIONSHIP BETWEEN SPIRITUAL INTELLIGENCE, SOCIAL SUPPORT AND SMS ADDICTION AMONG STUDENT OF EASTERN MAZANDARAN UNIVERSITIES IN 2011

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ABSTRACT
Unusual or pathological use of new technologies create a severe damage to the psychological structure of the individual and in more detail, the availability of family is drawn to a serious challenge. On the other hand, due to the being young nation, sensitivities, vulnerabilities and risks threaten the students, the present study examined the relationship between spiritual intelligence, social support, and addiction to SMS among students of Eastern Mazandaran province universities in 2011. This correlation study was performed on 384 students of Eastern Mazandaran Province universities in 2011 that have selected randomly according to Morgan sampling method. Three questionnaires including spiritual intelligence questionnaire, social support questionnaire and SMS addiction questionnaire were used to collect data. Data were analyzed using SPSS software (16) and Pierson correlation statistical tests, T-test, regression and ANOVA. The results showed a significant relationship between students' spiritual intelligence and social support (P=0.01). However, there was no significant relationship between spiritual intelligence and addiction (P=0.01). No significant relation was seen between gender and SMS Addiction (P=0.01). However, among some other demographic characteristics such as age and educational level was significantly positively associated with SMS addiction (P=0.05). Overall, the results showed a positive relationship between spiritual intelligence and social support among the students. However, there was no significant relationship between spiritual intelligence and SMS addiction.

Keywords: Spiritual Intelligence, Social Support, SMS Addiction, Students

INTRODUCTION
Current century can be known as a combination of communication and information, or a century that humans, more than ever, needs to learn information communication. Today, with the possession of advanced communication and technologies, it is possible to communicate faster than before. When the world's great innovators, were brought their newest inventions, they never thought one day a man looking for a solution to address the risks that make by the new innovation and media communications. Increased production of modern communication devices and the ease of access cause large groups of people with different ages reach the virtual world (Hassanzadeh and Rezaei, 2010). People around the world have been increasingly interested in digital communications equipment (Chen, 2006). Communications revolution, or rather, the information explosion (Hassanzadeh et al., 2010) that is the most obvious characteristic of the present century, is elegant the world with the surprisingly exciting invention (Chen, 2006; Ahmed et al., 2011). In recent years, computer, Internet and mobile created the world's fifth communication revolution (Fadaie, 2009).

The results of previous researched showed that the mobile applications and use of SMS, in addition to have a significant role in business and advertising, is more common than other media devices (Rabiei et al., 2012).
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Statistics are shown a growing in use of new technologies among youth. Children and Adolescents Intellectual Development association in 2009 in a study conducted on students 11 to 18 years declared that 53% of them have become addicted to the mobile phone (Hassanzadeh, 2010).

Many believe that the word addiction is applied only for behaviors including use of drug and drug abuse and dependency. Researchers have identified certain behaviors that are potentially addictive and are overlapping with substance abuse-related conditions (Taliæ, 1993) and the diagnostic criteria for DSM - IV-TR. It is considered new type of technological addictions like video games, the Internet and mobile phones, and any other important device that has communications and entertainment applications among youth, have a special place in DSM-V (Choliz, 2102). Several etiological models affected by learning theories in form of cognitive – behavioral theory, social learning, defective amplifiers, culture, genetics and neuro - biological technology in the field of addictions has been suggested (Kumar, 2010).

In behavioral or technological addiction (Taliæ, 1993; Choliz, 2012), subject is addicted to what to do and feelings that are experienced at doing it. Some people, who are seeking comfort with refuge to something outside of themselves, fall in addictive behaviors. Common aspect of all addictive behaviors (including additions to SMS), anxiety (Taliæ, 1993; Walsh, 2009), craving and compulsion, is loss of control, insist on behavior despite negative consequences, isolation from others, poor academic performance, depression (Chen, 2006; Shamszadeh and Shirazinejad, 2009) mobile dependence syndrome (Ahmed et al., 2011), conflict with others, and daily activities, behavioral and cognitive problems (Walsh, 2009), poor relationships with parents (Chen, 2006) and limited range of social relationships (Hassanzadeh et al., 2010). Psychiatrists claimed that mobile addiction is one of the most important non-drug addiction and the victims suffer from social isolation (Ahmed et al., 2011). Today, use a cell phone, especially the use of SMS has been used extensively and consequently the volume of its use leaves various effects. These effects are assessable and valuable in two beneficial and detrimental parts (Taliæ, 1993; Fadaie, 2009).

There is no doubt that in many urgent cases, SMS is very important and economic but the desirability of utilizing the technology (Taliæ, 1993) is depended to character (Ahmed et al., 2011; Hassanzadeh and Rezaei, 2011) wise features and significant social and emotional skills of user (Khamenei Mhanyan et al., 2006).

Botzin and colleagues in 1993 stated that according to view of reality principle emphasis on difficulty of correct living in today's world and people in their efforts to achieve physical comfort that technology has to offer, lose their association with the family and faith. Thus, people confronting the requirements of social conformity lose their value and become worthless, follow and obey others without thinking and feel of meaningless in their live (Shams-Zadeh and Shirazi-Nejad, 2009; Govahi Jahan, 2007).

Bosing et al., in 2005, has shown their research that being religious in the broadest sense, can mitigate the effects of severe life crises, because religion is one of the fundamental mainstays of the happy life (Ahmadi et al., 2006). Laps in 1995 stated that spirituality causes change and growth of values and has a protective role in worried Situations (Shamszadeh and Shirazinejad, 2009), and in case of problems, acts as a protection and defense factor (Malik and Naeem, 2011).

On the other hand, all people are not the same as a view point of strong sense of attachment. Social psychologists believe that when the need of attachment does not meet, it is very unpleasant experience, whatever a person's age and cultural background have, for example, when a person is ignored by others, this is annoying, it makes a sense in a person feels to lose control of situation and thus to feel sadness and anger (Baron, 2009). Regarding to individual differences in the need for dependency (Atkinson and Atkinson, 2010), the issue of social support (Hamid, 2006) and searching support resources (rational and irrational forms) are discussed. Rationally, people are searching for social support, but in a wrong and irrational way, they tend towards SMS addiction. Studies have shown that social support can mitigate the negative results of stress and life events, because social support has led to increased self-confidence and increases personal strength against the perceived negative effects of stressors. The researchers found that people who do not have adequate social support, likely to suffer from psychological disorders, the state of mental and psychological health problems increases among them (Nissi et al., 2001; Ali Pour, 2006).
Therefore, in view of the importance of the issue, we plan to study the relationship between spiritual intelligence, social support and SMS addiction, and to answer the question: whether there is a relationship between spiritual intelligence, social support and SMS addiction?

MATERIALS AND METHODS
In the present descriptive correlation study, the studied population was all young male and female students from eastern Mazandaran province universities in 2011. Three hundred eighty-four samples were randomly selected according to Morgan's Table among students from three universities (one university from each city).

Three questionnaires to measure spiritual intelligence, social support and SMS addiction questionnaire was used. Spiritual intelligence questionnaire has 29 questions that have been made in 2008 by Abdullahzadeh, Kashmiri and Arabameli. The questionnaire was scored by Likert scoring system from 1 to 5 and published by psychometric questionnaire publisher in 2009. This questionnaire examined two factors.

The first factor included 12 questions related to understanding and communicating with the origin of universe. The second factor comprises 17 questions about spiritual life related to the inner core. Method of scoring the questionnaire was from completely agreed to completely disagree grading from 1 to 5. The possible range of scores on a scale of 29 to 145 varied from lower satisfaction to High satisfaction respectively. Reliability of the test at preliminary step was confirmed by achieving alpha Cronbach equal to 0.87. Validity of the questions was confirmed by expert colleagues, factor analysis has also used and correlation of the questions was 0.3 (Abdullahzadeh et al., 2009).

Social Support Questionnaire with 23 questions: The questionnaire was constructed in 1986 by Waksi and colleagues (Mirsamii and Ebrahimi, 2008). Theoretically, it is based on the definition of Kobe from social support. Kobe defined social protection as an enjoyment of love, supporting and caring by family members, friends and other people. This scale has 23 items, which includes three areas of family, friends and others. Each area of family and friends subscales has eight items and the others area has seven items. The questionnaire was constructed based on a four-degree scale; highly agree, agree, disagree, and very opposite. Ebrahimi Ghavam has changed the above scoring system to scale zero and one in 1991. He reported in his own research for reliability of the scale by Cronbach's alpha, the internal and external factors equal 0.70% and 0.90% respectively. Also, the content validity of the scale has been approved by professors of clinical psychology and psychiatry of Mazandaran University of Medical sciences (Ali, 2006). In this scale, the maximum score was 23 and the minimum score was zero. People who scored above average considered with higher social support and people with score below average were considered low social support (Biglari, 2011).

SMS addiction questionnaire with 15 questions:
This questionnaire has been developed and standardized by Lgarashi and Colleagues in 2005. The questionnaire consists of 15 questions and measured the three components including: Response to emotional questions from 1 to 5, Perception of excessive use questions 6 to 10 and maintaining relationships questions 11 to 15. It is based on a five-point Likert scale scoring. Totally agree had grade 5, I agree grade 4, I do not think grade 3, disagree grade 2, completely disagree had grade 1.

Content and construct validity of the scale has been approved by the faculty of psychology. To assess the reliability of the scale, Cronbach's alpha coefficient 0.81% has been reported (25). Statistical analysis was done using software SPSS 16.

RESULTS AND DISCUSSION
The age range of participants was 36-17. Among 384 patients, 297 patients (%)75 were in the age range 27-20 years. Others demographic characteristics are listed in Table 1.
Correlations between the main variables have shown in Table 2. The relationship between social support and spiritual intelligence was significant (P=0.01). Also, there was a significant relationship between spiritual intelligence and social support of the students, namely, the most spiritual intelligence. The greater social support is even. Results in Table 2 showed that the relationship between SMS Addiction Spiritual and Intelligence scores was not significant (P=0.01). Thus, there was no significant relationship between students' addiction to SMS and spiritual intelligence (P=0.01).

As shown in Table 3, no significant relationship was seen between gender and SMS addiction of the students.

The correlation between the variables of age and SMS addiction has shown in Table 4. Results in Table 4 indicated that there was a significant relationship between age and students' addiction to SMS (P=0.01). Thus, whatever the age, the SMS addiction is also lower.
A significant relationship were seen between education level and addiction SMS among the students (P=0.01). As, addiction to SMS among girls and boys students in associate degree were more frequently than the student in BSc level of education.

The present study was undertaken to investigate the relationship between spiritual intelligence, social support and SMS addiction among university students in East of Mazandaran. According to the results of this study, it can be concluded that a significant relationship between spiritual intelligence and social support can be seen among the students. That is, the more spiritual intelligence, social support is even greater. This result is consistent with findings of Hasanzadeh and Rezaei researches. Because individuals possess spiritual intelligence, have more mental health (Dashtaki et al., 2006) and optimal levels of life satisfaction on the other hand, due to play a more active role in the group, compared to the others, they are in a position to receive more aid and social support. Previous Researches have shown that dissatisfaction was associated with poor social status (Bakhshipour et al., 2005). Also, spiritual intelligence has the same function of social support and activating coping strategies operates as a protective function against problems and negative consequences (Panaghi et al., 2008).

No relationship has been found between spiritual intelligence and addiction to SMS among the students in this study. This result may be due to:
1. According to the SMS Addiction questionnaire, since the questionnaire measures SMS tendency, not positive or negative content. Hence, these two variables can be no relationship.
2. Spiritual Intelligence is considered as an important psychological construct. However, addiction to SMS, which is considered a subjective trend and low social preference.

In terms of gender, there was no significant difference in the SMS addiction variable among male and female students.

The research hypothesis of this research was not consistent with Ahmed et al., (2011), Hassanzadeh and Rezaei (2011), Chen (2006), Choliz (2012), Perry and Lee (2007) and Hasanzadeh et al., (2010).

In the literature review, the researchers encountered three categories: Some were believe to the differences between the sexes (Hassanzadeh and Rezaei, 2011). Some believe that girls were more addicted to SMS and others were believe that boys were more than girls (Ahmed et al., 2011). These different results may be due to the specific characteristics of the study groups and the dominant culture of their communities.

In this study, a significant positive correlation was obtained between age and text messaging addiction among students. The result of this study, in this hypothesis was consistent with the results Ahmed et al., (2011) and Rezae and Hassanzade (2011), and was not similar to the results of Choliz (2012) in Australia. Choliz in a research found that with increasing age, from 12 to 18 years, mobile addiction becomes more. Noteworthy that, in this study, whatever the participant age was added, and the frequency of using...
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cell phone were more reduced. It seems, because this research group were among the students, as an educated community, as well, since eligible students were involved in their academic assignments, obtaining this result by increasing age and educational practice is reasonable. In this study, a significant positive correlation was obtained between education and SMS addiction of the students. The results of this study, was similar to the results of Rezaei and Hassanzade (2011) study. Because, in their study, they concluded that there was a different in SMS addiction among students of university and under graduated students. A concept derived from these data indicates that the level of students is more; the less is addicted to SMS. In this study, SMS addiction had become more common in associate degree male and female students. It seems that the level of education is affected on SMS addiction and this result affirms the hypotheses proposed by the former studies.

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