

## Survey the effect of components of spiritual belief on life satisfaction

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**K E Y W O R D S:** spiritual belief Components - satisfaction - life

**ABSTRACT:** Life satisfaction is the way persons evaluate their lives and how they feel about their directions and options for the future. It is a measure of well-being and may be assessed in terms of mood, satisfaction with relations with others and with achieved goals, self-concepts, and self-perceived ability to cope with daily life. It is having a favorable attitude of one's life as a whole rather than an assessment of current feelings. Life satisfaction has been measured in relation to economic standing, amount of education, experiences, and residence, as well as many other topics. According to above statements, this research is about studying the effect of spiritual belief Components on satisfaction from life. Results of the research shows that belief to God, belief to spirituality, belief to eternity and spirit, connection with God and belief to models and spiritual stages have meaningful relation with life satisfaction.

### Introduction

Satisfaction from life has been defined in different from so for example satisfaction from life has been imaging as the difference between what a person wishes and what is going on. In fact, it is a difference between ideal and reality. satisfaction from life is a person's attitude toward his/her evaluation from his or(her) life totality or some aspects of life such as family life and educational experience (1-4).

Happiness is an immediate, in-the-moment experience, whereas life satisfaction is happiness that exists when we think about our lives as a whole, looking at the big picture. This adds a little more clarity to the difference between the ideas of happiness and life satisfaction. It is not based on criterion that researchers deem to be important, but instead on your own cognitive judgments of the elements that YOU consider to be valuable(5, 6, 7).

Based on the research 'The Study of Life Satisfaction', quality of life is associated with living conditions, such as food, health, shelter, and so on. By contrast, life satisfaction is defined as a state of emotion, like happiness or sadness. Life satisfaction is the way persons evaluate their lives and how they feel about their directions and options for the future. It is a measure of well-being and may be assessed in terms of mood, satisfaction with relations with others and with achieved goals, self-concepts, and self-perceived ability to cope with daily life. It is having a favorable attitude of one's life as a whole rather than an assessment of current feelings. Life satisfaction has been measured in relation to economic standing, amount of education, experiences, and residence, as well as many other topics. According to above paragraphs this research is about studying the effect of spiritual belief Components on satisfaction from life (8, 9, 10).

### Research method

In this part, method of measuring research variables is explained. So, methods of analyzing date and the software's used in the research will explained the method used in this research is descriptive and correlation one. This research was done in 2015-2016 in west east north and south parts of Tehran.

Analyze unit in this research is family. For gathering date for the present. Research field and library methods have been used. Library method has been used for gathering information about the literature and history of the research. Method of gathering information is using the questionnaire and surveying.

The tools for gathering date in this research are the questionnaire and some documents. In this research the researcher has used 3 separate questions. Method of this research from the point of Its aim is an applied research. An applied research is getting necessary know ledge for knowing the tool that we can recognize certain necessity and try to solve of problem. In applied researches we try to study the points and then make suggestion for strategies that have scientific proof.

Research method paying attention to administrating method is correlation- descriptive one. So the relations between the research variables and effect of independent variables on dependent variables will be studied sampling method in this research is sampling through random-clustering method. In this way that some parts have been chosen randomly

and so some families have been chosen randomly. Statistical universe of this research are four sites north, south, east and west, and its volume is 216 persons.

Table 1 shows correlation matrix between research variables. It is seen that correlation between five independent variables that are belief to God belief of spiritual , belief to eternity and spirit.

Table 1. The correlation matrix between the independent variables (components of spiritual belief) and variable life satisfaction

Research variables	Belief in God	Belief in spirituality	Belief in eternity and meaning	connection with GOD	Belief patterns and spiritual stages
Life satisfaction	0.474	0.385	0.417	0.293	0.143

Belief to models and spiritual stages and dependent variable that is satisfaction from life is meaningful. Paying attention to table so it is seen that variance inflation factor of each of independent components (spiritual belief components) is below 2: so independent variables don't have any congruence with each other so, primary condition of regression is going on.

Variance and lyze test is meaningful, so, generally regression is meaningful and degree of determination coefficient is %31 , it means that about %31 of independent variable changes (satisfaction from life) is explained by five spiritual belief components.

About the relation between Variables and in fact hypothesis of regression coefficient research, all five components of spiritual belief, It means, belief to God (with %324 Coefficient) belief to spirit (with %264 Coefficient), belief to eternity and spirit (with %309 Coefficient) Connection with God (with %247 Coefficient) and belief to models and spiritual stages (with %234 Coefficient) and their effect on satisfaction from life are positive and meaningful.

Table 2. Table relationships between variables based on assumptions (multiple regression)

Hypothesis	Relationships between variables	The variance inflation factor	Regression coefficient	Test	Significant level	Result
Subsidiary 1	The effect of belief in God Life satisfaction	1.413	0.324	4.747	0.000	H1 approval
Subsidiary 2	Believe the impact of spirituality on Life satisfaction	1.728	0.264	3.744	0.000	H1 approval
Subsidiary 3	The effect of belief in eternity and meaning On life satisfaction	1.495	0.309	4.012	0.000	H1 approval
Subsidiary 4	The impact of God Life satisfaction	1.396	0.247	0.560	0.000	H1 approval
Subsidiary 5	The impact of patterns and stages of spiritual belief on life satisfaction	1.393	0.234	3.012	0.001	H1 approval
Diagnostic statistics model		F=12.45 Sig=0.000			R <sup>2</sup> =0.31	

**Results**

In this part the results of the research is studied. This is the question of the resent research:

Can spiritual components predict satisfaction from life? On the basis of the question the following hypothesis can be brought up:

***The first Subsidiary hypothesis***

The effect of God belief on satisfaction from life

Ho: belief to God doesn't have any effect on satisfaction from life.

Ho: belief to God has effect on satisfaction from life

***The second Subsidiary hypothesis***

The effect of spiritual belief on satisfaction from life

Ho: spiritual belief doesn't have any effect on satisfaction from life

Ho: spiritual belief has effect on satisfaction from life

***The third Subsidiary hypothesis***

The effect of belief to spirit and eternity on Satisfaction from life

Ho: belief to eternity and spirit doesn't have any effect on satisfaction from life.

Ho: belief to eternity and spirit has effect on satisfaction from life.

***The fourth Subsidiary hypothesis***

The effect on connection with God on satisfaction from life.

Ho: connection with God doesn't have any effect on satisfaction from life.

Ho: connection with God has effect on satisfaction from life.

***The fifth Subsidiary hypothesis***

The effect of belief to models and spiritual stages on satisfaction from life.

Ho: belief to models and spiritual stages doesn't have any effect on satisfaction from life

Ho: belief to models and spiritual stages has effect on satisfaction from life

**Conclusion and suggestions**

In this part the results of date analyses gotten from the questionnaires will be discussed. As it was said in the past part this research is going to find that if spiritual belief components can predict. satisfaction from life or not. On the basis of this question the following hypothesis were brought up:

The first hypothesis: the effect of belief to God on life satisfaction.

Ho: belief God has no effect on life satisfaction

Ho: belief God has effect on life satisfaction

The second Subsidiary hypothesis the effect of spiritual belief on life sat is faction.

Ho: spiritual belief has no effect on life satisfaction

Ho: spiritual belief has no effect on life satisfaction the third subsidiary hypothesis: the effect of belief to eternity and spirit on life satisfaction.

Ho: belief to eternity and spirit has no effect on life satisfaction

Ho: belief to eternity and spirit has effect on life satisfaction

If fourth subsidiary hypothesis: the effect of connection with God on life satisfaction

Ho: connection with God has no effect on life satisfaction.

Ho: connection with God effect on life satisfaction

The fifty subsidiary hypothesis: the effect of belief to models and spiritual stages on life satisfaction.

Ho: belief to models and spiritual stages doesn't have any effect on life satisfaction.

Ho: belief to models and spiritual stages has effect on life satisfaction.

It was seen that correlation between five spiritual in dependent Variables , it means, belief to God, belief to spirituality, belief to eternity and spirit , connection with God and belief to models and spiritual stages have meaningful relation with life satisfaction that is dependent Variable on the basis of correlation matrix between independent variables(spiritual belief components) and life satisfaction Variable it was found that variance inflation factor of each of in dependent Variables is below 2, so, independent Variables don't have congruence with each other ,and there fore, primary regression condition is going on.

Variance analyse test is meaningful so generally regression is meaningful and determination coefficient is %310 It means that about %31 of dependent variable change is explained by spiritual belief components About the relation between Variables and in fact research hypothesis regression coefficient of all five components have positive and meaningful effect on life satisfaction these components are: belief to God (%324) belief to spirituality, (%264) belief to eternity and spirit (%309) connection with God (%247) and belief to models and spiritual stages (%234). Miller believes that spiritual belief cause satisfaction and well- being and this factor adjusts people with stressful factors of daily life and increases life satisfaction level.

From yaloom's point of view mental and physical peace of a person is related to this point that a person can make good relation with concepts such as meaning and not meaning, choice and responsibility and so on some researches have shown that spirituality has positive and meaningful relation with well-being and life-quality. on the other hand, different researches have shown that there is relation between belief and spiritual experiences with degree of peoples depression.

The research if Ghobari bonab et al showed that there was negative relation between depression degree and the student's spiritual dimensions such as connection with God, spiritual dehiscence and life meaningfulness.

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