

## Relationship Between Spiritual Understanding and Meaningful life with Psychological Distress in Mothers of Children Exceptional

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**Abstract:** Birth of exceptional children not only the family but other family members are also affected. Spiritual understanding adaptive use of spiritual information with the aim of facilitating the daily problems and achieve the goal and meaningful life human attitudes to life depend. This study was correlational. The study sample consisted of all mothers of special needs students Andimeshk City and the sample consisted of 147 people mothers simple random sampling method was selected. Information required by the spiritual sense of the scale of King, meaningful life Battista and Almond and psychological distress and Lavebond Lavebond collection and Pearson correlation analysis and multivariate regression analysis, the method of entry were analyzed. The results showed that between spiritual understanding and the meaning of life with psychological distress (depression, anxiety and stress) mother of gifted children there is a significant negative correlation ( $p < 0/001$ ). This means that with spiritual understanding and meaningful life level of psychological distress (depression, anxiety and stress) mother of gifted children is also reduced. Analyses revealed spiritual understanding and meaningful life significantly psychological distress (depression, anxiety and stress) mother of gifted children it predicts. Based on the findings we can understand spiritual training and meaningful life as a way to reduce psychological distress mothers of children with exceptional proposed.

**Key words:** Spiritual understanding, meaningful life, psychological distress, mothers of children exceptional, analysis

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### INTRODUCTION

Birth of exceptional children not only the family but other family members is also affected. In such circumstances, parents may after having a baby, shock and consequences such as depression, anxiety, aggression, fear, shame, denial and guilt for their cause. Birth and the presence of children with disabilities in every family can adverse events and challenging it is considered likely that stress, frustration, sorrow and despair will follow. Evidence suggests that many parents of children with mental health problems more likely, the problems of social, economic and emotional often limiting nature, destructive and pervasive they are facing. In such a situation, although, all members of the family and its function is damaged it is assumed that the problems related to the problem of child care, parents, particularly mothers the risk of problems related to mental health is set. Studies have shown that parents of exceptional children compared with parents of normal children lower levels of general health and greater anxiety, shame and embarrassment higher and lower levels of psychological well-being.

In light of attention and global interest to psychologists to religion and spirituality and the massive growth of research in this field researchers, sought to define and understanding new concepts associated with religion and spirituality together. The concepts of spiritual health spiritual development spiritual well-being and spiritual understanding concepts that have been developed in this area. Spiritual understanding, adaptive use of spiritual information with the aim of facilitating the daily problems and achieve the goal. When individuals understand the spiritual practice as they have the capacity and spiritual resources for important decisions and thoughts on the subject or trying to solve their daily problems. Spirituality as you are aware or a force beyond the material aspects of life and a profound sense of unity or link to create the universe. Positive thoughts and hardiness both components of spirituality and health and resistance to stress related. Spiritual anchor can act as a barrier against stress. Some research results have shown that between mental health, physical health, life satisfaction and being alive there is a significant positive correlation.

One of the proposed interventions in mental health topics, Logo-therapy is effectiveness of which has been confirmed in several studies and can assist the individual in finding the meaning of life and reduce stress and psychological problems she is (Shariati *et al.*, 2002) meaning of life a concept which truth-loving man after learning the nature of it. Meaningful life not quite human attitudes to life depend. For that there is a living person he must understand the meaning of life (Lavasani and Mohammadi (2012). Meaning of life refers to a feeling of connection with the Creator having a purpose in life, pursue and achieve a worthy cause and to its evolution. Meaning of life, original ontology because that involves individual's beliefs about the existence of an ultimate purpose in life believe in spirituality and life after death (Ho *et al.*, 2010). In fact the meaning of life one of the predictors of human well-being and life satisfaction is (Halama and Dedova, 2007).

Studies show that the concept of the meaning of life is closely associated with health and psychological well-being of individuals (Melton and Schuenberg, 2008). In fact the meaning of life caused decrease in negative emotions such as anxiety, depression and ultimately reduce the risk of mental illness (Feldman and Snyder, 2005). Several research findings have shown that there is a meaning in life an essential component in the psycho-emotional well-being and a systematic approach with various dimensions of personality, physical health and mental adjustment and adaptation to stress, religion and religious activities and behavioral is related. A study found that between meaning in life in women with the hope happiness and life satisfaction, positive and significant and the degree of depression negative correlation there was significant (Nasiri and Jokar, 2008). TalebzadehShooshtari and Pourshafei (2011) showed that between having a purpose in life and public health including physical symptoms, anxiety and sleep disorders, social functioning and symptoms of depression of the employees there was a significant correlation and Kleftaras and Psarra (2012) demonstrated that young people have a greater meaning in their lives had fewer depressive symptoms. Meanwhile in their study a significant association between mental health, youth and the meaning of life was reported. A study showed that between the meaning of life and psychological well-being of adolescent students there was a significant positive correlation (Rathi and Rastogi, 2007). All societies naturally are calls for joy, happiness and psychological health their family members. To meet these demands should as far as possible factors affecting health, mental health, cognition and quality of life. One of these factors is birth of a child exceptional the family. Considering the

importance of family and the relevant factors including the characteristics of the parents the important role in improving the quality of their lives and their children are handicapped find out the different study a comprehensive understanding of the phenomenon of children with disabilities the family provides through this way we can devise and adopt effective strategies and touched helpful. Considering the above and given the importance of quality as the psychological status of parents in children's health and contribute to the health of the parents this study seems necessary.

## **MATERIALS AND METHODS**

The research method is a correlation. Population including all mothers of children with exceptional (mentally retarded, blind, deaf and autism), Andimeshk City was in 2014. The total study population of 233 people. To estimate the sample size of Morgan table was used. Method of sampling was simple random sampling. This means that first of all exceptional students (mentally retarded, blind, deaf and autism) were selected and then draw 150 students were selected and the questionnaires were distributed among their mothers. Three questionnaires were distorted due to be dismissed and 147 questionnaires were analyzed. The average age of mothers 39/40 and the standard deviation was 9/67.

**Spiritual understanding scale:** This scale built by the King and included 24 questions. This scale based on the Likert scoring range and the range between 0-96. Validity of the scale with Cronbach's alpha in King 0/95 is obtained. Cronbach's alpha for this scale in the present study obtained 0/89.

**Meaningful life scale:** In this research, a valuable indicator of the scale of life Battista and Almond by Depats have been revised was used. The scale consists of 28 items which are against them a set of three options including agreed, no, disagree there. In this, Nasiri and Jokar (2008) to determine the validity of the scale, the Cronbach's alpha coefficient was pointed out that the scale 0/85 obtained which is satisfactory. In this study, the validity of the questionnaire Cronbach's alpha for the total scale was obtained 0/86.

**Psychological distress scale:** DASS scale by Laveand and Laveand was produced in 1995. Short form DASS has 21 items and each of the constructs of depression, anxiety and stress according to the 7 questions about will measure. Short form questions DASS based on a Likert scale a score is four degrees so that at zero points a score

of 1 to a high score of 2 and 3 points too high receives. Minimum and maximum score for each subject in each of the structures, respectively 7 and 21 are. In this, coefficient alpha for the three factors of depression, anxiety and stress respectively was 0/97, 0/92 and 0/95. In the present study, the reliability, the three factors of depression, anxiety and stress respectively 0/88, 0/87 and 0/89 is obtained. For analysis data analysis Pearson correlation analysis and multiple regressions the same way using the SPSS Statistical Software was used.

**RESULTS AND DISCUSSION**

The results can be seen in the following tables. As shown in Table 1 can be seen the spiritual perception and the meaning of life with psychological distress (depression, anxiety and stress) mother of gifted children there is a significant negative correlation ( $p < 0/001$ ). The results of Table 2 show that in a depression, spiritual understanding ( $p < 0/001$ ,  $\beta = -0/97$ ) and a meaningful life ( $p < 0/001$ ,  $\beta = -0/48$ ) of power are significant predictors. In other words, spiritual understanding and meaningful life, maternal depression had significant and negative predicted. The results in Table 3 show that in anxiety, spiritual understanding ( $p < 0/001$ ,  $\beta = -0/51$ ) and meaningful life ( $p < 0/001$ ,  $\beta = -0/27$ ) of power are significant predictors. In other words, spiritual understanding and meaningful life, maternal anxiety are significantly and negatively predicted. The results in Table 4 show that in scores, spiritual understanding,

( $p < 0/001$ ,  $\beta = -0/42$ ) and the meaning of life ( $p < 0/001$ ,  $\beta = -0/18$ ) of power Forecasts are significant. In other words, spiritual understanding and meaningful life, maternal stress is significantly and negatively predicted.

**CONCLUSION**

The aim of the present study was to investigate the relationship between spiritual understanding and meaningful life, psychological distress mother of gifted children was. The results showed that between spiritual understanding and the meaning of life with psychological distress (depression, anxiety and stress) mothers of gifted children there is a significant negative correlation ( $p < 0/001$ ). This means that with spiritual understanding and meaningful life level of psychological distress (depression, anxiety and stress) mother of gifted children also is reduced. Analyses revealed spiritual understanding and meaningful life significantly psychological distress (depression, anxiety and stress) mother of gifted children it predicts. The findings of the research results by Rathi and Rastogi (2007), Nasiri and Jokar (2008), TalebzadehShooshtari and Pourshefai (2011) and Mosadegh *et al.* (2012) are consistent and consistent. On account of these findings, we can say people who have high spiritual understanding, coping with high moral, spiritual confrontation the more effectively they use and this increases your mental health and reduce frustration their psychological and better compatibility with the environment can help. Given the importance of spiritual understanding and meaningful life to reduce psychological distress and contribute to adaptation and mental health of mothers whose children are exceptional and of spiritual combat being effectively used in the process of adaptation of your child the more successful they will act and therefore of less psychological distress and better mental health will have. Spirituality leads a happy life and satisfaction of life of the individuals and they often argue that their spiritual beliefs, a sense of hope, strength and comfort them and these ideas helping them to the problems of life is adapted (Shariati *et al.*, 2002). Researchers have found that religious practices such as prayer, fastig and other acts of religious worship the recurring intervals together with the notice of the people, by God it would create a psychological comfort, in humans which can in self and ways of coping with stress and thus reduce mental disorders effective. It is essential that workshops for families to learn about the importance of spiritual understanding and meaningful lives and their training, using models and strategies to be held. The study in the wider community, to enhance the reliability of the results and the effect of spiritual

Table 1: Mean, standard deviation and correlation matrix of research variables

Variables	M	SD	1	2	3	4	5
Understand the spiritual	66/98	10/84	1				
Meaningful life	51/46	9/43	0/90	1			
Depression	5/63	3/81	-0/73	-0/52	1		
Anxiety	8/10	4/54	-0/74	-0/58	0/57	1	
Stress	10/74	4/26	-0/63	-0/48	0/38	0/47	1

All significant at 0/001

Table 2: Results of regression spiritual understanding and the meaning of life on depression

Independent variables	r	r <sup>2</sup>	$\beta$	t-values	p-values
Spiritual understanding	0/80	0/64	-0/973	-9/38	0/001
Meaningful life	-	-	-0/480	-3/83	0/001

Table 3: Results of regression understand the spiritual meaning of life and anxiety

Independent variables	r	r <sup>2</sup>	$\beta$	t-values	p-values
Spiritual understanding	0/76	0/58	-0/516	-12/21	0/001
Meaningful life	-	-	-0/276	-6/50	0/001

Table 4: Results of regression spiritual understanding and the meaning of life on stress

Independent variables	r	r <sup>2</sup>	$\beta$	t-values	p-values
Spiritual understanding	0/66	0/43	-0/426	-7/16	0/001
Meaningful life	-	-	-0/188	-3/15	0/001

understanding and meaning in life on other maternal characteristics such as self-esteem, independence, emotional, social support and including, suggestions for research future.

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