The Relationship Between Self-Awareness Skills and Spiritual Well-Being with Quality of Life among Married Students Universities in Ilam

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Abstract: Quality of life is concept which is to draw prosperity in a society can be used. Awareness, awareness means in relation to personal characteristics and different aspects of his character and a spiritual perspective, the beliefs, attitudes, values and behaviors the impact is profound. The research was descriptive, correlational been structural equation. The study population included all married students, the universities and to collect samples, the sample mixture is used. Accordingly, initially for sampling, the sampling method based on the categories of gender and educational level was used then simple random sampling was used. In order to determine the sample size Cochran formula for the finite population is used which according to this formula the sample size, the size of 341 subjects was determined. Data collection tools, questionnaires quality of life, self-awareness questionnaire and spiritual health questionnaire. To analyze the data descriptive statistics and structural equation modeling was used. The results of the structural model fit, showed, among variables, positive impact and there is a significant and finally, the impact of each of the contributing factors to measure and explain. It can be concluded that students with efforts to raise the level of consciousness, spiritual level and consequently, the quality of their lives as well as up.

Key words: Consciousness, spiritual health, quality of life, students, structural

INTRODUCTION

Quality of life, the concept is interdisciplinary, the views of sociologists, psychologists, philosophers, scientists, clinical, social scientists, actuaries and economists it takes place. Knowledge and understanding of various aspects of life of people, process extremely difficult and complicated and data conversion and information this concept can be measured by the practical difficulties and uncertainties many is facing (Bond and Corner, 2010). The term quality in Latin (Qual) means something and what and quality in the sense of how to come and QoL in terms of vocabulary, meaning how to live and the receiver is different from that for each person, special, unique and different from the others (Pourtaheri *et al.*, 2011). On quality of life different factors is impressive. The relationship and understanding these factors stylized life and to improve the quality of life of people. Students including social groups, the quality of life is of great importance because many elements of society by the group, present and future to be managed. In this context, the role of spiritual well-being, the quality of life in our religious community and especially, unified

Shiite community ilam can to spread spirituality in your community. Also the achievements of this research will lead to further investment, university system in the promotion of student's skill levels of self-awareness and spiritual health will be developed. Quality of life concept which is to draw prosperity in a society can be used. It's so simple it can be said that the quality of life, reflecting the living conditions and welfare of individuals. Over the past 30 years, quality of life as well as a main goal, the development of society, the policies of many countries has been effective. World health organization, quality of life to understand each person of life, values, goals, standards and interests has defined. The concept of quality of life, health-related from 1980 to include aspects of quality of life which can in particular to impact health is shown (both physical and psychological) has evolved. At the individual level, quality of life, health including mental health perception, physical and relationship with each other, functional status, social support and the socio-economic status (Bonomi *et al.*, 2000). Self-consciousness, the sense of awareness of personal characteristics and different aspects of his character is. People who high self-awareness are familiar with them are

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able your reactions in various situations predict, understand when people are angry what better time to learn at times with different people what feelings to them and also at any moment how they are feeling. They can, your emotions, naming them easily and intensity and its weaknesses identify. In moments of anxiety and emotional distress, know-how to deliver comfort as well as their weaknesses is well-versed (Fakhraee, 2001). Self-awareness word is that the human ability to in effect and awareness of their perception, experiences and thought processes shows. Thus, their growth requires a greater awareness of self as an independent and achieving the ability to "self-regulation" (Greene, 2002).

The definition of spiritual health is very difficult. For spiritual health there is no single definition and it has been difficult, the dimensions, determined, determine, define and measure. Undoubtedly, the full meaning spiritual health is limited to the effect of prayers and mood, the patients and its successor for the treatment of common medical or not complementary medicine. It can be believed that a spiritual perspective, the beliefs, attitudes, values and behaviors profound impact and on biochemistry and physiology, impact, the effect on the mind and body in the name of health spiritual called? (Colet *et al.*, 2010).

Emaminia (2013) in research entitled "The Relationship Between Self-Awareness and Self-Efficacy, Quality of Life, Students Living in Dormitories" showed that the dimensions of consciousness and quality of life, correlation and there is a significant (Emaminia, 2013). Jahani *et al.* (2012) in research entitled "The Relationship Between Spiritual Health with Quality of Life in Patients with Coronary Artery Disease" showed that levels of spiritual well-being in most of the cases on average. The mean score for quality of life in patients, coronary artery disease was moderate and the quality of life of women significantly more than men (Jahani *et al.*, 2012). Farahaninia *et al.* (2006) in a study titled "Spiritual health nursing students and views about spirituality and spiritual care of patients" showed that 98/8% of freshmen and total fourth-year students has spiritual health were moderate (Farahaninia *et al.*, 2006). Dalmida *et al.* (2011) in a study which aimed to investigate the relationship between spiritual health and quality of life carried out showed that although healthy, positive relationship with physical, psychological and quality of life in african-american women with AIDS (Dalmida *et al.*, 2011).

Thus, according to the skills of self-awareness and spiritual health of individuals can the best description of their quality of life. Therefore quality of life should angles and different dimensions to be explored. The study in this context can lead to improve the quality of life of individuals and individuals in well-being help. This study aims to explain the review the relationship between self-awareness skills and spiritual health, quality of life among married students universities in ilam were carried out.

MATERIALS AND METHODS

This research in terms of objective functional and nature descriptive-type structural equation. The study population included all employed married students at the University of Ilam level of education are engaged. According to statistics from 2013 number of them about 5000 people, respectively. For sample collection combined sampling has been used. Accordingly first to select a sample, the sampling method based on the categories of gender and educational level was used. Then from simple random sampling method was used to everyone example equal opportunity and equal enjoy. The number of samples, according to cochran formula calculated and against 341 persons has been determined. Data were collected in this study consisted of three questionnaires: quality of life questionnaire: to assess quality of life, quality of life questionnaire short form questionnaire health survey (36SF) was used. The survey by weir and Sherborn was constructed and has 36 words and 8 the realm of physical functioning, social functioning, role physical, role emotional, mental health, vitality, bodily pain and general health evaluated gives. Score of the subject in each of these areas is variable between 0 and 100 and the higher the score to a better quality of life. Self-awareness questionnaire: to determine the level of self-awareness, life skills questionnaire will be used which has 11 questions, 5 questions related to openness and welcomes the feedback of others and six other questions related to awareness of the value their cognitive style tends to change and tend to be interpersonal communications. Spiritual health questionnaire: to measure the spiritual health, spiritual health questionnaire with 20 questions Ellison and paloutzin been used. 10 question questionnaire for measuring health, religious and 10 other questions, existential health, measures. The last part of the questionnaire as well is to identify questions. In this study to assess the reliability of questions from a prototype, consisting of 30 patients, the test was conducted and then using data obtained from questionnaires with cronbach's alpha reliability of its Software (SPSS-21), respectively. The reliability coefficients of the questionnaire questions in the questionnaire, Table 1 shows that question high reliability.

Table 1: Cronbach's alpha

Variables	Number of questions	Cronbach's alpha
Quality of life	36	0/730
Self-awareness skills	11	0/760
mental health	20	0/727

In this study, data analysis, SPSS Software and Smart PLS and using the Kolmogorov-Smirnov test, Kruskal-Wallis, Mann-Whitney test, measurement model, structural pattern was carried out.

RESULTS AND DISCUSSION

The results are given in Table 2-4. For testing hypotheses software Smart PLS is used in the model and the interpretation of it is shown. PLS Modeling in two stages carried out the first stage, the measurement model have to go through narrative analysis and reliability and confirmatory factor analysis, monitored and in the second stage, the structural model by the course estimates, variables and to determine the model should be considered. In order to achieve convergent validity, correlation, test the compound and the mean variance was performed. Higher reliability with a mean variance of 0.8 at least 0.5 two conditions necessary for convergent validity and solidarity are a construct. As in Table 2 are shown valid for all structures between 0/714-0/916 and the mean variance between 0/741-0/810 which is a high convergent validity shows. Factor loadings >0.5 credentials are good. As indicated in Table 2 can be seen all structures with a load factor between 0/837 and 0/969 which is highly correlated shows. As can be seen in Table 3 the coefficient of determination for spiritual health variables equal to 0/53 which is remarkable compactness and the variable quality of life equal to 0/37 which is about average. The coefficient obtained for the self-awareness, quality of life are 0/585 and test (t-value) for the path was equal to 12/231 since the ratio of >0/58 the 99% level, the hypothesis is confirmed. Obtained coefficient for the self-awareness, spiritual health are 0/609 and test (t-value) for the path is equal to 12/231 since the coefficient the more 2/58 so at 99% the hypothesis is confirmed. Obtained coefficient for spiritual health, quality of life is equal to 0/925 and test (t-value) for this route is equal to 22/776 since the coefficient of 2/58>99% level, the hypothesis is confirmed. Given that in Table 4 values zero indicate Q2 the conclusion is that the model is able to predict. According to the obtained GIF

concluded that the overall model the power you need is to examine the hypothesis. According to the obtained GIF concluded that the overall model, the power you need is to examine the hypothesis. To test this hypothesis given that the data examined are normal Mann-Whitney test was used results in Table 5-7 show that the quality of life between men and women is different and the because statistically significant level (Sig.) obtained from (0.000) which is the amount of (0/05) was lower indicating the significance of this difference is due confirming the assumption is. The quality of student life their level of education is different. To test this hypothesis given that the data examined are normal, the kruskal wallis test was used the results shown Table 8 and 9, the quality of life based on different academic levels and since the significance level (Sig.) obtained from (0/341) which is the amount of (0/05) was further illustrated this difference is not significant because the assumption is rejected. Quality of life of students in their academic field is different. To test this hypothesis given that the data examined are normal, the Kruskal-Wallis test was used the results shown in Table 10 and 11 the quality of life, based on discipline is different and because of that the significance level (Sig.) obtained from (0/958) which is

Table 2: Table loadings, Cronbach's alpha and mean-variance

Items	Load factors	Reliability tools	Average variance
Quality of life		0/949	0/903
Health	0/969		
Mental health	0/931		
Self-awareness		0/907	0/831
Change	0/935		
Its openness	0/887		
Mental health		0/872	0/774
Religious health	0/921		
Although health	0/837		

Table 3: Table coefficient of determination

Variables	R^2
Mental health	0/53
Quality of life	0/37

Table 4: Indicators redundancy

Variable	CV_{red}
Consciousness	0/423

Table 5: Results of tests 1-7

Hypothesis	Path coefficients	t-values	Results
Self-awareness→Quality of life	0/585	12/231	Confirmed
Spiritual health→Quality of life	0/925	22/776	Confirmed
Awareness→Mental health	0/609	14/476	Confirmed
Self-awareness→Physical health	0/623	22/814	Confirmed
Consciousness→Mental health	0/629	5/555	Confirmed
Spiritual health→Physical health	0/416	11/248	Confirmed
Spiritual health→Mental health	0/381	2/761	Confirmed
Self-opening 1→Quality of life	0/977	4/772	Confirmed
To change the orientation→Quality of life	0/856	2/824	Confirmed
Although health→Quality of life	0/910	2/114	Confirmed
Religious health→Quality of life	0/297	2/285	Confirmed

Table 6: Results of Mann-Whitney test

Sex	Number	Mean	Total
Man	157	215/22	33798/5
Female	184	133/27	24521/5
Total	341		

Table 7: Results of Mann-Whitney test

Quality of life

Mann-Whitney	Z-value	Significance level
7501/5	-7/809	0/000

Table 8: Results of the Kruskal-Wallis test

Grade	Number	Mean
Know-how	43	10/176
Masters	215	175/20
Masters	83	157/49
Comprehensive	341	

Table 9: Results of the Kruskal-Wallis test

Quality of Life

χ^2-value	df	Significance level
2/150	2	0/341

Table 10: Results of the Kruskal-Wallis test

Field of study	Number	Mean
Humanities	159	4/171
Engineering	52	167/47
Medical sciences	94	172/12
Total	341	

Table 11: Results of the Kruskal-Wallis test

Quality of life

χ^2-value	df	Significance level
0/085	2	0/985

Table 12: Results of the Kruskal-Wallis test

Age	Number	Mean
20-30 years	179	52/210
30-40 years	135	117
40-50 years	23	177/37
50 and above	43	188/38
Total	341	

Table 13: Results of the Kruskal-Wallis test

Qality of life

χ^2-value	df	Significance level
388/72	3	0/000

the amount of (0/05) was further illustrated this difference is not significant because the assumption is rejected. The quality of student life according to their age is different. To test this hypothesis given that the data examined are normal, the kruskal-wallis test was used the results shown in Table 12 and 13, the quality of life, based on discipline is different and because of that significance level (Sig.) obtained from (0.000) which is the amount of (0/05) was lower indicating difference is significant because the assumption is confirmed.

CONCLUSION

The main objective of this study was to investigate the relationship between self-awareness skills and spiritual health, quality of life, among married students, the universities have as in testing hypothesis it was shown, self-awareness, quality of life, impact passes also self consciousness, including: its openness, welcoming the feedback of others and knowing your values, cognitive styles tend to change and tends to interpersonal communications as well as on quality of life, affects the other hand, self awareness, the quality of life, including: mental health, physical health, the impact which (Emaminia, 2013) is consistent. Meanwhile, it became clear that spiritual health, quality of life, the impact is going with global research and co-workers (2012) matches (Jahani *et al.*, 2012) as well as spiritual health components, including: although, health and religious health as well as on quality of life, affect on the other hand, self-awareness, the quality of life including: mental health, physical health too is impressive. Therefore, it is suggested that is the university and students to improve the quality of life in order to raise awareness walk and in this way quality of life raise. Also students with efforts to raise level of consciousness, spiritual level and consequently quality of their lives as well as up.

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