

# Relationship of Psychological Well-being and Quality of Life with Spiritual Health in Mothers with Mentally Disabled Children

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## Article Info

Received: Feb 10, 2019

Received in revised form:

Apr 22, 2019

Accepted: May 4, 2019

Available Online: Jun 22, 2019

## Keywords:

Quality of Life

Mental Health

Mentally Disabled

Mothers

Spirituality

## Abstract

**Background and Objective:** Mental impairment of a child can have a negative impact on the health of the mother as his primary caregiver. Spiritual health is one of the dimensions of health that has recently been considered by researchers. The purpose of this study was to investigate the relationship of psychological well-being and quality of life with spiritual health in mothers with mentally disabled children in Rasht city.

**Methods:** The method of this study was descriptive and correlational. To conduct this research, 150 mothers of mentally retarded children who were studying at a school in Rasht in the academic year of 2017-1018 were selected by available sampling method. After being briefed, they were included in the research and completed Ryff Psychological Well-being Scale (PWBS), Quality of Life Questionnaire (SF-36), and Spiritual Health Scale (SWB). The data were analyzed using regression analysis. In this research, all the Ethical issues were observed and authors declared no conflicts of interest.

**Results:** The results of this study indicated that there is a positive and significant relationship between psychological well-being and spiritual well-being ( $r = .76$ ,  $P < .01$ ). This is also true between dimensions of quality of life and spiritual wellbeing including physical health with health Spirituality ( $r = .65$ ,  $P < .01$ ), mental health with spiritual health ( $r = .83$ ,  $P < .01$ ), social relationships with spiritual health ( $r = .57$ ,  $P < .01$ ) and environmental health with spiritual health ( $r = .77$ ,  $P < .01$ ). Based on the results of regression analysis, the spiritual health of mothers of mentally disabled children based on psychological well-being and dimensions of quality of life was predicted.

**Conclusion:** Spiritual well-being is related to psychological well-being and quality of life. Therefore, rise in the level of spiritual health through education and interventions can enhance the quality of life and psychological well-being of mothers and caregivers of mentally disabled children.

Please cite this article as: Safar-Hamidi E, Bashirgonbadi S, Hosseinian S. Relationship of Psychological Well-being and Quality of Life with Spiritual Health in Mothers with Mentally Disabled Children. Journal of Pizhūhish dar dīn va salāmat. 2019;5(2):37-49. <https://doi.org/10.22037/jrrh.v5i2.18790>

## Summary

### Background and Objective

Parents, as the center of the family, have different functions and responsibilities in relation to children (1). However, mothers are more responsible for their child due to the traditional role of "caring", which leads to

more psychological problems. In recent years, a group of researchers have identified mental health as a positive psychological function and construed it as "psychological well-being" (2), it can be said that maintaining this psychological well-being in a challenging and dynamic environment improves the quality of life. In many cases, caring for a mentally

retarded child improves his quality of life, but may reduce the quality of life of other family members, and in particular the caregiver (3). On the other hand, the presence of a mentally retarded child in each family affects the structure of that family and overwhelms the mental health of the family, especially the parents. The impact of this causes irreparable losses on the state of mental health of the family (4). Health, as defined by the World Health Organization, has physical, psychological, social and spiritual dimensions. The spiritual dimension of health is one of the aspects of health that some scholars believe is a very important consideration to this dimension. In recent years, there has been remarkable evidence of a connection between religiosity, spirituality, and mental health (5). Some studies indicate that without other spiritual health, other biological, psychological and social dimensions cannot function properly or reach their maximum capacity, and thus, the highest level of quality of life cannot be achieved (6). Research has also come to a large extent on how religious and spirituality affect various aspects of physical and mental health. Some researchers have shown that spirituality has a lot to do with the overall health of the individual, so that religion and spirituality are considered important resources for adaptation to tension-related life events (7). Other studies have also been done on spiritual health. For example, research results showed that religious beliefs increase acceptance power, environmental domination, purposefulness and relationship with others (2). In general, given the priority in families to educate responsibilities, this increases the quality of life of children, and also because some behaviors such as belief and appeal to God (Which is an example of spiritual well-being) have been highlighted in several studies in our country and other countries as the most effective coping method for mothers with a problem (8). Therefore, considering the importance of the issue and the lack of related component studies and the population studied, as well as the value and importance of these components (psychological well-being, quality of life, and spiritual well-being) in families and Islamic societies. The present study was conducted to examine the relationship of mental well-being and quality of life with spiritual well-being among mothers with mental retardation in Rasht city.

### Methods

The method of this study was both descriptive and correlational. To conduct this research, 150 mothers of mentally disabled children who were studying at a school in Rasht in the academic year of 2017-1018 were selected by available sampling method. After being briefed, they were included in the research and completed Ryff Psychological Well-being Scale (PWBS), Quality of Life Questionnaire (SF-36), and Spiritual Health Scale (SWB). Data were analyzed using regression analysis.

### Results

The results of this study indicated that there is a positive and significant relationship between

psychological well-being and spiritual well-being ( $r=.76$ ,  $P<.01$ ). In addition, it was found that there are significant positive relationships between dimensions of quality of life and spiritual wellbeing including physical health with health Spirituality ( $r=.65$ ,  $P<.01$ ), mental health with spiritual health ( $r=.83$ ,  $P<.01$ ), social relationships with spiritual health ( $r=.57$ ,  $P<.01$ ) and environmental health with spiritual health ( $r=.77$ ,  $P<.01$ ). Based on the results of regression analysis, the spiritual health of mothers of mentally disabled children based on psychological well-being and dimensions of quality of life can be predicted.

### Conclusion

The results of the research showed that there is a positive and significant relationship between psychological well-being and dimensions of quality of life with spiritual health, and the spiritual health of mothers with mentally retarded children is predictable through psychological well-being and quality of life components. It can be argued that spiritual health is related to the true faith, religious beliefs and motivation of individuals, and it is normal that this component is related to the perfection of mankind, and in particular their psychological well-being. It also seems that spirituality is related to the sense of meaning and purpose of being, growth and perfection, as well as the power and dominance of man; in fact, religion and spirituality are the meanings of human life, diverging an individual from absurdity. It is in such a space that one escapes from selfishness and whims and promotes psychological well-being. This makes it possible for individuals to grow up and lead people to perfection, hence dominating their surroundings, especially challenging environments, such as life with problematic people.

### Ethical considerations

The Ethics Committee in Biomedical Research of Shahid Beheshti University of Medical Sciences has confirmed this research.

### Funding

According to the authors, this research did not receive any specific grant from funding agencies in the public, commercial, or not-for-profit sectors.

### Conflict of interest

The authors declared no conflict of interest.

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## دراسة العلاقة بين الرفاه النفسي وجودة الحياة مع الصحة المعنوية للأمهات ذوات الأطفال المتخلفين عقليا

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### الملخص

**خلفية البحث وأهدافه:** إن الإعاقة العقلية للطفل يمكن أن يكون لها تأثير سلبي على صحة الأم كونها مقدمة رعاية رئيسية له. تعتبر الصحة المعنوية من الجوانب الهامة للصحة حيث جذبت في الآونة الأخيرة انتباه الباحثين لها. يطمح البحث الحالي دراسة العلاقة بين الرفاه النفسي ونوعية الحياة مع الصحة المعنوية للأمهات ذوات الأطفال المتخلفين عقليا.

**منهجية البحث:** لقد اجري البحث بمنهج وصفي مترابط وإجراء البحث تم اختيار ١٥٠ ام ذات طفل معاق عقليا يدرس في مدارس ذوي الاحتياجات الخاصة في مدينة رشت عام ٢٠١٨-٢٠١٧ حيث تم اختيارهم بطريقة عينة متاحة. طلب منهم الاجابة على اداة البحث التي تشمل مقياس كارول ريف للرفاه النفسي (PWBS) واستبيان جودة الحياة (SF-36) ومقياس الصحة المعنوية (SWB). تم تحليل البيانات وتجزئتها باستخدام تحليل الانحدار. تمت مراعات جميع الموارد الأخلاقية في هذه المقالة واضافة الى هذا فإن مؤلفي المقالة لم يشيروا الى اي تضارب في المصالح.

**الكشوفات:** تشير الكشوفات الى وجود علاقة ايجابية وذات دلالة احصائية بين الرفاه النفسي والصحة المعنوية، كما تبين أنه هناك علاقة ايجابية وذات دلالة احصائية بين جوانب جودة الحياة وبين الصحة المعنوية التي تشتمل على الصحة الجسمية مع الصحة المعنوية ( $r=0.65$  و  $P<0.01$ ) والصحة نفسية مع الصحة المعنوية ( $r=-0.83$  و  $P<0.01$ ) والعلاقة الاجتماعية مع الصحة المعنوية ( $r=0.57$  و  $P<0.01$ ) والصحة البيئية مع الصحة المعنوية ( $r=0.67$  و  $P<0.01$ ). كما اظهرت نتائج تحليل الانحدار أنه من الممكن التنبؤ بالصحة المعنوية لدى الامهات ذوات الاطفال المعاقين عقليا على أساس الرفاه النفسي وجوانب جودة الحياة.

**الاستنتاج:** تشير النتائج الى وجود ارتباط بين الصحة المعنوية لدى الأفراد وبين الرفاه النفسي وجودة الحياة. ولهذا يمكن رفع مستوى جودة الحياة والرفاه النفسي لدى الامهات ومقدمي الرعاية للاطفال المعوقين عقليا ويتم ذلك عن طريق رفع مستوى الصحة المعنوية من خلال التعاليم والمداخلات المطلوبة.

### معلومات المادة

الوصول: ٤ جمادى الثاني ١٤٤٠

وصول النص النهائي: ١٦ شعبان ١٤٤٠

القبول: ٢٨ شعبان ١٤٤٠

النشر الإلكتروني: ١٨ شوال ١٤٤٠

### الكلمات الرئيسية:

الأمهات

جودة الحياة

الرفاه النفسي

المعاقون عقليا

المعنوية

يتم استناد المقالة على الترتيب التالي:

Safar-Hamidi E, Bashirgonbadi S, Hosseinian S. Relationship of Psychological Well-being and Quality of Life with Spiritual Health in Mothers with Mentally Disabled Children. Journal of Pizhūhish dar dīn va salāmat. 2019;5(2):37-49. <https://doi.org/10.22037/jrrh.v5i2.18790>

## بررسی رابطه‌ی بهزیستی روان‌شناختی و کیفیت زندگی با سلامت معنوی در مادران دارای کودک کم‌توان ذهنی

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### اطلاعات مقاله

دریافت: ۲۱ بهمن ۱۳۹۷

دریافت متن نهایی: ۲ اردیبهشت ۱۳۹۸

پذیرش: ۲۸ اردیبهشت ۱۳۹۸

نشر الکترونیکی: ۱ تیر ۱۳۹۸

### واژگان کلیدی:

افراد کم‌توان ذهنی

بهزیستی روان‌شناختی

کیفیت زندگی

مادران

معنویت

### چکیده

**سابقه و هدف:** ناتوانی ذهنی کودک می‌تواند بر سلامت مادر که اصلی‌ترین مراقب وی است، تأثیر منفی داشته باشد. سلامت معنوی یکی از ابعاد سلامت است که اخیراً توجه محققان را به خود جلب کرده است. پژوهش حاضر با هدف بررسی رابطه‌ی بهزیستی روان‌شناختی و ابعاد کیفیت زندگی با سلامت معنوی در مادران دارای کودک کم‌توان ذهنی شهر رشت صورت گرفته است.

**روش کار:** این پژوهش توصیفی و از نوع همبستگی است. برای انجام این پژوهش ۱۵۰ مادر دارای کودک کم‌توان ذهنی که فرزندان‌شان در مدرسه‌ی کم‌توان ذهنی شهر رشت در سال تحصیلی ۹۷-۱۳۹۶ مشغول به تحصیل بودند، به شیوه‌ی نمونه‌گیری در دسترس انتخاب شدند و پس از توجیه، به ابزارهای پژوهش که شامل مقیاس بهزیستی روان‌شناختی ریف (PWBS)، پرسش‌نامه‌ی کیفیت زندگی (SF-36) و مقیاس سلامت معنوی (SWB) بود، پاسخ دادند. داده‌های جمع‌آوری شده به روش تحلیل رگرسیون تجزیه و تحلیل شد. در این پژوهش همه‌ی مسائل اخلاقی رعایت شده است و مؤلفان مقاله هیچ‌گونه تضاد منافع‌ی گزارش نکرده‌اند.

**یافته‌ها:** بر اساس یافته‌های به‌دست‌آمده، بین بهزیستی روان‌شناختی با سلامت معنوی ارتباط مثبت و معناداری وجود داشت ( $r=0/76$  و  $P<0/01$ ) و نیز مشخص شد که بین ابعاد کیفیت زندگی و سلامت معنوی شامل سلامت جسمانی با سلامت معنوی ( $r=0/65$  و  $P<0/01$ )، سلامتی روانی با سلامت معنوی ( $r=0/83$  و  $P<0/01$ )، روابط اجتماعی با سلامت معنوی ( $r=0/57$  و  $P<0/01$ ) و سلامت محیطی با سلامت معنوی ( $r=0/67$  و  $P<0/01$ ) رابطه‌ی مثبت معناداری وجود داشت. همچنین نتایج تحلیل رگرسیون نیز نشان‌دهنده‌ی این بود که سلامت معنوی مادران دارای کودک کم‌توان ذهنی بر اساس بهزیستی روان‌شناختی و ابعاد کیفیت زندگی پیش‌بینی شدنی است.

**نتیجه‌گیری:** نتایج پژوهش نشان داد که سلامت معنوی افراد با بهزیستی روان‌شناختی و کیفیت زندگی در ارتباط است. از این‌رو، با افزایش سطح سلامت معنوی از طریق آموزش‌ها و مداخلات لازم می‌توان کیفیت زندگی و بهزیستی روان‌شناختی مادران و مراقبان کودکان کم‌توان ذهنی را افزایش داد.

استناد مقاله به این صورت است:

Safar-Hamidi E, Bashirgonbadi S, Hosseini S. Relationship of Psychological Well-being and Quality of Life with Spiritual Health in Mothers with Mentally Disabled Children. Journal of Pizhūhish dar dīn va salāmat. 2019;5(2):37-49. <https://doi.org/10.22037/jrrh.v5i2.18790>