

# Developing a Spiritual Intelligence Training Package with an Islamic Approach in Dealing with Pervasive Diseases such as Covid-19

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## Article Info

Received: Apr 25, 2022

Received in revised form:

May 31, 2022

Accepted: Jul 12, 2022

Available Online: Sep 23, 2022

## Keywords:

Attention to purpose and meaning in life

Corona

Feeling close to God

Spiritual intelligence with an islamic approach

Spiritual resilience

Spiritual purposefulness

## Abstract

**Background and Objective:** Corona has caused important changes in people's lives and has increased people's vulnerability to depression and anxiety. Spiritual intelligence is the skill of using spiritual resources to adapt to the conditions and reduce vulnerability. The aim of the present study was to develop a spiritual intelligence training package drawing on Islamic teachings and the achievements of classical psychology in the face of pervasive diseases.

**Methods:** The method used in this study involved content analysis and text-based analysis. For this purpose, the materials related to spiritual intelligence, including structures, components, scales, and educational packages in classical psychology and Islamic psychology, as well as related verses, narrations, and teachings of Islamic ethics, were collected, exposed to content analysis, and open, central, and abstract coding. Based on this, the structure of spiritual intelligence and then the package of spiritual intelligence were developed with an Islamic approach to face widespread diseases. The author reported no conflict of interests.

**Results:** Based on the findings, the structure of spiritual intelligence included three components: feeling close to God, spiritual resilience, and spiritual purposefulness. The package of spiritual intelligence with an Islamic approach for dealing with pervasive diseases such as Quaid-19 included 9 90-minute sessions involving 1) establishing a therapeutic relationship and presenting the goals of the program, 2) familiarity with spiritual intelligence and its role in the face of problems, 3) explaining spiritual purposefulness and its effects, 4) teaching goal-setting skills, 5) explaining the effects of feeling close to God, 6) spiritual motivation skills, 7) explaining spiritual resilience and how to strengthen it, 8) the skills of dealing with obstacles, and flexibility and 9) trust in God and summing up.

**Conclusion:** The spiritual intelligence program with an Islamic approach has positive spiritual and psychological dimensions.



[https://doi.org/10.22037/jrrh.v8\(Supplement\).38240](https://doi.org/10.22037/jrrh.v8(Supplement).38240)

**Please cite this article as:** Farhoush M. Developing a Spiritual Intelligence Training Package with an Islamic Approach in Dealing with Pervasive Diseases such as Covid-19. Journal of Pizhūhish dar dīn va salāmat. 2022;8(Supplement):114-128. [https://doi.org/10.22037/jrrh.v8\(Supplement\).38240](https://doi.org/10.22037/jrrh.v8(Supplement).38240)

## Summary

### Background and Objective

A type of influenza called Covid-19, which belongs to the family of corona viruses, broke out in China at the end of 2019, and after a few months it became an epidemic around the world.

This disease has characteristics that have caused people to worry and panic (1). In recent years, psychologists have paid a special attention to the conceptualization of spiritual resources in facing the problems. For example, the concepts of spiritual health (2), spiritual well-being (3) and spiritual intelligence (4) are presented; spiritual intelligence has a special position in this respect.

Intelligence generally makes a person adapt to the environment and provides efficient problem solving methods (5). Spiritual intelligence increases positive feelings and also increases the sense of worth and empowerment in the members of the society. Spiritual intelligence puts issues in a broader context in terms of meaning; as a result, it increases the ability to solve problems and perform better. It also gives more meaning and value to the events and a person's experiences and increases his/her resilience. Therefore, spirituality strengthens problem-oriented and emotion-oriented coping strategies. Gardner emphasizes the ability to solve problems in intelligence; therefore, he criticizes Emmons that those aspects of spirituality that are related to phenomenological experiences (such as the experience of holiness or transcendental states) should be separated from the rational aspects, problem solving and information processing (6). In summary, it can be stated that spiritual intelligence means the ability to use spiritual resources to increase performance and adaptability. According to Islamic teachings, spirituality (spiritual development) and spiritual intelligence (using spiritual resources in everyday life situations) are closely related. Those who have high levels of faith spread faith to all aspects of their lives and try to direct all their actions at getting closer to God and spiritual growth. Spiritual intelligence considers every event as an opportunity for spiritual growth and closeness to God. In the Islamic texts, there are points on how to strengthen spiritual intelligence. These materials should be compiled and the structure of spiritual intelligence should be developed and a suitable package should be designed to strengthen the spiritual intelligence of people in the face of pervasive diseases.

## Methods

The method used in this study was text-based and involved content analysis with a contextual theory approach. For this purpose, the materials related to spiritual intelligence, including structures, components, scales, and educational packages in classical psychology and Islamic psychology, as well as related verses, narrations, and teachings in Islamic ethics, were collected and analyzed, and open, central, and abstract coding was done, accordingly. Based on the findings of content analysis, the structure of spiritual intelligence was developed. Then, the package of spiritual intelligence with an Islamic approach for dealing with the Covid-19 disease, including goals, techniques and assignments, was designed and was presented to 12 Islamic psychology experts

who had a higher education degree in Islamic sciences and a doctorate in psychology and had counseling and psychotherapy experience to evaluate the validity of the content. After collecting the experts' views, the final training package was developed.

## Results

The findings showed that the structure of spiritual intelligence with the Islamic approach includes three components of feeling close to God, spiritual resilience and spiritual purposefulness. The findings of the current study showed that the spiritual intelligence program with an Islamic approach for dealing with pervasive diseases includes 9 90-minute sessions consisting of: 1) creating a therapeutic relationship and presenting the goals and logic behind the program, 2) getting to know spiritual intelligence and its components and its role in dealing with the problems, 3) getting to know the purpose and meaning of life in Islam and strengthening the tendency towards it, explaining spiritual purposefulness and its effects, 4) teaching the skill of setting goals towards the main goal of life and setting meaningful, clear and logical goals, 5) explaining the effects of feeling close to God and how to strengthen it, 6) spiritual motivation skills, 7) explaining spiritual resilience and how to strengthen it, 8) developing coping skills and flexibility skills and 9) trusting God and summing up.

## Conclusion

The spiritual intelligence program with an Islamic approach has positive spiritual and psychological dimensions and can play an effective role in increasing the mental well-being and spiritual growth of people. By knowing the purpose of life and tending to it, a person feels a sense of spiritual meaning and evaluates every moment of life as an opportunity to get closer to God. With the skill of goal setting, he sets appropriate goals in different fields and has a high spiritual motivation to achieve the goals. S/he uses skills to increase his spiritual motivation, devises plans and paths to achieve goals and strives to achieve goals and relies on God's infinite power and kindness and anticipates obstacles well and deals with them.

Spiritual intelligence includes three components of feeling close to God, spiritual resilience and spiritual purposefulness. Feeling close to God means that a person feels close to God and feels that God is watching him. Also, when he prays to God, he feels spiritual vitality and perfection. Therefore, feeling close to God is an important source of adaptation. In Islam,

spirituality and the search for the sacred is the connection with God.

Spiritual purposefulness means that a person pursues a meaning and purpose in life. S/he considers every moment as an opportunity for spiritual evolution, gaining a higher rank in heaven and getting closer to God.

Spiritual resilience means that a person conceptualizes issues that s/he cannot change as an opportunity to get closer to God; That is, he pays attention to the spiritual dimensions of the problem; Therefore, he finds peace. In many of the existing questionnaires, for example, Koenig's questionnaire, this component has been ignored (7).

In the package of spiritual intelligence with the Islamic approach, the goal-setting skill is also strengthened and a person considers goals in different areas of life, but all these goals are integrated towards the goal of life. In this package, the purpose of life is the spiritual growth of the soul and the preparation to benefit from God's manifestations in the other world; this goal gives meaning to all human life and makes life valuable and is planned in this direction. This goal integrates all aspects of a person's life in a meaningful direction.

Spiritual intelligence with an Islamic approach reduces anxiety about the future and makes it easier to bear problems in life by changing a person's perspective and giving a spiritual dimension to issues (8). Therefore, spiritual intelligence helps people face the Covid-19 disease by giving themselves hope with a continuous positive inner dialogue, with the belief that they can handle things and never give up; Finally, these people experience less negative emotions with this hopeful conversation.

### Acknowledgements

The author would like to thank the experts who collaborated in the evaluation of the structure and the educational package, who improved the educational package of spiritual intelligence with their detailed opinions.

### Funding

According to the author, this study did not have a financial sponsor and was carried out at the author's personal expense.

### Conflict of interest

The author of the article did not report any conflict of interests in this study.

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## تطوير حزمة الذكاء الروحي بمنهج إسلامي في مواجهة الجوائح كجائحة كوفيد ١٩

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### معلومات المادة

الوصول: ٢٣ رمضان ١٤٤٣

وصول النص النهائي: ٢٩ شوال ١٤٤٣

القبول: ١٢ ذي الحجة ١٤٤٤

النشر الإلكتروني: ٢٦ صفر ١٤٤٤

### الكلمات الرئيسية:

الإهتمام بالهدف ومعنى الحياة

الشعور بالتقرب إلى الله

الذكاء الروحي بمنهج إسلامي

كرونا

المرونة الروحية

الهدف الروحي

### الملخص

**خلفية البحث وأهدافه:** لقد أحدثت جائحة كورونا تغييرات جذرية في حياة الناس وزادت من تعرضهم للإكتئاب والقلق. الأمر الذي يفرض علينا استخدام مهارتنا المختلفة لتجاوز الأزمات الروحية والنفسية كالذكاء الروحي. والذكاء الروحي هو مهارة توظيف الموارد الروحية للتعامل مع الظروف وتقليل ضعف الناس ما أمكن. والهدف من هذه الدراسة هو تطوير حزمة تدريب على الذكاء الروحي مع الإهتمام بالتعاليم الإسلامية وآخر ما توصل إليه علم النفس الكلاسيكي في مواجهة الأوبئة والجوائح.

**منهجية البحث:** لقد اعتمد هذا البحث على تحليل المحتوى والتأكيد على النص. ولهذا الغرض، تم جمع المواد المتعلقة بالذكاء الروحي، بما في ذلك الهياكل والمكونات والمقاييس والحزم التعليمية في علم النفس الكلاسيكي وعلم النفس الإسلامي، وكذلك الآيات والروايات ومنظومة القيم الأخلاقية الإسلامية ذات الصلة بالبحث، وفي الخطوة التالية تم تحليل المحتوى، والتميز المفتوح والمركزي والمجرد لكل ما توصلت إليه الدراسة من نتائج. وبناء على ذلك، تم تصميم بنية الذكاء الروحي ثم حزمة الذكاء الروحي بمنهج إسلامي لمواجهة الأوبئة والجوائح. فإنّ مولف البحث لم يشير إلى أيّ تضارب في المصالح.


**المعطيات:** أظهرت النتائج أنّ بنية الذكاء الروحي تتكوّن من ثلاثة مكونات هي: الشعور بالقرب من الله، والمرونة الروحية، والهدف الروحي. وقد تضمنت حزمة الذكاء الروحي منهجاً إسلامياً للتعامل مع الجوائح، تسع جلسات (كل جلسة تسعون دقيقة) وعنوان الجلسات كالتالي: (١) عرض أهداف البرنامج، (٢) الذكاء الروحي ودوره في مواجهة المشاكل، (٣) شرح الهدف الروحي وأثاره، (٤) تعليم مهارات تحديد الأهداف، (٥) الشعور بالقرب من الله، (٦) مهارات التحفيز الروحي، (٧) شرح المرونة الروحية وكيفية تعزيزها، (٨) مهارات التعامل مع المعوقات والمرونة، (٩) التوكل على الله.

**الاستنتاج:** أظهرت نتائج البحث أنّ لبرنامج الذكاء الروحي بمنهج إسلامي أبعاد روحية ونفسية إيجابية ولها دور تحفيزي وإيجابي في رفع مستوى السلامة النفسية وتعزيز النزعة الروحية السليمة.

يتم استناد المقالة على الترتيب التالي:

Farhoush M. Developing a Spiritual Intelligence Training Package with an Islamic Approach in Dealing with Pervasive Diseases such as Covid-19. Journal of Pizhūhish dar dīn va salāmat. 2022;8(Supplement):114-128. [https://doi.org/10.22037/jrrh.v8\(Supplement\).38240](https://doi.org/10.22037/jrrh.v8(Supplement).38240)

## تدوین بسته آموزشی هوش معنوی با رویکرد اسلامی در مواجهه با بیماری‌های فراگیر مانند کووید ۱۹

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### اطلاعات مقاله

دریافت: ۵ اردیبهشت ۱۴۰۱

دریافت متن نهایی: ۱۰ خرداد ۱۴۰۱

پذیرش: ۲۱ تیر ۱۴۰۱

نشر الکترونیکی: ۱ مهر ۱۴۰۱

### واژگان کلیدی:

احساس نزدیکی به خدا

تاب‌آوری معنوی

توجه به هدف و معنای زندگی

کرونا

هوش معنوی با رویکرد اسلامی

هدفمندی معنوی

### چکیده

**سابقه و هدف:** کرونا تغییرات مهمی در زندگی افراد ایجاد کرده و آسیب‌پذیری آنان را نسبت به افسردگی و اضطراب افزایش داده است. هوش معنوی مهارت به‌کارگیری منابع معنوی در جهت سازگاری با شرایط است و آسیب‌پذیری افراد را کاهش می‌دهد. هدف پژوهش حاضر تدوین بسته آموزشی هوش معنوی با توجه به آموزه‌های اسلامی و روان‌شناسی در مواجهه با بیماری‌های فراگیر بود.

**روش کار:** روش این پژوهش تحلیل محتوا و متن‌محور است. بدین منظور مطالب مرتبط با هوش معنوی شامل سازه، مؤلفه‌ها، مقیاس‌ها و بسته‌های آموزشی در روان‌شناسی کلاسیک و روان‌شناسی اسلامی و همچنین آیات، روایات و آموزه‌های اخلاق اسلامی مرتبط جمع‌آوری، تحلیل محتوا و کدگذاری باز و محوری و انتزاعی شد. بر این اساس سازه هوش معنوی و سپس بسته هوش معنوی با رویکرد اسلامی برای مواجهه با بیماری‌های فراگیر طراحی شد. مؤلف مقاله تضاد منافی گزارش نکرده است.

**یافته‌ها:** بر اساس یافته‌ها، سازه هوش معنوی شامل سه مؤلفه احساس نزدیکی به خدا، تاب‌آوری معنوی و هدفمندی معنوی بود. بسته هوش معنوی با رویکرد اسلامی برای مواجهه با بیماری‌های فراگیر شامل ۹ جلسه ۹۰ دقیقه‌ای است که عبارت است از: (۱) ایجاد رابطه درمانی و ارائه اهداف و منطق برنامه، (۲) آشنایی با هوش معنوی و نقش آن در مواجهه با مشکلات، (۳) تبیین هدفمندی معنوی و آثار آن، (۴) آموزش مهارت هدف‌گذاری در جهت هدف اصلی زندگی، (۵) تبیین آثار احساس نزدیکی به خدا و چگونگی تقویت آن، (۶) مهارت‌های انگیزش معنوی، (۷) تبیین تاب‌آوری معنوی و چگونگی تقویت آن، (۸) مهارت مقابله با موانع و مهارت انعطاف‌پذیری و (۹) توکل به خدا و جمع‌بندی.

**نتیجه‌گیری:** برنامه هوش معنوی با رویکرد اسلامی دارای ابعاد مثبت معنوی و روان‌شناختی است و به نظر می‌رسد نقش مؤثری در افزایش بهزیستی روانی و رشد معنوی داشته باشد.

استناد مقاله به این صورت است:

Farhoush M. Developing a Spiritual Intelligence Training Package with an Islamic Approach in Dealing with Pervasive Diseases such as Covid-19. Journal of Pizhūhish dar dīn va salāmat. 2022;8(Supplement):114-128. [https://doi.org/10.22037/jrrh.v8\(Supplement\).38240](https://doi.org/10.22037/jrrh.v8(Supplement).38240)