




The prediction of happiness based on spiritual well-being, spiritualism and attachment to God

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Abstract

Aim: The purpose of this research was to investigate the relationship between attachment to God, spiritual well-being, and spirituality with the happiness of male employees of Abdolazim Shrine. The research method of this research is descriptive correlation type. The statistical population of this research was all the male employees of Abdolazim haram, 160 of them were selected and completed the questionnaires of Spirituality, attachment to God, spiritual well-being and happiness. Statistical data were analyzed through descriptive indices, Pearson correlation coefficient and multivariate regression analyzes in a step-by- step manner. Pearson correlation coefficient showed that is a significant positive relationship between attachment to God, spiritual well-being and Spirituality with the happiness of male employees. Multivariable regression analyzes using the step-by- step method showed that attachment to God was 26.90% in the first step and spiritual well-being was 4.30% in the second step, and in total these two variables predicted 31.20% of the variance of male employee's happiness. In general, this research showed that attachment to God, spiritual well-being and Spiritualism are important variables in predicting the happiness of male employees Abdolazim shrine.

Keywords: *Happiness, Attachment to God, Spiritual well-being, Spiritualism*

Introduction

According to psychology texts, happiness is one of the important psychological variables in the field of positive psychology and has attracted the attention of various therapists in recent years (Martin, 2012; Pahlavani, Jokar, 2023). Studies have shown that many factors play a role in people's happiness, including spirituality, attachment to God, and spiritual well-being (Gomez & Fisher, 2003; Lewis, Maltby & Day, 2005). Spirituality refers to internal religious beliefs and ideas that enable people to accept responsibility for their actions in different situations, especially stressful situations. (Gamer, Saleem, Singh & Singh, 2017). Spiritual well-being is a connection with a supreme power that brings happiness in life. (Bonent, 2009). Attachment to God is the deepest connection that human beings have, and people who have a strong attachment to God, their happiness is also high. (Herton, Ellison, Loukas, Downey & et al., 2012). Research shows that there is a relationship between spirituality, attachment to God, and spiritual well-being with happiness, these variables play a significant role in determining people's happiness. The research of Barnerjee, Pathak & Yadov (2019), Mikaili Mani et al. (2019), Stulp, Coelen, Glas, Heus & et al. (2022) shows this important fact.

Methodology

The current research is applied in terms of purpose and descriptive in terms of correlation type. The statistical population includes all the male employees of the shrine of Hazrat Abdulazim, peace be upon him, based on Morgan's table, 160 people were selected through available sampling, and after justifying the purpose of the research and persuading them to carry out the research, the research questionnaires were provided to them. After completing the questionnaires by them and checking the correctness of completing the questionnaires, the research questionnaires were collected and the necessary data were extracted and processed through SPSS statistical program. In this research, the following tools were used to measure the studied variables. Oxford Happiness Questionnaire: Hills & Argyle designed this questionnaire in 2002, which has 29 questions. Spirituality Questionnaire: This questionnaire was prepared by Parsian and Donining in 2009, it has 29 statements. Spiritual well-being questionnaire: Poltotsin and Elliston's (1982) 20-question spiritual well-being questionnaire has 20 questions. Attachment to God Questionnaire: The attachment to God questionnaire was compiled by Ghobari and Haddadi Kohsar (2013) with the aim of measuring Muslims' attachment to God.

Results

Results In this research, in order to analyze the data, descriptive indices such as mean and standard deviation were used, and in order to test research hypotheses, Pearson's correlation coefficient and multivariate regression analysis were used in a step-by-step manner.

Table 1. Summary table of step-by-step regression analysis of predictor variables in predicting the criterion variable

Variable	model	The correlation coefficient	The square of the correlation coefficient	The square of the adjusted coefficient	F	The significance level
attachment to God	1	0.519	0.269	0.264	58.11	0.001
spirituality	2	0.558	0.312	0.303	9.75	0.001

The above table shows that, in the first step, attachment to God was entered into the regression equation and was able to predict 26.90% of the variance of the happiness variable. In the second step, the spiritual well-being variable was entered into the regression equation and was able to increase the predictive power of the equation by 4.30%. In total, these two variables have been able to predict 31.20% of the variance of employees' happiness. It is worth mentioning that although spirituality had a significant positive relationship with happiness, it could not enter the regression equation and lost its predictive power.

Discussion and conclusion

The purpose of this research was to examine the relationship between attachment to God, spiritual well-being, and spirituality with the happiness of the male employees of the shrine of Hazrat Abdulazim (peace be upon him). Pearson's correlation coefficient and stepwise multivariate regression analysis have shown that there is a significant positive relationship between attachment to God, spirituality and spiritual well-being with the happiness of male employees. This finding converges with the research of researchers such as Kent et al. (2018), Betanerchi and Hemkataran (2019).

These researchers believe that people who have a secure attachment to God, since their patience, resilience, positive attitude and optimism in solving life problems are more, they have more happiness and less inner conflict in different life situations. Spiritual well-being, which is the translation of connection with a supreme power, and since it causes adaptability, optimism, meaning and purpose in life, and plays an important and effective role in the level of happiness and satisfaction with human life. Also, many researchers believe that belief in God as an infinite power plays a fundamental and constructive role in the mental well-being, quality of life and happiness of human beings (Salem et al., 2017).

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