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Relationship between spiritual intelligence & sport behavior in football national team player

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ABSTRACT

Background: The aim of this research is surveying the relationship between spiritual intelligence & sport behavior in adult football national team player **Objective:** The aim of this research is surveying the relationship between spiritual intelligence & sport behavior in adult football national team player and men which were 50 persons that because society is limit, capacity of sample is equal to statistical society. Research is correlation. To gather research information 2 reliable and stable questionnaire was used (King spiritual with 0.80 stability and Sayad Talayi sport behavior with 0.71 stability). Descriptive statistical was use to describe tester status. Data was statistical analysis by Kolomogroph Smirnof, correlation coefficient and Fridman test in significant level ($P \leq 0.05$). **Results:** research finding show that there is a positive and significant relation between spiritual intelligence and sport behavior. And there is significant difference between average grades of spiritual intelligence. There is a significant relation between sport behavior and critical thought components and result. There was no significant relation between sport behavior and component of transcendental knowledge and development of awareness situation **Conclusion:** Results show that football player who have higher spiritual intelligence, their sport behavior is in higher level and vice versa. Suggested that to improve sport behavior of athletics, improve spiritual intelligence of player and athletics specially football player to reduce some inelegance in this field

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INTRODUCTION

Today, with growing number of elite sports and sidelining playing spirit in sports, the issue of moral weakness and moral decay also arises in the exercise. In definition of sport ethics we should notice to the characteristics of each community regarding ethical issues. Sport behavior means character and moral qualities of the hero in the field of technical regulations and ethical sport. Prevent to do them has negative consequences, such as traits in competition, rivalry and resentment while maintaining their behavior, fair play and generally provide the same features as the hero makes a champion (Sabouri, 2004).

Many deviations and non-athletic behaviors should be quickly identified and control, because if we not attention to them, the origin of the other deviations, will be both for the individual and for the community (Sedigh Sarvestani, 1999). Coach as people who have the most contact and relationships with athletes are able to help young athletes and adolescent behavioral issues, and strengthen and maintain the principles, criteria and morality in sport pledge. Although it must be said that the application of ethics in sport environments are complex and many factors are involved in it, so there are different views and further research should be done (Naderian Jahromi, 2007).

According to this that sport is a special phenomena that is attention from all people of society especially teenagers and young s, it can be cultural effective that other subjects of society. Unfortunately this important subject was not attention very well and this subject is transmitted to the same subset of institutions such as sports clubs, middle management, and all who have an active presence in this field. Ignore the issue of ethics in athletics and its gap from morality is not today issue and unfortunately its long that we're seeing this. By grow of time and the development of sports and professional sports championship, the development of one dimension sport is increased and has far deeper distance with his principle and roots (Sedigh Sarvestani, 1999).

Exercise is one of the most important issues of modern industrial societies, which much of the population in each country have different ways of dealing with work and a significant portion of the population in each of the categories (Sports). Among the most common and most popular sport is football, which can be filled stadiums from the audience at various meetings and having the race broadcast and audience of several hundred millions.

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In Iran football is the most popular sport so that for more than eight decades of football in our country, has attracted audience many people of various ages and from various segments of society today, football is a part of society, and becomes more important every day. Therefore, it is necessary that officers and directors of sport organizations should pay more attention to this field. (Saatchian *et al*, 2011).

Spiritual intelligence enables human to be morality and institutionalized within the intelligence field, and the principles that humans used to believe beliefs, values, activities that undertakes of beliefs values and encompasses. An intelligence that able us to work by means improved performance and using it means to be aware of which of the actions and behavior has high value and which is higher in our life path to make it method (Wolman, 2001).

King (2008) thinks that Spiritual Intelligence "represents a set of skills, capabilities and intellectual resources that their application in daily life can enhance the adaptability to the individual. And make person able to find meaning, abstract reasoning and problem solving". King design a authoritative and comprehensive model by extensive research and examining the existing literature to measure spiritual intelligence, and considered 4 main components for spiritual intelligence. It includes: 1 -critical and existing thinking: the ability to critically reflect on the nature of reality, nature, universe, space, time, death, and other metaphysical and existential aspects. 2 - Create a personal significance: the ability to infer the significance and purpose of all physical and material experiences of life includes the capacity to create and dominate the aim of life. 3- transcendental consciousness: the ability to recognize the transcendent dimension of self, others and the physical world to the spiritual and holistic. Going beyond personal experiences, physical or "separate entity from the limitations of the material world" these definitions are exactly indicate this capacity 4 – expanse mode of consciousness: the ability to enter peak states of consciousness, including the consciousness absolute, infinite consciousness, unity, the conventional view of consciousness as an awareness or consciousness of anything and individual accountability (Qobari Bonab, 2007).

Current period because of contemporary governance and financial perspectives, including Result-oriented consumption, major contracts with athletes, compete to attract players to the club in terms of technical indicators, regardless of their moral qualities, utilization of exercise as an industry and advertising, and the players of the despite of the religious, fair play and fair result based on religious foundations of the sport witness us to misconduct in championship Sports. Inelegance such as the game violation, disrespect for the opponent objected to the referee misplaced, lost in times of violence, caused that valuable phenomenon of exercise to be corrupted (Sayar, 2001).

Isom (1992) in his paper "Ethical regulations and contracts in sports" find out that the ethical rules of the game should be considered as a social contract. As an example if we believe in fair play in the championship should express it as a social element which should be done.

Bowler (1998) in his research about professional sport find out that in professional athletic acting like behavior rules reduced because group media with launched a campaign in favor of a particular player or team, may cause the price of that person or team to be false. Players, who capitalists deal with him, think that it is his right that can do any behavior on earth and even swore at the referee and be sure that the team was not fired. Another impressive aspect of the lack of moral values in sport and competitions is the main focus of sports competitions (Bowler, 1998).

Belaire and Young (2004) who found in their article on the ethical behavior that people who have Spiritual Intelligence influence factors based on beliefs, inner peace, meaning and purpose in life, spiritual experience, patience, tolerance, forgiveness, spiritual intelligence received high scores from the standpoint of morality were at a high level of morality (Belaire *et al*, 2004).

Elyas Esmail Zadeh and Salehian (2012) in their research concluded that there were not any difference in terms of spiritual intelligence and mental health among elite athletes, beginner and non-students. Mental health disciplines, collective and individual athletes did not differ. However, mental health, spiritual intelligence showed a strong inverse relationship (Esmail Zadeh, 2012).

Ghobari Bonab (2007) n his research "spiritual intelligence", survey positive effect of this intelligence in individual life and describe behavior problem solving compatibility with the highest levels of growth in different areas of cognitive, moral, emotional and interpersonal and are comprised of one to coordinate with surrounding phenomena and helps to achieve internal and external integration. This intelligence provides a global view on life, and enables him to formatting of the reinterpretation of their experiences, and their depth of knowledge and wisdom (Ghobari Bonab, 2007).

Sayyad Talayi (2009) in his thesis entitled "surveying relation of spiritual intelligence and sport behavior between smart handball, Waterpolo, Basketball and kerattee player of Esfahan clubs" findout that there is a relation between sport behavior and spiritual intelligence components instead of meaning and goals in life and spiritual experiences components (Talayi, 2009).

Saghravani (2010) in a research surveyed theatrical of spiritual intelligence from different researchers view. He said that spiritual intelligence foresee morality of people and able him to solve problems (Saghravani, 2010).

Soltan Hosseii *et al* (2011) have done a research to survey relation between morality in spiritual intelligence and sport behavior among 168 smart athletics in some sport branch in Esfahan clubs in 2009. Results show that there is a positive significant relation between morality in spiritual intelligence and sport behavior (Soltan Hosseii *et al*, 2011).

In total, according to important role of spiritual intelligence components in sport behavior decrease, recent study want to attention to relation of spiritual intelligence & sport behavior in adult football player due to last studies. Maybe this study can help coach in programming, achieve and make reasonable structure of organization.

Methodology:

Method of research is correlation, its sort is applied and sort of run is metering. Statistical population of this research is football player in 2012 (n=50). Because of capacity of society limits, sample was select and survey. Two questionnaires was use for gathering information. King spiritual intelligence questionnaire with 24 questions which was rated by Likret 5 spectrum was used to measure spiritual intelligence of adult football players. Stability of questionnaire was measured by Cronbach alpha 0.80. To examine sport behavior Sayyad Talayi sport behavior questionnaire with 28 question and answer due to 5 rated Likret scale was used. Stability of questionnaire was measured by Cronbakh alpha (0.71). To analysis finding, description statistic (distribution table, bar graph, average of central component and standard deviation of dispersion component) and concluded statistic (Colmogroph Smirnoph test, Pierson & Fridman correlation coefficient) was used and all this was done by SPSS19.

Results:

Sample of study included 50 adult football players who were between 21 – 34 years old. Their average was 25.08 and standard deviation of their age was 3.94. About education, 16% was under diploma, 50% has diploma, 20% was technician and 14% has BA. Also 64% was single and 36% easy married. Minimum experience of player was 1 year and maximum experience in national team was 15 years and their average was 3.8 and standard deviation was 2.83 and city, united, country and international experience was 2, 10, 56 and 32%.

Kolmogroph smirnoph test about natural distribution of data:

Table 1: results of kolmogroph Smirnof test for natural distribution of data

Component	Average	Standard deviation	Z	P
Spiritual intelligence	4.04	0.372	0.474	0.978
Sport behavior	4.1	0.344	0.927	0.356

Results of Table 1 show that data distribution of spiritual intelligence ($Z=0.474$ $P=0.978$) and sport behavior ($Z=0.927$ $P=0.356$) is natural.

Table 2: results of Fridman test about preference of spiritual intelligence component

Item	Spiritual intelligence component	Average of grade	value	Khi - two	Freedom degree	Significant level
1	Critical thought	2.79	50	11.613	3	0.009
2	Personal meaningful result	2.80				
3	Cautious improvement	2.11				
4	Transcendental cautious	2.30				

- in level $P < 0.01$ is significant

according to table 2, there is a significant difference between average of spiritual intelligence components grade. The lowest grade average related to cautious improvement component (2.11) and highest grade average related to personal meaningful result component (2.80).

Table 3: results of Pierson's Test according to relation between spiritual intelligence and sport behavior

Coefficient	Component	spiritual intelligence	sport behavior
spiritual intelligence	R		
	P		
sport behavior	R	0.342	
	P	0.015*	

*in $P \leq 0.05$ is significant.

According to results of Table 3, there is a positive significant relation between spiritual intelligence and sport behavior ($P \leq 0.05$, $r=0.342$).

Table 4: results of Pierson's Test about relation of spiritual intelligence and sport behavior components

Coefficient	component	Sport behavior
Sport behavior	N	
	R	
	P	
Critical thought	N	50
	R	0.317
	P	0.025**
Personal meaningful result	N	50
	R	0.285
	P	0.044*
Transcendental cautious	N	50
	R	0.038
	P	0.794
Cautious improvement	N	50
	R	0.130
	P	0.367

*in $P \leq 0.01$ is significant. ** In $P \leq 0.05$ is significant.

According to table 4 results, relation between sport behavior with critical thought ($r=0.317$, $P \leq 0.05$), sport behavior with personal meaning results ($r=0.285$, $P \leq 0.05$) is positive and significant. But relation between transcendental cautious coefficients with sport behavior and cautious improvement with sport behavior was not significant.

Discussion and Conclusions:

Data analysis showed no significant difference between mean scores of the components of spiritual intelligence there. The lowest rated component expansion of consciousness mode was (2.11) and the highest mean scores were significantly related to the outcome of individual components (2.80). Significant result of a person having a purpose in life, and absurd of no result refers to human action. This feature reminds him to stay awake on the issue of jobs, activities and movement of people is never lost and recorded this metaphysical force by the name of God. This person work just for god and see himself in front of God and try to do his works better. The problem of providing the best quality with the most leads will be played by such people. Belaire and Young stated that there is a significant relationship between meaning and purpose of life and ethics Belaire *et al* (2004). Expanded state of consciousness that the human person through the contemplation of his daily life to know himself more. Its clear that good thought make a view in human that make far his life from hurt people and gain God's satisfaction, higher consciousness, higher commitment, honesty, friendship and advantages of this type of insight. In other words, the person must know themselves mentally, more ethical and moral acts is more athletic. Kohlberg (1963) expressed that self image is the cornerstone of human behavior. Indeed, the notion that man own reactions and behavior towards others, such as family, self-awareness, individual behavior towards others is identified. Whatever your understanding of the deeper and more detail can better judge their behavior Sayyad Talayi (2009). There is a positive significant relationship between sport behavior ($P \leq 0.05$, $r=0.342$). This finding is the same as Bowler (1988), King (2007). Research's Opinion based on Smith (2004) research show that Spiritual Intelligence is necessary to better cope with the environment and the people who have higher spiritual intelligence, they bear pressures of life was more and more able to adaptation exhibited Smith(2004). King (2008) states that spiritual intelligence allows a new insight about you and boost self-confidence to speak. Spiritual Intelligence helps with stability and should be able to reduce fears and anxiety can be deeper in communicate with others King (2007). Because athletics in clubs to be win need relax and no to be stressful, in this is due to internal power and is ethical, so the hope that enhancing components of spiritual intelligence can improve sports ethics of player.

Study analysis show that relation between sport behavior with critical thought ($P \leq 0.05$, $r=0.317$) and sport behavior with personal meaning result ($P \leq 0.05$, $r=0.285$) is positive and significant. In this case relation between components with sport behavior and captious improvement with sport behavior was not significant. In description we should say that "critical thought" is related to this subject and a person should not be indifferent toward around events, in other words, behave simplistic. So people who have this component are people who see events that accurate in their around environment and analysis them. These people do not move a wrong path twice. Well they try events of their lives; learn from experience to good use. There are many such people in the football team's success in the incidence of sports ethics. This research is the same by finding of Sayyad Talayi (2009), Soltan Hosseini *et al* (2011).

Analysis of this research show that spiritual intelligence make human relax to deal with problems better. So players who have higher spiritual intelligence force him to have sport behavior. Sayyad Talayi (2009). In his research said that player who tolerate difficulties and pressure of sport competition, will be winner in sport and behavior fields King (2008). This findings is the same by & Bowler (1988), King (2008), Smith (2004), Sayyad Talayi (2009), Qobari Bonab(2007), Soltan Hosseini *et al* (2011) studies.

In total, results show that spiritual intelligence coefficient and critical thought components and personal meaningful result has a positive and significant effect on football player sport behavior. Accordingly, we can say that if strengthen the spiritual intelligence and its components, the amount of sports ethics, players will increase. In other word, improve the spiritual intelligence give player a collection of ability that they will be able to be stable in their life. In fact, spiritual intelligence helps people to find a sense of abstract reasoning and problem-solving. And athletes will be able to control himself in difficulties and conflicts with other athletes, and to avoid conflict and dealing with them. Also, if you want to be unsporting and unethical behavior (such as doping, irritability, betting and collusion, etc.) the critical features thought would return him to this behavior.

Thus, strengthening the spiritual intelligence of athletes and sports teams to improve team sports ethics among them is necessary. On the other hand, the spiritual intelligence will able human to embedded morality within the consciousness of all those things that we believe: ramparts, norms, values and beliefs of our activities covers. Using this intelligence, we will be able to work and gives meaning to our actions and we will be aware of the meaning of behaviors.

With Spiritual Intelligence we could find that what is right and reasonable, and which s in the course of our lives, higher and higher. So athletic who have higher spiritual intelligence are able to solve problems and have a total view about life and experiences and can frames their experiences, knowledge and wisdom to improve their depth of knowledge.

This person in life path and sport fields thinks to higher goals so he think competition such a small part of her life as and has no attention to win and failure. For such a person, spirituality, ethics and human values is in the first. Such person have avoided conflict with others and looking to improve his ethical. Thus, coach should try to strengthening the spiritual intelligence and each of its components among professional athletes, especially football players, can improve sports ethics on them. And also athletics should be strengthened to guide the exercise as well as prevent corruption, ethical and moral wholesome. Finally, it is suggested that in order to improve the current exercise, increased investment in the field of sports ethics, towards the design and implementation of programs and workshops to strengthen the moral and spiritual intelligence in sport for athletes, sports teams, coaches and official.

According to findings of research due to positive and significant relation of spiritual intelligence with sport behavior of football player, it suggested that to improve sport behavior of athletics, improve spiritual intelligence in player specially football player to reduce inelegance in this field. Also strengthen to guide the exercise as well as prevent corruption, ethical and moral wholesome athletic be strengthened. Finally, it is suggested that in order to improve the current exercise, increased investment in the field of sports ethics , towards the design and implementation of programs and workshops to strengthen the moral and spiritual intelligence in sport for athletes, sports teams , coaches and officials will attempt .

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