Association between Physical Activity and Social Health and Spiritual Intelligence among Nurses

Salman Alavi¹, Mohammad Amin Ahmadi², Abdossaleh Zar³*

1. Master of Sport Management, Department of Sport Management, School of Sport Sciences, Allameh Tabataba’i University, Tehran, Iran.
2. Master of Exercise Physiology, Department of Exercise Physiology, School of Sport Sciences, Shahid Chamran University, Ahvaz, Iran.
3. Associate Professor of Exercise Physiology, Department of Sport Sciences, School of Literature and Humanities, Jahrom University, Jahrom, Iran.

*Corresponding Author: Abdossaleh Zar, Department of Sport Sciences, School of Literature and Humanities, Jahrom University, Jahrom, Iran
Email: as.zar@jahromu.ac.ir

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Abstract
Background and Objective: Nurses are constantly facing stressful factors due to the nature of their job. These stressors can affect their physical, psychological and social health. The aim of this study was to investigate the association between physical activity and social health and spiritual intelligence among nurses.

Materials and Methods: This casual-comparative study was conducted with participation of 86 nurses working in Jahrom's hospitals. Keyes social health and King's spiritual intelligence questionnaire were used in the study. Data were analyzed via SPSS-18 software.

Results: Participants were categorized as active (n=52) and inactive (n=34), based on their physical activity. The mean (SD) age of active and inactive nurses was 25.7 (5.1) and 25.9 (4.5) respectively. Among spiritual intelligence subscales, a difference was observed in the subscale of state of consciousness (P <0.01), but no statistically significant difference was seen in subscales of critical existential thinking, the production of personal meaning, transcendental consciousness and overall intelligence score between the two groups. In addition, there was no statistically significant difference between the active and inactive groups in the analysis of social health indicators including social flourishing, social solidarity, social cohesion, social acceptance, social participation and general score of social health.

Conclusion: Physical activity was associated with social health and spiritual intelligence among nurses in Jahrom. We propose that physical activity be included in nurses’ daily schedule.

Keywords: Nurses, Community Health, Spiritual Intelligence, Exercise

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Ethical publication statement: We confirm that we have read the Journal's position on issues involved in ethical publication and affirm that this report is consistent with those guidelines.