

عنوان مقاله:

Effect of Spiritual Intelligence and Self-Efficacy on Nurses' Resiliency in Therapeutic and Teaching Centers of Zahedan

محل انتشار:

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خلاصه مقاله:

Background and Objective: Given that nurses need numerous skills and high concentration in their job, they endure a lot of stress leading to serious physical and psychological consequences. We aimed to investigate the effect spiritual intelligence and self-efficacy on nurses' resilience. Material and Methods: This correlation study was conducted on 180 nurses (149 females and 31 males) selected via stratified random sampling in Zahedan University of Medical Sciences' Hospitals, 2013. The questionnaires were resiliency of Connor and Davidson, spiritual intelligence of King, and self-efficacy of Sherer and Maddux. The data was analyzed by Pearson Correlation and Step-wise Regression. Results: Nurses self-efficacy ($r=0.59$, $p\leq 0.001$) and nurses spiritual intelligence ($r=0.50$, $p\leq 0.001$) had a positive significant correlation with resiliency. Regression showed that in first step self-efficacy (0.35) and in next step self-efficacy and spiritual intelligence (0.46) were the positive predictors for resiliency. Conclusion: It seems that by developing self-efficacy and spiritual intelligence, we can increase the resiliency and consequently minimize the level of nurses' job stress.

کلمات کلیدی:

Nurses, Resilience, Self-Efficacy, Spiritual Intelligence, تاب آوری، خودکارآمدی، هوش معنوی

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