

The effect of wisdom on social health and life satisfaction

Nadjla Hariri¹, Alireza Atarodi²

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Letter to Editor

1. Department of Knowledge and Information Science, School of Humanity, Science and Research Branch, Islamic Azad University, Tehran, Iran

2. **Correspondence to:** Department of Knowledge and Information Science, School of Humanity, Science and Research Branch, Islamic Azad University, Tehran, Iran; Social Development & Health Promotion Research Center, Gonabad University of Medical Sciences, Gonabad, Iran

Email: aratarodi1387@yahoo.com

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Dear Chief in Editor

Human life depends on many factors which these factors constitute life. We are in lovely life when we live in good and positive well-being. Life is well satisfied with all good and proper factors and condition which it needs. So, many factors can make life and keep it going safely, however some may be more effective than others and some may be more objective or subjective in their effects on life. According to some researches' findings, purposeful life conditions such as physical health, socioeconomic status, financial situation, physical environment, and social involvement cannot explain well-being of older people perfectly. Instead, personality characteristics and developmental influences have stronger impact [1].

Knowledge is power and seems can have significant impact on life and health and it helps and empowers the human to do somethings that was some days impossible but it should be used properly and cautiously. Higher stage of knowledge which is called wisdom can guide and direct knowledge to be used in positively way. Human has been helped by his mind and thought or has used knowledge and the power of wisdom to overcome diseases and pave the way to health. Wisdom according to

the Iranian poet; Ferdowsi, has always been facilitator and director. One of the criteria and principles of human thought is wisdom. Wisdom and intellectuality as an acceptant criterion to thinking is the most important tool in life [2]. Lee conducted study in 2010 on wisdom and intellectuality's impact on life satisfaction. His study's results showed that there is positive and significant relationship between wisdom and intellectuality with life satisfaction [3].

Scientific progress has transformed and changed our life, but progress in the field of science does not necessarily make our life better and give us peace or health. The purpose of technology is to decline the human pain, but science without ethics and wisdom doesn't mean that will take and lead us to where and what point. Since today human being is faced of so many physical,

mental and social problems so return to rational culture, intellectuality and wisdom is vital necessity to save our life. A transformation is needed into kind of rational one as its basic aim to enhance personal and social wisdom. "This new kind of inquiry gives intellectual priority to the personal and social problems we encounter in our life as we strive to realize what is desirable and value-problems of knowledge and technology being intellectually subordinate and secondary. For this new kind of inquiry, it is what we do and what we are that ultimately matters: our knowledge is an aspect of our life and being" [4].

A wise person uses the best practices and the less harmful behaviors, choices and actions in own individual and social behaviors. Successful life and social well-being of

individual and society is rooted in individual and society's wisdom. The more the health situation is better and more active social people. It seems that there is relationship between wisdom and mental health and some aspects of well-being. The researches' findings show that "wisdom (defined as a composite of cognitive, reflective, and affective qualities) has profoundly positive influence on life satisfaction and independent of purposeful circumstances" [1,5].

Finally, it is concluded that life in accompanying with knowledge cannot be positive life then wisdom and rationality or intellectuality should be acquired and used through we can reach healthy life or make our healthy life. Today's world needs more wisdom than knowledge to get the best use of it in all aspect of life and mostly health field. If we take any help from knowledge based on wisdom, health and life satisfaction can be attainable with low cost. Wisdom is the highest and the most valuable stage in knowledge pyramid and has power of positive impact on our well-being and life satisfaction which can increase it in all ages and as the researches state is good chance and ability to overcome some challenges of old ages [1, 4-5]. Now it is vital to be sensitive to our world status and try to change it to condition of good health as today the world is faced with of many problems and challenges, and no way seems out of the crises,. Because of significant health and well-being effect on the society, our aim is to find out a way the problems which we are faced now and it seems that wisdom can be good guidance. Then, an enough consideration toward wisdom and intellectuality seem necessary as facilitator for the human being as the most significant creature.

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