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THE STUDY OF FACTORS EFFECTIVE ON EMOTIONAL DIVORCE AMONG COUPLES (A CASE STUDY: TEHRAN CITY)

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ABSTRACT

Emotional divorce is a hidden phenomenon in social life which can result in unpleasant consequences for the family. The purpose of this study is to investigate factors affecting emotional divorce among couples (A case study: Tehran city). This research is applied in terms of purpose and its method is descriptive survey. The population of this study includes couples at the threshold of separation or separated in Tehran. The number of them is 16. According to Morgan Table, the number of sample size is 384. In this research, the available sampling method was used. the reliability of the questionnaire was confirmed by Cronbach 's alpha coefficient. Kolmogorov - Simonov test was used to check normality and after the χ^2 - s test and one sample t-test was used by SPSS software. The results showed that drug abuse and alcohol abuse, personality disorders, marital adjustment, sexual problems, economic issues, and employment affect emotional divorce among couples.

Keywords: Emotional divorce, Couples, Drug Abuse and Alcohol Abuse, Personality Disorders, Marital Adjustment, Sex Problems

INTRODUCTION

Family is an institution that gives its members a sense of security and has been the most enduring and effective means of preservation of cultural features and its transmission to the next generation. However, today, the feeling of security and calm and intimate relationships among men and women has deteriorated and the family is increasingly faced with destructive forces and is a serious threat to society's health (Holman, 2001). Marriage creates intimacy, commitment, friendship, expression of emotions, satisfaction of sexual needs, and empathy, and provides an opportunity for emotional-emotional development, and is a new source for identity and self-esteem (Patrick et al, 2007). Marriage is an emotional bonding that meets basic needs such as sex, economic, social and spiritual supports of couples. In fact, people choose marriage for peace, enjoyment, and growth (Mohammadi et al., 2011). The need for attention and approval is the main cause of people 's tendency to marry and marrying requires love and intimacy. In some philosophical trends of east of the earth, establishment of an appropriate alliance between men and women is essential to meet the spiritual needs and survival of species (Hamidi et al., 2010)

Research has shown that couples in the beginning of marital relationship generally report a high level of marital satisfaction, and gradually, especially after the birth of the first child, this level of satisfaction decreases (Jones et al., 2015). During the shared life, various factors such as religion, income, employment, children's health, diseases and sexual satisfaction can influence couples' relationships; women's perception of husband, abuse of spouse and domestic violence,

gender differences in women's attitudes, influence of media and magazines, promote the traditional role of men, which is home to home, while in women's magazines, men are depicted in a care plan (Mami and Asgari, 2013).

Emotional divorce is the term used in modern life today. Over time and with shading of hardships and problems of life, the life becomes monotonous, and it is time for emotional divorce between them. Today, we see the growing trend of this social problem and family, the most important social institution, is exposed to adverse consequences of emotional divorce.

Emotional divorce is a complex phenomenon that can be studied from various social and economic aspects and personality, communication, and commitment to marriage (Khojestemehr et al, 2013). Emotional divorce is not a single event, but an act that serves as a basis for legal divorce. That is, succession is a potential experience that starts before the physical separation of the couple and then continues. Even the termination of an unpleasant marriage may also be painful, especially if the family has children (Hasheminejad et al., 2014). So in this research, considering the uncertainty of some dimensions of emotional divorce in Iranian society, it will be answered that what factors affect emotional divorce among couples?

Research background

Azimi et al. (2013) studied the factors affecting emotional divorce among couples. The results of the hypotheses showed that there is a significant relationship between the level of education of the couple, the level of commitment of the couple to religious beliefs, the level of involvement of the couple's family, the couple's addiction to drugs and alcohol, and the rate of watching satellite channels by the couple with emotional divorce. There was no significant relationship between years, age gap, husband's monthly income and wife's employment with emotional divorce. Bastani et al. (2009) studied emotional divorce from the perspective of women in a basic way. The study of causal and mediating conditions of emotional divorce in this study showed that emotional divorce is not a one-factor phenomenon, but a set of factors in conjunction with each other, leading to emotional divorce. The impact of these factors on the development of emotional divorce is also different, a factor such as "lack of emotional needs" may play a greater role in disrupting one relationship than the other. In addition, emotional divorce does not depend on the number of factors, but depends on the severity of the factor. The criterion of severity is women's perception of that factor. Examining the causal conditions of emotional divorce "The needs of women and the lack of support and empathy in satisfying them." The study of mediating factors of emotional divorce also shows the very important role of family in children's cohabitation, so that "family involvement", "family dissatisfaction", family inconsistency "and" wrong upbringing "have been the most important mediating conditions of emotional divorce Mami and Asgari (2013). In order to determine the role of differentiation and attachment styles in predicting emotional divorce, the results of this study showed that differentiation and its components are significantly able to predict emotional divorce. In explaining this finding, it can be said that people with differentiation have a high position in life, they can protect themselves in intense emotional relationships or in family conflicts, or they can protect their sense of existence from disputes; they will suffer less from daily family conflicts, and of course, they will suffer less from emotional divorce. Samadifard et al (2016) in a study investigated the role of components of cognitive avoidance and metacognitive belief in predicting emotional divorce of



spouses. The results of the study of Zamani et al. (2014) showed a significant relationship between emotional divorce and physical image. The research of Ellison et al. (2011) with a sample of 1,500 people (in the age range of 18-35 years) has shown that having a happy married life is associated with having traditional and religious beliefs (about divorce and inclination towards it), and in addition to one's religious beliefs, having a background and preconceived notions (which are actually influenced by socializing institutions and one's family of origin) is also correlated with one's perception of divorce. Morrison et al. conducted a study in 2005 entitled "A Prospective Study: Divorce and Its Relationship to Family Performance". They measured family environment variables, parenting tendencies, pre-divorce parental self-description, and Maxmaster model constructs. The first measurement before divorce and the second measurement before divorce occurred. The results showed that families who showed less overall efficiency reached the divorce station reacted in all structures of the Maxmaster model except controlling inefficient behavior. Family functioning had declined significantly in the years leading up to divorce.

Conceptual Model and Research Hypotheses

Abuse of drugs and alcohol, personality disorders, marital adjustment, sexual problems, and economic issues are some of the effective factors on emotional divorce among couples (Figure 1).

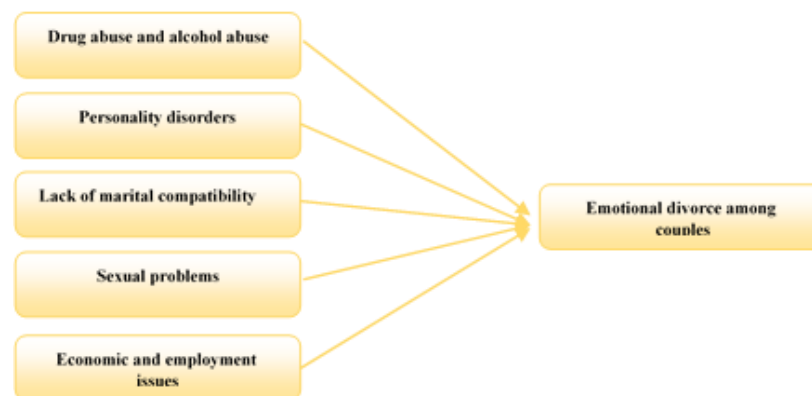


Figure 1: Conceptual Model of Research

MATERIALS AND METHODS

The purpose of this study is to investigate factors affecting emotional divorce among couples (A case study: Tehran city). This research is applied in terms of purpose and its method is descriptive survey. The population of this study includes couples at the threshold of separation or separated in Tehran. The number of them is 16. According to Morgan Table, the number of sample size is 384. In this research, the available sampling method was used. The reliability of the questionnaire was confirmed by Cronbach's alpha coefficient. c). Kolmogorov-Simonov test was used to check normality and after the k-s test and one sample t-test was used by SPSS software.

Data Analysis

- Kolmogorov - Simonov test for normality of research hypotheses
- H1 = Distribution of data is not normal.



H1 = Distribution of data is normal.

Table 1. k-s test

Test Result	Alpha.	A Significant level	z Statistics	Variable
It is normal.	0.05	.203	1.069	Drug Abuse and Alcohol Abuse
It is normal.	0.05	.114	1.192	Personality Disorders
It is normal.	0.05	.223	1.039	Marital Adjustment
It is normal.	0.05	.182	1.094	Sex Problems
It is normal.	0.05	.221	1.033	Economic Issues and Employment

According to Table 1, the significance level is greater than the error level considered. Hence, H_0 is rejected. So it can be said that the data distribution is normal. Therefore, we will use the parametric test.

- Single - sample t - test for Investigating the Hypotheses of Research

Table 2. Testing the First Hypothesis

	Test Value = 3					
	t	DF	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
First Hypothesis	6.213	383	.000	3.6940	3.3812	4.0897

Table 3. Testing the Second Hypothesis

	Test Value = 3					
	t	DF	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
Second Hypothesis	3.171	383	.000	.83453	.45123	4.1319

Table 4. Testing the Third Hypothesis

	Test Value = 3					
	t	DF	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
Third Hypothesis	5.808	383	.000	3.5819	3.3216	4.0611

Table 5. Testing the Fourth Hypothesis

	Test Value = 3					
	t	DF	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper

Fourth Hypothesis	3.556	383	.000	3.7916	3.9311	4.1210
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Table 6. Testing of the Original Hypothesis

Test Value = 3						
	t	DF	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
Fifth Hypothesis	3.190	383	.000	3.4211	3.1829	3.9916

In **Tables 2-6**, the value of sig is zero. According to the value, we conclude that all hypotheses are confirmed and therefore all the factors are approved and hence all the factors considered to be as the effective factors on divorce among couples.

RESULTS AND DISCUSSION

Marriage and the structure of the family, as the infrastructure of society, are affected by changes in cultural, social, and economic structures. The family is one of the first and most important institutions and in fact, one of the systems of society that with other Existing and important institutions have a wide and deep communication network. From an analytical point of view, this communication network can be called an "exchange communication network". In this network, each institution with its functions, as well as pursuing its internal balance for survival and continuity of life purposefully. The type and manner of their activities are affected or are influenced by the structure, form, and activities of other institutions in the form of action-reaction. Among these, the family institution due to its reproductive function and the role of community survival as well as the upbringing of children is of particular importance for taking on different and diverse social roles. This importance is doubled when the history of various societies showed that this institution has no alternative; if an institution, such as economics or politics, collapses for any reason, the feedback nature of society seeks to produce or replace it with another; While the collapse or disintegration of the family institution is exactly equal to the effort, collapse and destruction of any society, and from this perspective, research on the problems and issues of the family institution is of vital importance and necessity. One of the aspects of the influence of institutional changes and developments and the exchange network of institutional exchanges is reflected in the phenomenon of emotional divorce. Therefore, it is important and necessary to research to reduce the consequences of this phenomenon and social problem to provide appropriate solutions.

Lack of understanding between couples on various issues of life and marriage in cohabitation in terms of beliefs can make them separate from each other. In psychology, adaptation is a more or less conscious process by which an organism adapts to a natural social, or cultural environment. This adaptation requires changes in a person's behavior to reach an agreement and build relationships in harmony. In sociology, social adjustment can refer to the process by which social



relations are coordinated. It diversifies group life, while social adjustment can mean the harmonization of a component (individual or group or environment) that affects it.

Sociological studies of the institution of the family in Iran have progressed relatively well in theoretical (historical, psychological, and sociological) and imperial (especially in the positive paradigm) dimensions, and in recent years studies in the interpretive paradigm (Both with a phenomenological approach and with a feminist approach); But as official statistics show, the Iranian family is in crisis. However, the policy of announcing these figures is ideological and conservative. Despite the results of this research, the Iranian family still has many problems. On the one hand, the inattention of managers and community officials to the results of these studies; On the other hand, placing more "burden of burden" on the shoulders of the Iranian family \neg , its main functions have been seriously disrupted; Something like forcing families to spend on their children's education, which is inherently and functionally the responsibility of the education institution. These issues can be examined from both endogenous and exogenous perspectives. Endogenous issues are specific to the family institution and it is because of this specificity that they have commonalities with family issues in many countries that are at or near the level of underdevelopment in Iran. Some of these issues are exogenous; in the sense that they are imposed on the family by systems (systems such as religion, politics, and education) and as long as there are systemic environmental problems and issues, the Iranian family is still exposed today. These will be the issues.

The conclusion is that based on the results of the present study and some previous studies in explaining various issues of the Iranian family, some of these issues are considered as hidden functions of the modernization process. Structural changes in society, usually with functional disorders in the main institutions of society are mobile. The Iranian family underwent structural and functional changes at the same time as the Constitutional Revolution. Therefore, some of these issues were both natural and predictable. The transition of society from one stage to another, as usual, has negative consequences. But because the family institution does not have much power in exchanging its functions with other institutions, and in the field of competition and conflict, it loses the ability to compete. Over the past century, the inability of other institutions such as the institution of politics, religion, and education in performing and performing its inherent duties, causes the overflow of these duties to the institution of the family and it is predicted that if this process is not stopped, the problems of families will become more. According to the value, we conclude that all hypotheses are confirmed and therefore all the factors are approved, and hence all the factors considered to be the effective factors on divorce among couples.

CONCLUSION

Structural changes in society are usually associated with functional disorders in the main institutions of society. The Iranian family underwent structural and functional changes at the same time as the Constitutional Revolution. Therefore, some of these issues were both natural and predictable. The transition of a society from one stage to another usually has negative consequences. But because the family institution does not have much power in exchanging its functions with other institutions, and in the field of competition and conflict, it loses the ability



to compete. Over the past century, the inability of other institutions such as politics, religion, and education to do and performing their inherent duties cause these duties to overflow to the family institution and it is predicted that if this process is not stopped, family problems will increase. On the other hand, the interference of the main institutional functions in Iran today has caused "functional contradiction" of the family. Formal education in Iran, because of neglecting the educational aspect and engaging in ideological education, teaches cultural elements to students and students use an interpretation that is contrary to the interpretation within the family; for example, cultural elements such as order, and religious beliefs. Physical and mental health, the desire to accumulate all kinds of capital and the like, both make students (at any stage) inconsistent in their views and actions, and affect the educational performance of families. With this explanation, it seems that one of the solutions to save the Iranian family from the problems is the functional separation of the main institutions and maintaining the independence of this institution. Furthermore, the micro-variables that are effective in leading spouses to emotional divorce (especially the cases used in this study) have a close relationship with the economic institution in general and the financial ability of families in a tangible way. Accumulation of social and cultural capital is important considering physical and mental health, religiosity based on leisure, etc., which are among the elements of immaterial culture, provide an opportunity for the couple to pay attention to them when, according to Maslow, their vital needs have already been met.

Emotional divorce occurs after a wrong and unintentional marriage and then the wrong relationship between the spouses and ignorance and lack of necessary skills to interact with each other after marriage. In addition, usually for reasons such as the pressure of public opinion and adherence to moral principles and traditions, lack of financial support and spiritual support after divorce, or because of sacrifice for children and concern for their future, there is no formal divorce. Considering that emotional divorce has adverse effects on the efficiency and health of individual and social life of family members, in order to prevent and treat it, first the causes must be identified, along with counseling and training in life skills and reducing expectations in educational programs. The most important thing is that we should take premarital counseling seriously and not be content with temporary work and plan principles. Proper counseling and training is very important. Of course, providing easy and cheap access to specialized counseling in both psychological and psychiatric aspects for people before and after marriage is very important. In total, the following suggestions are presented:

- ✓ Having positive attitude of spouses from each other
- ✓ Recognition of moods, attitudes, and needs of spouses from another perspective
- ✓ Premarital education by social institutions and leading people toward successful and thriving marriage
- ✓ Given that lack of preparation for marriage and challenge of marriage is one of the predisposing factors for emotional divorce, it is better to develop a special educational protocol and be taught to young couples
- ✓ Since one of the predisposing factors for emotional divorce is the use of dysfunctional communication and communication strategies, the couple is thinking about the action



plan. Providing a training package intended to empower individuals to face challenges of marital life seems necessary.

- ✓ Given that lack of care and love matters, the central issue in the present study is the preparation of educational booklets and workshops in order to promote the art of self-care skills and the necessity of effort for love and maintenance of love in the couple's relationship. Also, the applied results of the collection of treatises written in booklet form are available for the students and the public every year.
- ✓ Promoting the level of couples' awareness through the training of solving skills through media and holding training courses and the continuity of these courses during the shared life
- ✓ Strengthening spiritual values in family by media and educational institutions
- ✓ Developing social work and support services at the family level

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