

The Relationship between Relationship Beliefs and Emotional Divorce of Married Students of MA in Azad University of Ayatollah Amoli

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ABSTRACT: This research was conducted to study the relationship between relationship beliefs and emotional divorce of married students of MA in Azad University of Ayatollah Amoli. The sample consisted of 130 female students and 197 male students who were selected in available sampling method. The method of the present study is retrospective with a solidarity project which questionnaires of relationship beliefs of Eidelson and Epstein and emotional divorce of Gottman were used to collect data. Data were analyzed by SPSS statistical software using Pearson correlation coefficient and multiple regression analysis. The results showed that there was a negative and significant relationship between relationship beliefs and emotional divorce of married students of MA in Azad University of Ayatollah Amoli. The findings from this study indicate that changing and modifying relationship beliefs can lead to a reduction in emotional divorce.

Keywords: Irrational Relationship Beliefs, Emotional Divorce.

INTRODUCTION

Family is the oldest and the oldest social institution which there has been since the dawn of mankind and this is considered one of the main foundations of human life. A healthy society depends on a stable, dynamic and vibrant family. The family environment should be safe, sturdy and sincere because it provides the comfort of spouses and family members. It has been for several decades that how to communicate is among the largest prediction of marital problems and lack of happiness couples. Today, various factors can cause marital discord and disruption in intimate romantic relationships between the couples as the divorce statistics indicate the issue (Bernstein & Bernstein, 2011). The divorce is among the most tragic social phenomenon that can both be openly and officially during which the family collapse and this can be covertly that as a result, the outer structure of the family is only preserved. But in fact, the inside is empty; in this mode, which is called "emotional divorce", "psychological divorce", "divorce off" or "married life off", the couples live together out of necessity and coercion, but emotional relationships are constructive and appropriate (Parvin et al., 2012). Emotional divorce phenomenon is the result of multiple and complex vital, social, psychological factors that in this regard, the emphasis on demographic and psychological factors such as marital satisfaction and relationship beliefs are of particular importance.

One of the other factors that can undermine the effectiveness of a relationship is misconceptions, prejudices and negative attitudes (Fincham & Bradbury, 1993; Moller & Vanzyl, 1991; Addis & Bernard, 2002; Nickl, 2006). According to Eidelson & Epstein (1982), the most effective and stable cognitive variables that are embedded in marital distress are extreme beliefs about oneself, partner and nature of marital interaction (Shahrestani et al., 2012). Relationship beliefs are irrational thoughts, premeditation and negative attitudes, misconceptions and unrealistic, personal prejudice and negative perceptions of each other couples that they are effective in the causes of marital disputes (Moshtaqi et al., 2012). In the research of Azadi et al (2010), he found the relationship between knowledge and sexual attitudes, beliefs, communication and conflict management styles and emotional divorce among nurses in Khorramabad that relationship beliefs and emotional divorce had a significant and negative relationship and this relationship was significant for all relationship beliefs except for the belief to the lack of variability of the spouse. In the research of Addis & Bernard (2002), the relationship between Ellis irrational beliefs and marital incompatibility in married couples was studied. The results showed that anger and anxiety that couples experienced in common life were for irrational beliefs and they lead to providing marital discords. Sullivan and Schwebel (1991) studied the relationship between young people's expectations and levels of irrational beliefs related to their relationship and their satisfaction with the marriage and they concluded that dissatisfaction with the current life and levels of irrational beliefs and expectations regarding the future had a relationship. Nickl (2006) found in a research entitled "the relationship between relationship beliefs and marital adjustment of the spouses" that there was a significant relationship between irrational relationship beliefs and marital compatibility. Whatever irrational relationship beliefs are more, marital compatibility is reduced. Pascal et al (2008) showed that there was a negative correlation between irrational, relationship beliefs and lack of marital satisfaction.

According to the above and given that emotional divorce is as one of the psychosocial issues that our society is faced with and this considered the most important threatening factor against the foundations of the family. Therefore, the emphasis to this social problem and investigation of the factors and underlying is fundamentally important; accordingly, this research is conducted to study the relationship between relationship beliefs and emotional divorce of married students of MA in Azad University of Ayatollah Amoli.

MATERIALS AND METHODS

The method of the present study is retrospective with a solidarity project. The population consists of all married students of MA in Azad University of Ayatollah Amoli in 2015-16. According to statistics, 2080 people of married students of MA are studying in the academic year mentioned in this University that of these, 830 people were married female students and 125 people were also married male students. A sample of 327 people was selected available using Morgan table in non-random sampling method. Then, from 830 married female students, 130 people were selected in the proportional allocation method and from 1250 married male students, 190 people were selected that they responded to the questionnaires. Data from the questionnaires by Pearson correlation and multiple regression statistical tests were analyzed. In this study, two types of questionnaires were used as follows:

Questionnaire of relationship beliefs

This checklist is a questionnaire with 40 questions made to measure irrational beliefs about marriage by Eidelson and Epstein (1982) and has 5 sub-scales including: destructor opposition belief, belief in the lack of variability of the spouse, mindreading, gender perfectionism and belief in gender differences. Answer sheet of relationship beliefs with Likert scale including completely wrong to completely right. By adding the scores of each subscale, the score of subscale is calculated and by adding the score of each sub-scale, the score of total relationship beliefs is calculated. In this list, high score reflects irrational beliefs in marital relations. Eidelson and Epstein (1982) showed in their research that the reliability of relationship beliefs with Cronbach's alpha for scales was from 72 to 81 percent and also, in the research conducted by Kamp et al (1987), relationship beliefs were reported with adequate internal reliability in the range (74 to 83 percent) and test-retest reliability ($r = 0.76$). The Persian version of this instrument is prepared by Mazaheri and Pouretamad (2001) in which Cronbach's alpha calculated is 0.75. Dehshiri (2005) has reported Cronbach's alpha or internal consistency of the list ($r = 0.78$) in his research (Azkhosh & Asgari, 2007).

The questionnaire of emotional divorce

In this study, "Gutmann emotional divorce" is used to assess the scale of emotional divorce variable. Gutmann (2000) has regulated this questionnaire in the form of 24 items of two options of Yes (1) or No. If the number of positive sample responses after collecting samples is eight (8) and higher, this means that the marital life of the person has been exposed in separation and signs of emotional divorce in him is evident. Face validity of emotional divorce of Gutmann was confirmed by experts and professors.

RESULTS

Descriptive study of gender of the participants.

Table 1. Frequency distribution of gender of the participants.

Gender	Frequency	Relative percentage
Female	130	40
Male	197	60
Total	327	100.0

As it can be seen in Table 1, 60% of statistical samples include men and other 40 percent are women.
The study of age group of the participants.

Table 2. Frequency distribution of the participants based on age groups.

Age groups	Frequency	Relative percentage
20 to 30 years	74	22
31 to 40 years	114	35
41 to 50 years	120	36
Higher than 50 years	19	7
Total	327	100

According to Table 2, it was found that about 22 percent of the sample was between 20 and 30 years. About 35% was between 31 and 40 years, 36 % between 41 and 50 years and 7% of the participants was over 50 years.

Number of children

Table 3. Frequency distribution of the participants based on the number of children.

Number of children	Frequency	Relative percentage
No child	45	14
One child	118	36
Two children and more	164	50
Total	327	100

Table 3 shows that about 14% of the participants had no children. About 36 percent had one child, 50% of the sample had two or more children.

In this section, inferential results are reported in the form of the investigation of the research question.

Table 4. The correlation coefficient and initial explanation and revised model.

correlation coefficient	R ²	R ² modified
0.76	0.58	0.57

Based on the results of Table 4, the correlation coefficient among the variables in the model is 0.76 and 0.57 with adjusted coefficient of determination. This result shows that about 57% of the variance of emotional divorce is explained by the predictor variables.

Table 5. Pearson correlation test results to examine the relationship between irrational relationship beliefs and emotional divorce.

Emotional divorce	Irrational relationship beliefs		
	Correlational coefficient	Determination coefficient	Significance level(p)
	(r)	(R ²)	
	0.73	53.29	0.01*

^{ns}: significance level *: significance in the level of 5% **: significance in the level 1%

As it can be seen in Table 5, the correlation between irrational relationship beliefs and emotional divorce is calculated ($r = 0.73$) in the significance level less than 5 percent ($p = 0.01$). Therefore, through the rejection of the null hypothesis and confirmation of the research hypothesis, it is concluded that there is a positive and significant relationship between emotional divorce and irrational relationship beliefs. In fact, the more the irrational beliefs of the students are, the more the emotional divorce will be. Also, by calculating the coefficient of determination equaling to ($R^2 = 53.29$), in this analysis, it can be claimed that more than 53 percent of the variance of the emotional divorce of married students in Azad University of Ayatollah Amoli is explained by their marital satisfaction.

DISCUSSION AND CONCLUSION

This research was conducted to study the relationship between relationship beliefs and emotional divorce of married students of MA in Azad University of Ayatollah Amoli. One of the factors causing emotional divorce is irrational relationship beliefs which analyzed in this research through Pearson correlational coefficient. In this analysis, the correlation between irrational relationship beliefs and emotional divorce is calculated ($r = 0.73$) in the significance level less than 5 percent ($p = 0.01$). It showed that there was a positive and significant relationship between emotional divorce and irrational relationship beliefs. In fact, the more the irrational beliefs of the students are, the more the emotional divorce will be. The calculation of the coefficient of the determination in this analysis showed that more than 53 percent of the variance of the emotional divorce of married students in Azad University of Ayatollah Amoli was explained by their marital satisfaction. This result is consistent with the results of the researches of Azadifard (2014), Sullivan and Schwebel (1991), Addis and Bernard (2002), Nickl (2006), Pascal et al (2008).

To explain this finding, it should also be noted that some people, expectations, beliefs and imaginary conception of their role and wife involve in the marriage that unfortunately, many of these expectations are unrealistic; in this regard, several studies have shown that one of the most problematic factors that increase the divorce is the perception distorted and irrational thinking of the couples. Based on the rational emotive approach of Ellis, people may build stubborn or unreasonable measures on the cordial relations that intimate relationships in real life cannot match it and lead to their dissatisfaction from the relations (Baucom et al., 1989). Bernstein and Bernstein (2011) also emphasizes cognitive mechanisms influences adjustment and marital satisfaction, that's why married life is not protected against irrational beliefs. According to Ellis (1985), unrealistic expectations are the biggest obstacle in marital life so that marital or relationship problems stem from irrational thinking of one or two partners. Negative attribution patterns or negative perceptions are effective from spouse behaviors and negligence of positive behaviors is effective in the creation and development of effective marital discords. Theroux & Pole (1992) consider irrational beliefs as a factor known in marital disputes. Beck Aaron (1976) also consider misunderstanding, ignorance, differences in knowledge of the tasks, roles, expectations unspoken, thoughts spontaneously and off, reducing dependence on each other for emotional couple, prejudice and the importance to one's desires, the effect of economic issues, pessimistic and wrong mind reading as factors of discord and divorce. This is completely clear that the couples who have more rational beliefs, attempt in their marital life to apply a more appropriate way of the

discussion on communicative problem and give the suggestion of the solution. They express their feelings to each other and in these circumstances, marital satisfaction and more pleasing are felt and vice versa, if these beliefs are as irrational thinking and prejudices and negative attitudes, the couples consider these beliefs in desires and goals that they are in necessary and mandatory preferences so that if they are not satisfied lead to consternation and anxiety (Akbarzadeh et al., 2014). The consequences of them are destructive behaviors and emotions that threaten a person's mental and emotional health (Bakhshayesh and Entezari, 2011) that they create the most disappointment and frustration (Moshtaqi et al., 2012).

Conflict of interest

The authors declare no conflict of interest

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