

Case Report

Factors affecting emotional divorce

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ABSTRACT

Emotional Divorce is the most important factor in the rupture of the most fundamental structures of society, the family. Due to the sensitivity and position of the family and its functions specifically to investigate the factors underlying emotional divorce has of particular importance. Emotional Divorce phenomenon is not a single factor, but rather a set of related factors together led to Emotional Divorce. In this paper the role of psychological factors such as early maladaptive schemas, negative body image, perfectionism is discussed on an emotional divorce. Also quality of life and family relationships of couples with emotional divorce, such as quality of health, sexual dissatisfaction, ignoring the needs, expectations and opinions of women by men or vice versa, and also social and economic factors such as subcultures families, couples, the quality of social relationships, social networks couple, Economic situation of the families of the couple, financial crisis, unemployment and economic revenues couples studied and some suggestions are presented based on the findings.

Key words: emotional divorce, psychological factors, quality of life, family relations, social and economic factors

1. INTRODUCTION

The family, as the first institution of socialization and oldest natural core, in all human societies since the beginning of human history there and ever has failed to find a replacement for it. Marriage is the basis for the formation of family and opposite it is the divorce that caused its demise. Divorce consequences personal, family and social collapse and its negative effects are more for women compared to men (Moosaei et al., 2011). In addition to people, imposes great costs on body of society (Schram, 2006). Studies show that about half of today's marriage leads to divorce. Researchers persist factors such as increasing economic independence of women, lower income of men without a college degree, rising expectations of marriage and the social acceptance of divorce in this matter (Amato, 2000). Divorce can also be made explicit and formal, in which the family will collapse and also can be hidden. As a result, only the external structure of family will be preserved. But is

actually hollow inside, in this situation, couples are forced to live together, but of necessity and do not have constructive and appropriate emotional relationships. This is called emotional divorce. In Iranian academic studies to the issue of emotional divorce as hidden aspects of couples divorce less attention has been paid. And studies more have addressed the issue of official divorce. Thus, shortage of such scientific endeavors, seems to be serious.

According to the important and urgency of this issue, the purpose of this article is to examine the factors affecting the incidence of divorce is emotional. The main question raised in this area include:

1. What is the role of psychological factors on emotional divorce?
2. What is the role of quality of life and family relationships on an emotional divorce?
3. What is the role of social and economic factors on emotional divorce?

2. Theoretical or conceptual framework

Emotional divorce has various stages and types and forms and many dimensions and create as a process and rise. Emotional divorce there are in all families with different degrees and severity. There are two types of obvious and hidden divorce. Hidden Divorce are Divorces that in all respects has Official and obvious divorces characteristics, But due to cultural, Valuable, spiritual, positional and special Legal barriers it will not be clear. In fact, these kinds of divorces occur without marriage annulment. In this type of divorce, couples just live under one roof, while the other communication between them is completely cut off or is without the desire and satisfaction. Affected Couples may be many years under one roof with minimal communication (even verbal communication that waste their best days of their lives (Sotoudeh and Bahari, 1386). This type of divorce "emotional divorce" or "off divorce," also known. Emotional divorce is situation which family structure Apparently is maintained. But the family is hollow inside, because that a positive emotional relationship between the couple disappeared and negative emotional relations it has taken place. Emotional divorce can include a range from simple grumps to serious debate and physical conflict and violence. In the emotional divorce, the parties have no love and sincerity towards each other and adjacent to each other do not earn any pleasure. Despite this lack of love people have to live together and not separate (Ferdosipour, 1384). Paul Bohannan knows emotional divorce as the first step in the process of divorce and indicate of marital relationships deterioration that alienation is replaced (Olson and Dyfrayn, 2006).

Emotional divorce is simply of a state or perceptions between official husband and wife whose their relationship is impaired and then tends to the emotional poverty and wife and chorus graft lead to to break and autonomy, and finally emotional divorce (Shykhavndy, 1390). Emotional divorce as odious choice between surrender and self-hatred and self-hatred and

domination is experienced. Where each couple due to feelings of sadness and despair, hurts another (Askanzony and Askanzony, 1988). Spouses rather than support each other act in order to hurt, frustration, reduced self-esteem of each other and each looking for evidence disadvantage and exclusion are short (Bastani, 2011).

Marital relationship engaged emotional divorce, strongly underlying depression, anxiety and despair, especially in women (Byrmyz, 2010). Emotional divorce occur due to lack of positive interaction with wife, lack of emotional support, sexual dissatisfaction, lack of mass appeal, infidelity, financial problems, chronic illness, physical abuse etc. . And lead to symptoms of depression, anxiety, guilt, hopelessness, withdrawal from social activities, and ongoing pessimistic attitude about himself, his wife and their future (Gohari Rad, 2006).

Theoretical framework of Article is, the theory of functionalism construction. The main idea of this theory, refers to the functions and activities necessary to maintain a variety of community or social groups. In terms of Murdoch four main function of family's is sexual function, Economics of Education and reproduction. Parsons considers socialization of children and maintain adult personality as two main functions of the family (of Azaz, 1389). In the functionalism approach, when the family functions interfere, the family system get malfunctioning. This situation refers to families that have failed in creation and consolidation of values and cultural beliefs and social behavior in the family environment, malfunction Family show a state of the Mess in a cluttered and chaotic families where lack of attention to each other, clash, disorderly conduct and abuse is common (McCarthy and Edwards, 1390). According to social systems and Parsons functionalism theory effective and underlying factors in emotional divorce can be explained in the absence of any four main family function. Kessler (1975), make Psychological analysis on divorce and divides it as a psychological process into seven stages of Excite

mental (emotional) :Frustration, burnout, stretching, physical separation, bereavement, second teenager, exploration and hard work.Kessler stressed that people in this excitement with a different order of experience,So that the uncertain beginning and end of the psychological experience duration Is differentAccording to a person's mental construction (Ansari, 1390).

Larson and Holman (1994) examines the factors contributing to the stability and quality of their marital. In their opinion the most important factors are the following: (1) background and environmental factors such as family of origin) such as parental divorce (0.2-socio-cultural factors) such jobs (0.3-behavior, personal characteristics such as emotional health, physical health 0.4 -interaction process of the spouses as equal partnership.

Bradbury et al. (2000) in a study titled "Research on the nature and determinants of marital satisfaction" are considered the following factors in marital satisfaction:

1. Interpersonal processes such as cognition, interest, physiology, patterned behavior, social support and violence.
2. The social environment that marriage operates within it , including small fields (such as the presence of children, the findings life changes and stress).
- 3- Fields such as macro-economic factors.

The results of Honarian and Ioonesi (1390) suggests that Effective factors in divorce and emotional divorce including topics such as communication skills, mental illness, lack of maturity and addiction.

3.Research methodology

Research plan, consists of a map or plan or set of searches that can be performed by the researcher, studied the problem or issue, provide a credible answer (Tajdaran, 1369). Research project to help researchers, so that the best and most appropriate choices.To objectively and by minimum cost and time spent on research carried out.In each study

performed in terms of subject matter and circumstances, certain methods used.

The research method-based approach is naturalistic paradigm.Naturalistic paradigm is based on this assumption that the observed reality depends on the interpretation of the people and their mentality.In the area behavioral sciencesThe application of this paradigm results in qualitative methods that qualitative data are used in it (Sarmad et al., 1389). So the method of this research is qualitative in which data is collected by the library.Scholar In this type of research tries to gather information and evaluate the accuracy of them, to analyze their dataTo clarify the truth and to answer research questions basic.

4.Analysis of Results

In Section of theoretical and conceptual The definition of emotional divorce and its theoretical framework is discussed.Emotional divorce can be knew as one of the most important factors affecting on rupture of fundamental structure of society, the family (gharache et al., 1390).The basic question that arises is in line with the skyrocketing emotional divorce , this is that what factors have an impact on the growth of this dangerous phenomenon? Social factors, psychological factors, family factors and economic factors, has what role on the phenomenon of emotional divorce?

4.1.The role of psychological factors on emotional divorce

One of the psychological factors and psychological phenomena that is important in the marital relationship is the basic maladaptive schemas. Conceptual schemas in psychology is Cognition that it pays to examine how people think, how they perceive how Remember the information (Byrgyn and Williams, 1991).

Early maladaptive Schema are self-harm emotional and cognitive patterns that resulted in the meeting the basic needs of initial children Environment in relation to parentsAnd Are repeated in the course of life, and affect on the way of the interpretation of experiences and relationships with others.Because the maladaptive

schemas are inefficient, Following discontent and lack of intimacy in marital relationship And provide grounds for separation and divorce so that it creates emotional.

Hamidpour and Andouz (2000) During the research concluded that even the schemes are more disagreeable, marital satisfaction decreases. In zolfaghari and colleagues research (2008) have shown that there are negative relationship between early maladaptive Schema and dimensions of marital intimacy.

In this regard La Zadeh results et al. (1394) showed that emotional deprivation, rejection / abandonment, mistrust and abuse, social isolation and alienation, shame / defects, failure to progress, incompetence and dependence, vulnerability to harm Have not transformation his, obedience, emotional inhibition, merit / Hauteur, inadequate Disciplinary and Contenance and overall score of inadequate Schema has significant positive relationship with emotional divorce.

Another important psychological factors affecting emotional divorce, is body image dissatisfaction .Having a poor body image and lack of satisfaction of physical appearance refers to a situation in which the current appearance of person is away from his ideal conditions (Foster and the Wadden 1997, 2).Incorrect assessment of the wives of their body can gradually affect on their willingness to marital relationships and their interactions and behavior with each other .In today's society the importance of physical appearance on interpersonal relationships, is undeniable so that dissatisfaction of it can make Several disorders on the person.Recent research indicates a significant positive correlation between body dissatisfaction and negative consequences on individuals' mental health (Moers and Rosen, 2005).

People with negative body image more suffer from unpleasant emotions. Poor body image can cause permanent mental pline, stress and anxiety (Grillo, Vylfly and Brunel, 1994), an increase in depression, introversion, shyness and loneliness (cache, Jakatdr and Williams 2003), decreased life

satisfaction (Thompson 2004, 6), low self-esteem and increased dependence and pity-seeking (Grillo et al., 1994), decreased quality of life (Schwartz & Brownell, 2006), increasing social phobia (Friedman, Stuart and Brunel, 1998) obsession (cache and Jakatdr and William, 2004), substance abuse (Thompson, 2004), increased appetite and eating disorders (cache and Fleming, 2002).The zamani and colleagues Research findings (1393) suggest that between emotional divorce and body image in women there was significantly and negatively Correlation.

Another psychological factors influencing emotional divorce is perfectionism. Perfectionism refers to a set of high-level objectives and criteria for life (Hmachk, 1978) and generally positive perfectionism into two types (ordinary, adaptive, normal) and negative perfectionism (abnormal, maladaptive, neurotic, excessive) is divided (tri-shirts, 1995).In the positive perfectionism, despite having individual standards for performance at high levels, but these goals are reasonable and accessible .People enjoy from trying to reach the goal, more than the goal. In the way to success and progress, are flexible and accept their limitations of personality and position (Felt and Identity, 2002). This view makes sense of satisfaction and the talents.In the negative perfectionism,goals are unrealistic and over-ambitious and to achieve the objectives rigid rules are established.People with negative perfectionism, know errors equal to failure and therefore extremely afraid of making mistakes.Blame and lack of approval of others, create many fear on them.Like in all contexts (occupational, educational and even physical appearance) seem perfectly (Stauber, 2006).Do not know the average valuable and have the all or nothing thinking concept (Grinspoon, 2008) never fully feel winning and does not value for their success.Doubt about their abilities. Always see far between performance and standards and constantly blame themselves for negative and criticize and evaluate (Frost et al, 1997).The results indicate that the perfectionist people are

exposed to various physical and mental disorders such as depression, anxiety, social phobia, obsessive, self-esteem, lack of focus on activities and loss of logical analysis tasks, heart disease and vascular, mental anorexia and suicide (Stauber, 2006). Alizadehsahraei and colleagues Research (1389), also showed that There is a significant positive relationship excessive worry with anxiety, emotional irresponsibility, inability to change and avoid problems with negative perfectionism. Alizadehsahraei and colleagues Research (1389), also showed that There is a significant positive relationship excessive worry with anxiety, emotional irresponsibility, inability to change and avoid problems with negative perfectionism.

The results of the studies show that negative perfectionism personality trait plays an important role in creating communication and emotional problems, and continuing this mental damages. perfectionist people due to the radical Furthermore seeking tolerate more, stress and emotional distress in life. Accumulation of stresses on each other and transfer it to day, and for days, reduces the quality and life satisfaction.

4.2. The role of quality of life and family relationships on an emotional divorce

Quality of life is a broad concept that has different meanings for different individuals and groups. Some see it as the viability of an area, some as general welfare, social wellbeing, happiness, satisfaction, well-being, having a purposeful life (meaning), fulfill the requirement or objective factors such as income and health status. Quality of life is a multi-faceted, but also can be defined and measured with an interdisciplinary approach. Evans (1989), Has defined. quality of life as Factors or specific behavior of the person In response to specific life domains that Determines, The various aspects of job satisfaction and dissatisfaction of life.

Testa and Simonson (1996) have defined quality of life: the attitude to aspects of physical, mental and social health as separate dimensions that influence the expectations, beliefs, experiences

and individual perceptions. Costanza et al (2007) Defines. Quality of life as the human needs associated with Perceptions of individuals, and groups of Subjective well-being. Also Das (2008) defines quality of life as the well-being Or lack of well-being of people and their Living environment. As defined by the World Health Organization (WHO) Quality of life is, personal interpretation, each one of their lives in the context of culture and value system in which living (javahery et al., 1389).

Quality of life in both objective and subjective variables classified. The objective quality of life, it displays the external conditions of life. The objective quality of life using objective indicators relating to visible and tangible realities of life were measured. These indicators based on secondary data, such as population density, crime rate, educational level, household characteristics and results it is possible. The important fact is that the quality of life can not be determined solely by objective conditions, but considering the well-being of individuals is also important. Fu said that the objective indicators can not show real-life quality alone.

Subjective indicators obtained Based on the evaluation and interpretation of satisfaction, happiness and so (Kajbaf et al., 1390). Case of integrating objective and subjective dimensions of quality of life, more and more useful as possible to get the whole picture of it on various scales of space and time. (Razavi et al., 1388).

The Yazdani et al Research results (1391) show that ordinary people in the quality of family relationships of emotional divorce had higher ratings. As quality of women family relationships comes down, emotional divorce variable (lack of emotional relationship couples) comes up. One of the aspects of quality of life is quality of health. Research findings suggest that Common examples of variable quality health ratings are higher compared to the emotional divorce. As quality of women's health is less divorce becomes more variable (Yazdani, et al., 1391). One of the reasons that make the distance between the couple

is sexual dissatisfaction from each other. Ignorance, false beliefs, and sometimes the lack of authorities to these problems, is the most important reason why they remain unresolved. While each couple have What conception of himself and his wife sexual problems, how to define sexual identity and the role of himself and his wife And what assumptions or mental models have about sexual issues, All affect on the wives sex life And marks Cognition of the sexual interaction between the two. Fortunately, today with advances in science and psychiatry, sexually transmitted diseases are easily treated. (Mazaheri, 1392). In relation to the quality of life Glaser (2004) believes that couples begin their married life with love, but observed harvested raw intimacy gradually fade. Over time, their married life with the dull tone and continue to endure, to alcoholism, overeating, drug abuse, illicit affairs and have turned and looking for again personal intimacy and sexual experience . Bastani (1389) put emotional divorce in three categories neglect the needs, expectations, and women views by men. His research results have shown that Lack of emotional needs due to lack of affection or lack of affection has led to a deteriorating relationship between men and women and the emotional detachment. Neglect of men in various aspects of male and female satisfaction decreased as a result of an underlying gap between men and women has been increasing. No according to the views women in various fields by create the impression in the mind of a woman whose husband to your thoughts, comments and wishes he does not care And not giving proper place for him in the a marriage, cause the wife upset of the man. communication problems, including being male or female Taciturn , not devote the time by man for dialogue, neglect of men to women in the course of the conversation, verbal, or disrupt communication between men and women, decreases intimacy and increases distance between them from each other. Also weakness of men and women in communication, lack of

conflict resolution skills, and frequent and sometimes long-term grumps of men and women by reducing the positive interaction and increased negative interactions with wives, each of them has caused resentment And thus in the creation of their distance from one another and emotional divorce has been effective.

5.Social and economic factors on emotional divorce

Beginning human social life comes with social interaction. This mutual interaction of social action is that create community and groups . To continue the Group, affection and bond element is added to it. So the interaction, is a necessary condition for the existence of the group. To continue the Group, affection and bond element is added to it. Therefore defined group says the group consists of a number of people with continuous interaction with the feeling of connection (honest Avry, 1392). One of the factors influencing emotional divorce is the differences in the sub-culture of the couple's family. It would be between couples who are organically linked together, cause a problem. On the one hand man tends to his family And follow his mother and other family members And in many cases this follow from family with desires and thoughts are by his and his wife. And makes tension between him and his wife. In this way, little by little intimacy between couples decreases and emotional divorce occurs . On the other hand, According Bate to Bart idea, the woman's are depended on her family And if his relationships by his family be most of the interactions by his wife And even wants from her husband to involve to solve the problems of his family , While have dislocated expectations from his wife because of family and a lot of relativity to them And these expectations are not as desired wife. So, his wife feel distance with him and thus, the intimacy between them become little and provide Underlie factors of emotional divorce (Askafy, 1393).

The Yazdani et al research results (1391) also shows that the higher the quality of social relationships between women will be less

emotional divorce (couples emotional relationship) is upward.

The findings Askafy (1393) indicates that the common activities of the individual rather than being more by wife be more by friends and family members, and the other have A feeling of intimacy and more solidarity with them and feel less intimacy with his wife. This result with previous results, Olson (2011) is consistent.

Another factor affecting emotional divorce is economic factors. The financial crisis of men career problems, With increasing Working and mentally Business of Man And thereby reduce the his attention to his wife and common life, has an important role in increasing distance of the spouses. Lack of job stability through economic pressure, is effective on the spirit of man and thus marital relationship. Stay away from both men and women, because men work in another city, are also factors increase the distance wives (bastani, 1389).

Family disharmony in economy is of the factors influencing the problem in the common life of men and women. Family economic level difference between men and women, by make a difference in the level of financial expectations for males and females, leading to tension and problems between spouses.

6. CONCLUSION

Emotional Divorce is the most important factor in the rupture of the most fundamental structures of society, the family. In view of the sensitivity and the status of family and its functions, specifically to investigate the factors underlying emotional divorce has from particular importance. Emotional Divorce phenomenon is not a single factor, but rather a set from related factors together led to a emotional divorce. In this paper the role of psychological factors, quality of life and family relationships, and social and economic factors on emotional divorce evaluated and based on the findings offered the following suggestions:

*The results show that at any rate, is more common among couples in different aspects of

life, reduce family conflict areas. It is recommended that families organizations, , counseling prior to marriage and family counselors to be pursued seriously, psychologists and sociologists, warn dissimilar couples about the importance of the issue.

*Compulsory visiting family counselors in different fields of specialization such as this has essential. Doing this approach prevents the formation married couples that are incompatible with each other.

*Many of common life has joint on the verge of disintegration, with proper training and the proper knowledge to gain life skills can be saved. to Family lawyers and family branches judges suggests that Before doing any legal work required couples to take a course or do a few sessions consult.

*Undoubtedly, many family problems can not be solved through dams and amendment dry law, but by the announcement, many problems are solvable.

*Some of the problems and family problems rooted in precisely in the behaviors that are prohibited grounds in our culture addressing many of these problems have roots in the hidden realities of the family. Unfortunately, the cause of many of separation and chilly relations, by lack of satisfying sexual needs are interconnected. Many women, in addition of having cold emotional relationship, complain of a lack of satisfy the sexual needs. This is a very important issue that should be a fundamental consideration. Therefore, it is suggested to prevent emotional divorce, With the launch of advice clinics and sex education, the necessary information to be available to couples.

*The findings suggest that the cause and the continuity of emotional problems among couples, is lack of life skills to various factors. Most problems are detrimental to good relations between spouses can be solved by education and family centers that communicate, should have special attention to these problems. The findings of this study suggests a link between body image satisfaction and negative

perfectionism with emotional divorce. Therefore, provision programs that have prevention and intervention aspect, such as workshops from experts in the area of knowledge of the strengths and weaknesses of the body and how to accept and deal with them, especially for young teen girls in middle and high school can have a great effect on allay concerns and body image dissatisfaction.

* Also giving information to parents on parenting (such as setting the ideal level of their expectations, how encouragement and punishment of children, etc.) in the form of workshops in schools for their children, can to some extent prevent the formation of negative perfectionism in people.

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