

Research Article

Effectiveness of emotion focused therapy on the divorce desire of the referred couples divorce applicant to Family Court

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ABSTRACT

The aim of this study was to determine the effectiveness of the excitement centered on the divorce desire of the referred couples divorce applicant to family court. The sample of the research consisted of 30 couples divorce applicants (15 experimental and 15 control groups) who were selected by voluntary sampling and responded the research tool that were included the desire to divorce questionnaire of Rosbelt, Johnson and Morrow (1983). This Semi experimental research plan was pretest - posttest plan with group control. After experimental and groups control in random selection, at the beginning a pre-test was conducted for both groups and then test interventions (emotion-focused therapy) was lasted in 8 sessions that each session lasted 90 minutes, were conducted in test groups and after the therapy program ended, a pretest was tested from both groups. For data analysis the covariance analysis (MANCOVA) was used. The results of the analysis showed, emotion-focused therapy reduces the desire to divorce and the desire to get out and increases the tendency to negligence the experimental group divorce applicants compared with the control group. As a result, the emotion focused therapy is effective on reducing the desire of the divorce couples applicants applicant.

Keywords: emotion-focused therapy, the desire to divorce, couples divorce applicant

INTRODUCTION

The family is the basic foundation of society and construction cell and in the broadest sense is the origin of its members and their shelter. Family is an institution that will give safe and secure feeling to its members. Family is like a shell that if its foundation is not constructed wisely and correctly, a pearl will never be raised. Common life is not just providing financial, economical needs and continuity of generations, but it is a sense of cooperation and understanding for attitude extension and access possibility to more opportunities. In other words, common life is based on a contract between men and women to satisfy

their needs and consequently to do all its functions consist of a cooperative spirit, division of labor, education of children and creating love and compassion (Sotoude, 2010). Divorce phenomenon is an important social pathology in different societies and to follow this phenomenon, a lot of psychological pressure will encounter with people after separation from their spouse. Divorce process difficulties are different depending on the social, familial, cultural, and even sex situation. No doubt the couple who wants to divorce faces a variety of social and cultural restrictions and faces more hardships and

endures a lot of stress (Khojasteh Mehr, Afshari and Rajabi, 2011). Divorce couples applicants have many concerns in facing with their problems. Stress caused by psychological and social problems will make them faced with many challenges (Hafariyan, Aghayi, Kajbaf and Kamkar, 2009). Divorce is a process that begins with the experience of emotional crisis and ends with the efforts to resolve the conflict by entering the new location with new roles and lifestyle, in the investigation of the divorce causes, in addition to social, economical and legal factors, considering personal and psychological and emotional reasons which lead to divorce has a particular importance. One of the most important aspects of the marital system is a satisfaction that will be experienced in marriage by couples, but the divorce statistics, which are the most reliable indicator of marital turmoil show that marital satisfaction is not easily accessible and the desire to divorce is likely much higher than the mentioned statics (Yusufi, 2011). Divorce and separation will leave many negative effects, both mentally and physically on the couples. These negative effects include increased risk of psychiatric disorders, increased physical diseases, suicides, fatal accidents, violence and murder. Moreover, divorce will cause many negative effects on children that can be pointed out as depression, isolation, lack of social competence, health and educational problems (Minayi, 2013). The desire to divorce definition has three dimensions: cognitive, affective and behavioral, that contains perception of an individual about divorce in cognitive dimension and positive and negative feelings of an individual about the divorce in emotional dimension, and finally the individual behavioral readiness for or against divorce in behavioral dimension. The decision to divorce has been the result of internal pressure that applied to at least one of the spouses and may be caused by not meeting the needs or goals, poor coping strategies, management of life events or inability to convey emotions to each other (Carney and

Bardbury, 2015). Of course, to some extent, the problems that caused the couples decide for separation is chronic, such as the motivation of separation, severe conflicts and constant violent events and sometimes unexpected factors led to the collapse of marriage, like disclosure of marital infidelity or When one of the spouses has separate plans and have doubts about life with his wife (Turkan, Kalantari and Molavi, 2013). But it must be said that to control and reduce the life problems of the divorce couple applicants and in fact the couple's desire to divorce, there are emotion-focused therapy methods has significant impacts on the problems. The basis of emotion-focused therapy is self improvement and personal growth and the individual balance is the main goal of the treatment (Johnson, 2004). Identifying effective ways to counter the stress, problems and conflicts are allocated in the forefront of researchers in this area. Some studies have shown that emotion-focused therapy is improved mental health level (Besharat, Pourang, Pourtabayi and Pournaghash Tehrani, 2008). It should be noted that the prevention and reduction of divorce problems with methods based on behavioral science can help these couples in order to reduce the problems. So study and research in this area is considered important. The best way to deal with the stress of divorce applicants is obtaining a clear picture of the psychological trauma for these people. The results can be delivered to the custodians of the divorce applicants, Welfare and Family Court's counseling centers, which can be provided solutions for reducing problems and divorce in these couples. Regarding the prevalence of divorce and problems and psychological, social, emotional and communication trauma between couples in this study, the aim is to determine the effectiveness of the emotional focused therapy on the couples' desire to divorce that refer to Family Court, and it is considered that if the emotion focused therapy on the couples' desire to divorce that refer to Family Court, is effective or not?

Research methodology

In this study, a quasi-experimental research (pretest-posttest plan with control group) was used. Since this study was to detect changes caused by the implementation of the experimental variable of the emotion-focused therapy, the plan was used. The static sample in this study consisted of all divorce applicants from January 2014 to July 2015 who were living with their spouses and wanted to divorce and referred to family court in Ahvaz city. The sample included 30 divorce couples applicants who were selected with voluntary sampling of divorcing couples applicants that referred to Family Court and referred several meetings and were available and then through the research sample, 15 couples in the control group and 15 couples in the experimental group were assigned.

Research tools

Desire to divorce questionnaire: the desire to divorce scale of this questionnaire was first designed by Roosevelt, Johnson and Morrow (1986). This 14-items questionnaire is for assessing the prone couples who tend to divorce, which has two dimensions, the desire to get out and then tend to neglect and it is included every dimension of 7 questions. Each item is scored using a rating scale of 7 each. From 1 (never) to 7 (always), the score of this questionnaire will obtain by summing the scores of articles. A higher score indicates high levels of desire to divorce in participants (Davoodi, Etemadi and Bahrami (2009). The

RESEARCH FINDINGS

Descriptive;

B) the analytical findings resulted of the research hypotheses.

Table 1: The average and standard deviation of the desire score for getting out, tend to neglect and the couples' desire to divorce of divorce applicants experiment and control groups in the pre-test and post-test levels

Variable	Level	Statistical Indicator	Average	Standard deviation	Quantity
		Group			
The desire to get out	pre-test	Test	41.66	1.98	15
		Control	39.93	1.70	15
	post-test	Test	23.46	2.79	15
		Control	40.13	1.24	15
Tend to be neglected	pre-test	Test	19.80	2.39	15
		Control	19.60	1.59	15

questionnaire validity was reported through the content review by top experts and the reliability of the questionnaires coefficient was reported by Cronbach's alpha and split-half methods of 0.89 and 0.90 respectively. In this study, the Cronbach's alpha reliability coefficient for wanting to get out 0.83 and then tending to neglect 0.82 and for the entire questionnaire of the desire to divorce 0.84 has obtained.

Emotion-focused therapy sessions: In this study, emotion-focused intervention in the form of group way and in 8 sessions of 90-minute base on Johnson and Greenberg emotion-focused approach (1996) was performed on test groups of divorce applicants. Description of the sessions is as follows:

First session: pre-test implementation, referrals and treatment relationship establishment with divorce couples applicants; second session: identification of couples' problems and unexpressed emotions; Third Session: Reconstruction of couple communication patterns; fourth session: identification of emotions and negative emotions pathology; fifth session: identification of individual characteristics to express feelings and emotions expressed training in practical form; the sixth session: the ability to establish emotions in personal and social life, Seventh session: strengthening and integrating the emotions, and the eighth session: Summary, survey and provide final recommendations.

The desire to divorce	post-test	Test	28.26	3.71	15
		Control	19.46	1.84	15
	post-test	Test	61.66	2.99	15
		Control	59.40	1.88	15
	post-test	Test	51.73	4.75	15
		Control	59.60	2.26	15

Table 2: Results of Kolmogorov-Smirnov on the assumption of the normal distribution scores of tending to get out, tending to be neglected and the desire to divorce

Normal distribution of scores	Groups	Kolmogorov-Smirnov		Groups	Kolmogorov-Smirnov	
		Statistics	Meaningful		Statistics	Meaningful
The desire to get out	Test	0.17	0.20	Control	0.16	0.20
Tend to be neglected	Test	0.19	0.14	Control	0.17	0.20
The desire to divorce	Test	0.16	0.21	Control	0.15	0.20

As seen in Table 2, null hypothesis for the normal distribution of two groups' scores on the variables of the desire to get out, desire to be neglected and the desire to divorce is confirmed. It means the assumption of the normal distribution of the pre-test scores and in both experimental and control groups were confirmed.

Table 3: Results of the homogeneity of the regression slope of the research variables test in two groups of society

Variable	Changes source	F	Meaningful level
The desire to get out	Group tendency * pre-test	2.04	0.47
Tend to be neglected		2.32	0.51
The desire to divorce		2.89	0.58

As shown in Table 3, the F-value interaction of all other research variables is meaningless. Therefore, the regression homogeneity assumption will be confirmed.

Table 4: Levine test Results about the scores of research variables equal variances assumption for two groups in the society

Variable	F	The first degree of freedom	The second degree of freedom	The significance level
The desire to get out	2.48	1	28	0.43
Tend to be neglected	2.61	1	28	0.40
The desire to divorce	1.70	1	28	0.37

As can be seen in Table 4, Levin test in the desire to get out variables, the desire to neglect and not with the desire to divorce. Therefore the variance in the two experimental and control groups in the desire to get out, desire to neglect and the desire to divorce variables is not significant, thus the homogeneity assumption of variances will be confirmed and null for equality of score variances in the two groups will be confirmed for all research variables. It means the default of scores variances equality in both experimental and a control group was confirmed.

Table 5: Results of multivariate covariance analysis on the desire to divorce, the desire to get out and the desire to neglect average scores for experimental and control divorce couple applicants groups with pre-test control

Test Name	Amount	DF Hypothesis	DF error	F	The significance level	The effect measure	Statistical Power
The effect of Pillay test	0.93	2	24	100.65	0.001	0.93	1
Wilks lambda test	0.06	2	24	100.65	0.001	0.93	1
The effect of Hotelling test	13.79	2	24	100.65	0.001	0.93	1
The biggest root of Roy test	13.79	2	24	100.65	0.001	0.93	1

As it is clear in Table 5, with pre-test control of significant levels of all tests indicate that there is a

significant difference between experimental and control groups of divorcing couples applicants at least in terms of one of the dependent variables (the desire to divorce, the desire to get out and tend to be neglected) ($100.65 = F$ and $0.001 > p$). To realize the fact that which variable makes this difference between the two groups, three one way covariance analyses was conducted in the context MANCOVA and the results are provided in Table 6. The amount of effect or the difference is equal to 0.93. In other words, 93 percent of individual differences in the desire to divorce, the desire to get out and neglected scores of divorcing couples applicants is related to the emotion-focused therapy. Statistical power is equal to 1, in other words, there is no possibility of a Type II error.

Table 6: Results of the MANCOVA one way covariance analyses on the desire to divorce, the desire to get out and neglected average scores of the experimental and control groups in divorce couples applicants with pre-test control

Variable	Total Squares	DF	Total Squares	F	p	The effect measure	Statistical Power
The desire to divorce	481.59	1	481.59	41.98	0.001	0.62	1
The desire to get out	1517.28	1	1517.28	290.67	0.001	0.92	1
Tent to be neglected	289.50	1	289.50	48.40	0.001	0.65	1

As indicated in Table 6, with pre-test control between the experimental and the control group of divorced couples applicants in terms of the desire to divorce is a significant difference ($0.001 > p$ and $41.98 = F$). In other words, the emotion-focused therapy is tested according to the average desire to divorce of the experimental group in divorce couples applicants compared to the average of the control group; it leads to decline the divorce desire of the experimental group. The amount of effect or the difference is equal to 0.62. In other words, 62 percent individual differences in the desire to divorce, pre-test scores are related to the emotion-focused therapy. It was also indicated that there is a significant difference between experimental and control group of divorced couples applicants in terms of the desire to get out ($0.001 > p$ and $290.67 = F$) and tend to be neglected $0.001 > p$ and $48.40 = F$) by controlling the pre-test. In other words, emotion-focused therapy, according to the average willingness to get out and tend to be neglected in the experimental group of divorced couples applicants compared to the average of control group will lead to decrease the experimental group tendency to get out and increase the tendency to be neglected. The amount of effects or the differences is equal to 0.92 and 0.65. In other words, 92 and 65

percent of individual differences in the desire to get out and tend to be neglected of divorce couples applicants pre-test scores is related to the emotion-focused therapy.

CONCLUSION AND DISCUSSION

In this study, the aim was to determine the effectiveness of the emotion-focused therapy on the desire to divorce of the divorce couples applicants who referred to family court. According to the results in a table (6) it was clear that, with pre-test control between experimental and control group of divorced couples applicants, there is a significant difference in terms of the desire to divorce. In other words, emotion-focused therapy, according to the average propensity to divorce of the experimental group in divorce couples applicants compared to the average of control group will lead to reduce the experimental group desire to divorce. The result of this hypothesis is consistent with Moridzadeh (2013), Sudani et al (2012), Battle (2015), Dreksen and colleagues (2014), Wheatley (2014), Steele (2009, quoted by Moridzadeh, 2013) and Potter (2007, According to Moridzadeh, 2013) researches. In explaining the results of research hypothesis, it can be stated that, the divorce couples applicants will perceive the psychological distress because of

their conflicts and they believe that their marital dissatisfaction is rooted in the behavior of their spouse and they have not the ability to continue living together. The divorce couples applicants also have the desire to divorce because of perceiving psychological challenges and conflicts towards their differences and threats and stressful situations. But in this study it was found that the emotion-focused therapy is effective in reducing the desire to divorce in divorce couples applicants. The emotion-focused therapy in these patients because it focused on adaptive attachments through care, support and mutual respect for their needs and their spouse, it led to this matter that the divorce couples applicants instead of expressing strong emotions, express emotions that are less threatening for them. This therapy in divorce couples applicants has led to change the strict patterns and individual conflicts cycles in a positive form and reduce the alexithymias and individuals emotional disorders that cause confusion and incompatibilities and reduce the individual misconceptions about divorce and individual positive emotions and feelings about the divorce and also, reduce the individual mental and behavioral readiness for divorce. The emotion-focused therapy in divorce couples applicants with emotions recovery and organizing the positive and negative emotions and emotional expression education in relation to the spouse will affect the decision to divorce and intense internal pressure to divorce and causes to specify the needs and life goals ,reduce the poor and ineffective coping strategies , inability to convey emotions to the spouse and reduce the perception of marital conflict with reduction of emotional disturbance, reduce the desire to divorce in total. As a result, it can be said that the emotion-focused therapy is effective in reducing the desire to divorce in divorce couples applicants. Also, according to the results in a table (6) it was found that with the pre-test control between the experimental and control group of divorced couples applicants, there is a significant difference in terms of the

desire to get out and tend to be neglected. In other words, emotion-focused therapy, according to the average willingness to get out and tend to be neglected in the experimental group of divorced couples applicants compared to the average of control group caused the tendency reducing to get out and the increasing tendency to be neglected in the experimental group. The result of this hypothesis is consistent with Sheholi and Rezayi far (2011), Honar Parvaran and colleagues (2011), Yousefi (2011), Battli (2015), Dreksen and colleagues (2014), Wheatley (2014) and Potter (2007, quoted by Moridzadeh, 2013) researches. In explaining the research result, it can be stated that the divorce couples applicants have different emotional, behavioral and motivational problems, and in their path and communication process have stressful turmoil and high inefficient communications due to their personal differences and usually in their judgments about the divorce process and the challenges and disagreements had become distorted with their spouse, and have high tendency to divorce and have less willing to talk and proximity and solving the problems. In this study it was found that the emotion-focused therapy reduces the desire to get out of the relationship and an increased tendency to be neglected in the divorce couples applicants. The emotion-focused therapy, because it will pathology the applicant's emotions, caused to get cleared the turbulent emotions, relationships for clients and people gets a clearer image of their exciting performances and this therapy has organized the attached behaviors excitement of the couples and raised the responding method in a special way and by controlling emotions led to the less destruction tendency of their whole emotional relationships in divorce couples applicants in their interactions and communications and pay more attention to the positive aspects of their life and don't be hasty in their decisions and provide a more logical reasoning and don't visualize the problems bigger than what it is and also don't look at the problems and resolving the conflicts pessimistically and show less tendency to get

out of the relationship and also try more to establish an intimate and logic speech to solve their problem. Thus, it can be said that the emotion-focused therapy has positive impact on the body, mind and emotional reactions of couples towards each other and cause interaction behaviours and specific interactive patterns. Emotion-focused therapy tend to decrease the desire to get out of the relationship and to increase they tend to be neglected for continuing the couples' life because of the focus on the couples' need and emotions and developing their emotional awareness and also couples' attachment styles and limiting the negative interaction cycles, reconstruction and stabilization and strengthening of new interaction patterns. Therefore, it can be said that the emotion-focused is effective in reducing the desire to get out and tend to be neglected in divorce couples applicants. Due to the limited sample in the generalizability of the results it should be cautious. Finally, it is suggested to pay more attention to family courts and community health area for treatments based on the behavioral sciences, particularly emotion-focused therapy because of its positive effect on reducing the desire to divorce. It will be offered that responsible organizations in collaboration with other organizations, including visual media by providing video facilities get educational film and package from treatment sessions and by providing CDs and training package try to reduce the desire to divorce in people. It will be offered that the counseling and treatment centers and family courts do more communication and cooperation in order to promote and influence emotion-focused therapy at different levels of divorce couples applicants.

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