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**Evaluation Affecting Factors Of Emotional Divorce (Case Study: The perspective of Higher Education Married Staffs in Karaj Province in 2014)****Talebpour Akbar<sup>1</sup>, Vaziri Hossein<sup>2</sup> and Marzdarani Hengameh<sup>3</sup>**Published Online: March 2015**Abstract**

Emotional Divorce is one of the most important aspects of tension in relationship among spouses and has a direct impact on the quality of their relationship. This phenomenon affected by factors such as cultural differences, lack of understanding, expectations and the self inner, this research has examine factors influencing the emotional divorce from the perspective of higher education married staffs in Karaj province. The research was descriptive and analytical and emotional divorce questionnaire was used to collect data. In this research relationship among variables: Duration of Marriage, Subjective Infidelity, Extroversion Relation, Openness to Experience and Agreeableness has investigated with Emotional Divorce. Research results based on F statistics showed that the variables: Subjective Infidelity, Openness to Experience Agreeableness, and Age of Spouses has significant with relationships emotional divorce. But the results did not confirm the relationship between Extroversion , Duration of Marriage and Neuroticism with emotional divorce.

**Key Words:** Emotional Divorce, Extroversion, Introversion, Subjective Infidelity, F Statistics

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## 1. Introduction

One of the main challenges of emotional attitude that has a root damage and irrecoverable has been seen during a review of the life of families is creation divisions among spouses in respect emotional, emotional indigestion of behavior, manners, and character to the opposite.(Hobert 2007)

Mismatch between the demands of the spouses of each other, especially in relation to marital problems, lack of respect and reverence for the character, the inherent lack of understanding in relation to matters of marriage having interest to drug and the problems of alcohol betray, defiance and poor verbal communication, involvement of family are the important and underlying factors of emotional divorce among couple's.(Mohebbi;2013)

Different surveys showed; emotional divorce is a multi factorial phenomenon that never caused by the emergence of a single factor alone. Disturbing couples initial impression of each other as spouses is the amplifier factor that will collapse and break the emotional bonds and leads to emotional divorce.( Charls et al; 2011)

Individual variables such as; nervousness, hypocrisy, lying, aggression, stubbornness, niggardliness and other individual factors that have been effective create a sense of intolerance and emotional divorce or separation.(Abbey;2010)

One of the variables used in the monitoring is the role of spiritual intelligence and religious attitudes of individuals as the causes of emotional divorce. Studies shows emotional divorce rate among couples with low levels of spiritual intelligence or lack of spiritual intelligence, has more than others (Hann;2007). An important factor that affects the quality of marital relationships can be values and belief systems of the partners and the similarities and differences of beliefs and values in the couple system. Many researchers have focused on the

relationship between religiosity and marital satisfaction (Hunler, O. S., & Gencoz, T. ;2005).

The role of religion is determined , because the religion itself correlated by many factors such as lifestyles, belief systems, values, expectations, and so on (Ibid). Religiosity significantly associated with marital satisfaction. Religious couples during the conflict being as quiet, thus the worship decreases hostile emotions.

As noted emotional divorce was the product of several factors that in this paper these factors is studied from the perspective of higher education married personnel in 2014 in Karaj.

## 2. Theoretical Framework:

a. Theory of Sexual Satisfaction: By definition, Sexual Satisfaction is a condition in which a married couple with each other to be happy and satisfied (sinha & mukerjee;1991). Winch and colleagues(1974) believe that ; Marital satisfaction is compliance between the current situation with the situation is expected. According to this definition of marital satisfaction will happen when the situation in the marital relationship is consistent with the expected one. Als Alice(1989) state: marital satisfaction encompasses all aspects of subjective feelings of satisfaction, , experienced satisfaction and joy by spouses in marriage. According to Hadsen (1992, quoting Sanaei, 2000) spouses perception of the severity and extent of the problems in the marital relationship reflects their level of marital satisfaction. Bany Jamali & et al (2004) causes the disintegration of families and young couples to marry successful, as were the following: (1) a youth age at marriage, poverty, economic, social, cultural, low literacy, low levels of job , interference of the family, parental divorce phenomenon unsuccessful couples, couples financial dependence on parents, all of the factors threatening the lives of a young couple, (2) couples in different directions causing inconsistency between married couples; the

similarity (3) couples common opinions lead to sustain life (4) physical illnesses, mental and behavioral disorders has been not announced by the wives and families of the couple's relationship was deemed as laxity of couples relationships.

b. Theory of cognitive factors: There are Increasing evidence that the ways of perception, interpretation and evaluation of the couple together, and events in their relationships unfolding significant puts impact on the quality of their relationship (Bavcom, Epstein, Sayerz& Sher ( 1989, quoted by the Turks 2006) Albert Ellis (1976, cited in Epstein et al., 2005 )state; the negative impact of "irrational beliefs" or the unrealistic standards that people are worried about their intimate relationships and consent of the partners involved in the interaction patterns. Soleimanian (2004) found that the amount of irrational thinking is causing marital dissatisfaction. Halford (2005) expresses couples who had trouble , more behave their relationship problems with their spouse than they think themselves deliberately unpleasant.In contrast, the happy couple, probably the most negative attitudes toward the environment are temporary.

c. Personality Characteristics Theory: Although many individual differences is normal and does not lead to large differences in satisfaction of relationship, but there are two cases which have been found to have a significant impact on communication problems and divorce ; one is inability to regulate negative emotions (tension) and the other with insecure attachment styles (Halford2005) Attari & et al research (2006) showed that personality neuroticism factors and marital satisfaction negatively associated and the personality factors, including extraversion, agreeableness and conscientiousness are positively associated with marital satisfaction.

Attari & et al (2005) Suggest that; the level of couple overall sensation seeking regardless of their similarity and difference thrill-seeking, negatively

affecting the marital adjustment. To explain it they have pointed out, because marriage is a long-term contract which with the conclusion of that create restrictions for individuals. So these restrictions are not easily accepted from these persons , therefore satisfaction of marriage for Agreeableness Sensation persons.

d. Theory of Attachment Styles : Attachment theory, which first developed in young children area, recently has been applied to relations between adult attachment and has had a huge impact on emotion-focused therapy among couples (Alstin 2002). Hazan & shaver (1987) was first proposed that attachment styles reflect fundamental differences in mental representations of romantic love as an adult(Myers & Landzberger 2002). Sayadpour (2005) pointed to research done in this area stated; Safe individuals express their emotions and express intimacy in love and friendship provide conditions that would benefit most from a sense of satisfaction, While avoidance and ambivalent individuals with express affective and anxiety over the quality of the marital relationship has a negative value.

e. Individuality & differentiation of self Theory: Bradshaw (1972) point out to "the better half of the couple myth" stated that this myth actually represents the wrong culture of marriage. Flexible gender roles cultures believe that by putting together two mid-Man is a perfect one. This interpretation is such that if a Half multiplied by half is equal to one, while the Half multiplied by half is equal a quarter that less of a half. So when two people marry to complete, compared with when they were not full and complete, become incomplete, This is the cause of the fail of many marriages. Therefore people who organized the internal situation even more in order to be more successful with the opposite side. (Bernstein and Bernstein, 2003). Najaflouiy (2004) also in his study showed couples with low differentiation, showing a high marital conflict.

Office of Planning & Research Center of Iran (1390), entitled "Assessment of emotional divorce and its influencing factors in Urmia city has shown; between family involvement in the spouses lives, number of children and, and also the period of cohabitation of spouses and emotional divorce have been significant and reverse relation. There are not found any significant relation between age difference of spouses and affective attitude toward divorce and emotional divorce. There were significant relation between couple's literacy level and emotional divorce. The relation between emotional divorce and women's commitment to their husbands was positive. There were indirect relation between emotional divorce and sexual satisfaction. There were exists inverse and indirect relation between emotional divorce and couples communication. Based on the findings of Azadi and colleagues (2010) entitled "Evaluation of social factors underlying emotional divorce among female employees Gachsaran oil exploitation; hypotheses of positive relation between good appearance and coating of spouse, lack of sexual satisfaction, handling over wife's children and emotional divorce were confirmed, but hypotheses of positive relation between non-adherence to religious values, lack of personal hygiene, the working hours and emotional divorce were not confirmed.

This Bastani and colleagues (2010) entitled "Emotional Divorce: Causes and mediator circumstances " has been done to determine the emotional divorce factors from the perspective of women, by using grounded theory method. Showed that different aspects of psychological, social and emotional have interact in emotional divorce experience.

Gharamani (2006) in his research entitled "Social Factors affecting emotional divorce among physicians," concluded that variables such as; Spousal age difference, differences in education, how to choose a spouse spouses, the emotional impact of the failure of the former marriage, the

wife appearance, number of children, work hours of couples, watching sex movies and satellite networks, couples sexual information, couples characteristics of moral personality and ethnicity interact with emotional divorce among couples.

### 3. Methodology:

The method of the present study was survey, that have been done in 2014 in the city of Karaj among higher education married staffs. For measurement data was used tow questionnaire. These questionnaire used in this study is a closed (multiple choice), respectively. The statistical society of research was all of the higher education married staffs, that were 453 persons. Based on statistical society choiced sample society by using Qukran formula, therefore the size of sample society was 200 persons. To analyze the data with respect to the variables used descriptive statistics for measuring descriptive variabels (central tendency measures dispersion measures and frequency tables with relevant diagrams) and to explain hypotheses was used the parametric inferential methods (Analysis of Variance Test , T-test and Correlation Test) based on SPSS version20 software.

#### 1.3. The questionnaires used in the study:

##### a. The NEO Five Factor Personality

Questionnaire: This Questionnaire has two forms, one form for self-reporting as R form , and another form to judgment of the observer as S form. R form starting with the third person pronoun and scale individual used by the spouse, peer or expert. This form can be used independently or as a supplement to personal accounts or evaluate the credit of personal reports. Form has 20 questions. Each subject was asked to obtain a score of zero to four. Each question represents one of the big five factors personality by Kasca & MacCrow(1992 respectively; N for Neuroticism factor, E for Extraversion, O for Openness to Experience, A for Agreeableness and C for Conscientiousness, used.

Cronbach's alpha coefficient between .68 (for consistency) and .86(forNeuroticism)have been reported.

The study results (Mouradian & Nazleck, 1995) also suggests that Cronbach .84 for Neuroticism, .75 for extraversion , .74 for Openness to Experience, .75 for Agreeableness and .83 for Conscientiousness have been (quoting Grousi Farshi, 1998).

b. Emotional Divorce Questionnaire: This questionnaires is about various aspects of the lives of a couple and has 28 questions and 4 main component, the scale of the questionnaire included: 1. violence (7 items) 2. Cold sexual and emotional relationships (7 items) 3. honesty (7 items) and 4. non reliable (7 items), response to questions with Likert spectrum, and is formed from totally agree to totally disagree. To determine the reliability and validity of the questionnaire, the research conducted by the Movahedi and

colleagues in 2009 with the issue of cultural intelligence among employees, the reliability of the questionnaire was discussed at .92. Based on this, the researchers will test the validity of this questionnaire among 277 employees of the Islamic Azad University, which tests the validity of the questionnaire was 95 percent.

**4. Findings:**

The findings were presented in two parts: descriptive and inferential which continue to be discussed.

a. Descriptive Findings:

1. Age of Respondents: According to the results table of frequency which are shown in Table number1, they were 21.5% of respondents younger than 25 years, 17% 25 up to 30 , 55% 31 up to 40 years and 6.5 percent higher than 41 years old.

**Table N.1**

Age	Frequency	Percent	Cumulative Percent
Lower than25	43	21.5	21.5
25-30	34	17	38.5
31-40	110	55	93.5
Upperr than41	13	6.5	100
Total	200	100	

2. Respondents Working Status Review: Working status of respondents are presented in Table 2, which shows; 16.5% of respondents in finance, 50% in administration, 15% in safeguards and 18.5 were working in student affairs.

**Table N.2**

Working Status	Frequency	Percent	Cumulative Percent
Finance	33	16.5	16.5
Administration	100	50	66.5
Safeguards	30	15	71.5
Student Affairs	37	18.5	100
Total	200	100	

- a. Inferential Findings: In this section has been to examine hypotheses, hypotheses of the study, as shown in Table 3, showed;

The first hypothesis about the relation between age with emotional divorce was approved. This hypothesis was consistent with the results of the research of Getty (2008) and Griffin (2010).

The second hypothesis: The emotional relationship between duration of marriage and divorce was not confirmed.

The third hypothesis: The relationship between Neuroticism and emotional divorce was not confirmed. In this context, these results were compared with the results of the research Furnel(2010),Tunsend(2009) and Grunus(2010), the result shows our finding was consistent with their findings.

The fourth hypothesis: There is a relationship between extroversion and emotional divorce was not confirmed, in this field in order to compare the results with other studies, Rosie (2009) and, Foster (2010), were examined, in these studies too, researchers have shown that there is not a relationship between extroversion and emotional divorce.

The fifth hypothesis: The relationship between Openness to Experience and emotional divorce was approved. In this context, in order to compare the results with other studies, the results of Manish (2009) Richard & Syrez (2010) were examined. In that study, researchers found that there is a relationship between Openness to Experience and emotional divorce.

The sixth hypothesis: The relationship between Agreeableness with emotional divorce was approved. In this context, in order to compare the results with other studies, the results of Sullivan(2007) and Vugget & Barry (2012) were examined. In these studies, researchers have shown that there was a relationship between Agreeableness with emotional divorce.

Seven hypotheses: The relationship between couples subjective infidelity and emotional divorce was confirmed that it was consistent with the perceptions of researchers in this field and can be tested in future research.

**Table N.3 Research hypotheses**

variables		df	Sum of Squares	MS	F	P.Value
Age-E.D	Within Group	4	63.138	15.748	1.091	.044
	Between Group	196	1880.596	14.466		
	Total	199	1943.733	-		
Duration of Marriage-E.D	Within Group	4	169.071	42.268	2.85	1.026
	Between Group	196	1923.255	14.794		
	Total	199	2092.326	-		
Neuroticism-E.D	Within Group	4	13.869	3.467	.4376	.078
	Between Group	196	1029.879	7.922		
	Total	199	1043.748	-		
Extroversion-E.D	Within Group	4	7512.792	1878.123	16.87	3.35
	Between Group	196	14465.834	111.276		
	Total	199	21978.326	-		
Openness to Experience-E.D	Within Group	4	421.25	105.31	.2475	.026
	Between Group	196	1701.87	425.46		
	Total	199	2123.12	-		
Agreeableness-E.D	Within Group	4	701.44	175.27		

	Between Group	196	1558.24	389.66	.4498	.003
	Total	199	2259.68	-		
Couples Subjective Infidelity-E.E	Within Group	4	554.02	138.6	.3329	.001
	Between Group	196	1665.33	416.31		
	Total	199	2219.35	-		

E.D: Emotional Divorce

## 5. Conclusion & Suggestions:

Many scholars such as Leo (2013) and Matsu(2011) suggest that the family is one of the institutional system, which is a general and universal human needs and emotional life and survival of society is an absolute necessity. Good relations in society are formed based on appropriate family relationships and each size is more appropriate relationships within the family, the family as a result of higher stability. Therefore, any undermine on the quality of family relationships can be very heavy, unpleasant. One of these issues is the emotional divorce.

Emotional divorce said to have cold relationship between husband and wife actually in this regard the relationship between women and husband leads to emotional coldness, like all relationships, a couple can have a relationship with both emotional, psychological , physical, and even verbal. There is a this problem in a relationship will be ignored the overall positive energy in families and couples only are housemates who are accustomed to each other. The people with the emotional and physical distance to each other and have identified red lines with each other and accused each other on their privacy. Lack of proper understanding of each other's behavior and speech, lack of knowledge of spiritual apathy and indifference, the opposite outcome to his partner leads to emotional divorce.

Most important causes of emotional divorce that can be noted, including variables such as; undesirable moral characteristics of couples, the age difference, the effect of duration of marriage, Neuroticism, extraversion, Openness to

Experience effect, Agreeableness effect, lifestyle changes, couples subjective infidelity influence and impact individual variables such as; spiritual intelligence and personality traits.

In order to reduce the rate of emotional divorce recommendations are provided in the following;

1. Spouses must be further efforts in identifying and addressing the emotional needs of each other.
2. Given the importance and sensitivity of correct playing the role of marriage, the husband have family support of his wife's in the form of praise, accompanying in entertainment, finance support, and family obligations. In contrast, women more express to their husbands hes loves and sincerity and honesty in encounter with them.
3. Given the important role of dialogue and communication to resolve conflicts, couples over the last pay attention on their verbal communication and flexibility.
4. The life skills that can be used by before marriage or during the life are more pay attention and the role of family counseling in case of profound problems in life that need more attention.
5. Due to the high impact of men violent behavior with their wives and creation emotional divorce, publicly training in this area for people to explain the method of the problem solving rather than the violence.

6. Given the impact of emotional reactions with some marital problems, must be avoid emotional perspectives as possible in this regard.

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