



**Investigating the relationship between life orientation, self-acceptance and interpersonal dependence among divorced women**

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**Abstract**

Family is a social system and a pattern of behavior of individuals, who are emotionally dependent to each other and have a common past with efforts to meet the needs of family members (Balcony and Kai, quoted by Mohammad Pour, 2016). Although marriage as a prerequisite for the formation of a family provides the context for the interconnection of generations and ensures the consolidation and transfer of the culture of society from the previous generation to the new generation, however, families are not always able to perform social interactions, direct their members to a special purpose and maintain the integrity of their group. In this case, family disputes can lead to the loss of social bonding of marriages and the occurrence of divorce and provide grounds for generational disruption (Riahi, Mubarak, and BahramiKakvand, 2007; Balcony, quoted by Mohammad Pour, 2016). One of the factors that can play an important role in life satisfaction is the "optimism". Optimism shows a general expectation that the individual feels on the basis of it that good results will occur when problems arise. This expectation covers more the vital aspects of the individual's life. Research has shown that the quality of family life is closely related to the mental health of family members (Shakibayee, 2007). The negative consequences of divorce are high. Divorce is a psychological phenomenon that affects not only on the couples themselves but also on their children, relatives and friends and close relatives (Nasr-Isfahani et al., 2004).

The method of this research is correlation and also Pearson correlation statistical method. The statistical population is the divorced women of TorbatHeydarieh, whose divorce was registered at the notarial marriage and divorce registry in the first 7 months of 2018. The sample of this study is from 50 female divorced women who have been selected by simple mathematical method. The instruments for collecting the research are 1- life-orientation questionnaire and 2- interpersonal dependency questionnaire 3- Unconditional admission. Correlation results showed that there is a significant relationship between each component i.e. there was a significant negative relationship between interpersonal dependence and unconditional admission and also there was a significant positive correlation between interpersonal dependence with the life direction and self-acceptance.

**Key words:** Self-acceptance, life-orientation, interpersonal dependence.



### **Introduction and expression of the problem**

Family is a social system and a pattern of behavior of individuals, who are emotionally dependent to each other and have a common past with efforts to meet the needs of family members (Balcony and Kai, quoted by Mohammad Pour, 2016). Although marriage as a prerequisite for the formation of a family provides the context for the interconnection of generations and ensures the consolidation and transfer of the culture of society from the previous generation to the new generation, however, families are not always able to perform social interactions, direct their members to a special purpose and maintain the integrity of their group. In this case, family disputes can lead to the loss of social bonding of marriages and the occurrence of divorce and provide grounds for generational disruption (Riahi, Mubarak, and BahramiKakvand, 2007; Balcony, quoted by Mohammad Pour, 2016). One of the manifestations of human social life is the existence of a healthy and constructive interactive relationship among human beings and the existence of love for one another, and the expression of devotion to one another, human is a multidimensional entity, and one important part of his complexity is the desire for collective life and interconnection. (Nazari, 2007).

Physical, emotional and psychological health of people in the community is based on the health of marital relationships and the continuity and maintenance of marital affairs. A person's satisfaction from marital life is considered to be his consent from the family, and satisfaction from the family will mean the satisfaction of life and, consequently, it facilitates the growth and prosperity of the material and spiritual progress of society. (Omidvar, 2008).

Some researches shows that many of the current problems, such as insecurity, murder, addiction, divorce and social and moral corruption roots in the family, while social experts and educational experts in various societies, believe that for achieving a healthy, transcendental, dynamic and Secure community there is no way but investing in family solidarity and the Declaration of the World Day of Family by the United Nations shows the requirement of the international community to address the problems caused by the urgency and fall of the family (Sedaghat and Mahdavi Poor, 2009).

Women are one of the most vulnerable groups in the society, among which household headship women are more vulnerable to social exclusion than other women. Household headship women are women who have taken over their family's headship for various reasons, such as husband's death, divorce, breakdown of husband, missing of husband. In addition to the role of mother, they



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*Revista Publicando, 5 No 16. (1). 2018, 581-589. ISSN 1390-9304*

are responsible for the heavy duty of father. In most societies, it is the responsibility of the man to pay the living, and man is the main guardian of the family. When the man goes from the life for any reason this time, heavy burden falls on the woman's family. A woman who has so far played the role of spouse and mother must take on the role of the father and the slave of the family (Madani, 2002).

The psychological health of the society's generations is to provide mental health of the family as a center of love and tranquility for the development of talent that any damage to it has harmful effects on the future generation, and many social organizations will be involved (Kameli, 2007). Various factors can affect the mental health of individuals. In this context, numerous studies have shown that many health and psychiatric problems are rooted in social disorders (Baysley et al., Quoted by Golami, Bashlideh and Rafie) Problems of having no protector and divorce of women cause a variety of mental and behavioral disorders in them such disorders as aggression and incompatibility with the environment, family and children, criminality, harlotry, addiction and depression, and finally their inability to manage life. It has been seen that women who have been damaged and failed in human life can be deceived and abused by street men. And this leads to more insecurity in these women in the community and causes their pessimism towards others' help (Ghafari, 2004), 2013).

Research has shown that quality of family life is closely related to the mental health of family members (Shakibayee, 2007). The negative consequences of divorce are high. Divorce is a psychological phenomenon that affects not only on couples themselves but also on their children, relatives and friends and close relatives (Nasr-Isfahani et al., 2004).

Kamyab (2016) in a research shows that Self-Confirmation is a form of behavior in which people express their needs decisively and following this request, they seek to achieve their goals. The sense of women's need for having pleasant behaviors in the family is responded with courageous behaviors, which makes positive feeling in women. As a result, women who do not have the skills to say and express themselves, more likely feel less satisfaction from their marital life than women who have this skill. Self-Confirmation is a behavior that enables a person to maintain his own self-esteem and others will increase the likelihood of obtaining the desired results, so that a person can achieve more favorable results in relationships with his spouse, as well as a person who has a courageous personality trait, has better communication methods. Therefore, she can accept criticism, she looks at her husband's behavior with optimism, she has a positive feeling towards



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her husband, she is independent, she has high self-esteem, and all of these factors make a person more successful and more effective in dealing with her spouse (KhodaPanahi and Heidari, 2009). Another component that is considered is the perception of self-esteem. Self-system (self-knowledge, self-assessment and self-regulation) is an important dimension of personality that regulates the behavior of children in different cognitive and social situations. The achievement of this system for children is necessary in the beginning of childhood for the creation of their own image (Yu Zinskaya and Jarmuk, quoted by Motlagh, 2012).

Mental health of community's generations depends on providing the family's mental health as a center of love and tranquility for the development of talent that any harm to it will lead to harmful effects for future generations and it will involve many social organizations. However, unfortunately, we are seeing an increase in the divorce rate in society. The divorce rate in the country is increasing day by day, and this great social dilemma has not sought at any time like the present, the risk of the dissolution of the family center. If a society moves toward divorce, it will be on the verge of a crisis (Meshki, Shah Qasemi, DelshadNoghabi, and Muslim, 2009).

One of the factors that can play an important role in life satisfaction is the "optimism". Optimism refers to an exaggerated expectation, based on which a person feels pleasant results will occur when confronted with problems. This expectation covers more critical areas of individual's life. Optimism has connection with different psychological characteristics, each of which can play a role in the sense of life satisfaction. Optimism is related to the mental health of individuals.

Optimism is one of the topics of positive psychology. The general public sees optimism as considering the full half of the glass or seeing a glossy glow in any episode or the habit of awaiting for a happy end in every real trouble. The angle of positive thinking also suggests that optimism requires repeating the positive words. In the eyes of others, optimism education means being left behind the burden of responsibilities, or being simply hollow optimism, but optimism is deeper than that.

### **Research methodology**

The method of this research is correlation and Pearson correlation method. The statistical population consists of all divorced women in TorbatHeidarieh city who were registered at the official marriage and divorce offices in the 7th month of the year 2018. The sample of this study is a total of 50 divorced women of the statistical society, who were selected by simple random sampling.



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The research tools were the 1- Life Orientation Questionnaire (1985), developed by Shire and Carver (1985) to assess the nature's optimism, Life Orientation Test (LOT) self-report form, and later revised it. Shire et al., 1994). The kind of optimism that is evaluated by LOT is a personality trait whose characteristic is ideal personal desires in future (Work, 2004, Najafi Zand and Pasha Sharifi, 2006). The Life Orientation Test (LOT) included 8 items. 4 articles express the optimistic mood, and 4 articles indicate cynical creativity, and respondents on a multi-degree scale expressed their agreement or disagreement with each of the sentences. This test was standardized in Iran. The results obtained from the Cronbach's alpha test showed a high reliability of the optimism scale. The synoptic validity coefficients between optimism scale and depression and self-mastery were 0.649 and 0.725, respectively. The analysis of optimism scale factors showed that this scale consists of two factors: hope for future and positive attitude towards events.

2. The unconditional acceptance questionnaire was developed by Chamberlain and Haaga in 2001. The questionnaire contains 20 phrases and it has two sub-scales of unconditional acceptance and conditional admission and applies to a group of 14 and older. The concept of accepting itself in Ellis's rational-emotional approach means accepting itself as a dynamic, unmatched, and varied human. This approach, instead of promoting self-esteem and effectiveness, which has a kind of relative grading, suggests that we must recognize ourselves, regardless of the achievements and we should consider ourselves a "worthy man," we should accept all our strengths and weaknesses, to strengthen our positive behavior and improve the weaknesses (Ellis and Maclaren, translation: FirozBakhte, 2006).

3- An interpersonal dependency questionnaire developed by Hirschfield and colleagues in 1997 with the aim of assessing thoughts, behaviors and feelings related to having an intimate relationship with important people of life. An interpersonal dependency questionnaire based on theories of psychoanalytic, social learning and attachment that emphasizes the role of extreme addiction on the emergence of a wide range of emotional and behavioral disorders. This test has 48 phrases and three sub-scales: emotional reliance on others, lack of self-confidence and declaration of independence. The subject must specify, on a 4-point Likert scale, the amount of his consent or opposition to each of these phrases.

### **Results and findings**

**Main hypothesis:** There is a significant relationship between life orientation, self-acceptance and interpersonal dependence of divorced women.



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DF	X	N	Conditional acceptance	Unconditional acceptance	Total Acceptance Score	Orientation of life	
49	0/05	50	0/61	-0.516	0/473	0/763	Total Interpersonal Dependence Score
49	0/05	50	0/581	-0.465	0/671	0/486	lack of self confidence
49	0/05	50	0/571	-0/625	0/533	0/671	Emotional reliance
49	0/05	50	0/481	-0.501	0/493	0/701	Declaration of Independence
49	0/05	50	0/581	0/671	1	0/337	Total Self-Acceptance Score
49	0/05	50	-0.568	1	0/671	-0.516	Unconditional acceptance
49	0/05	50	1	-0.568	0/581	0/478	Conditional acceptance

**Discussion and conclusion**

Based on the observed correlation coefficients, there is a significant negative relationship between the unconditional admission score for positive acceptance with total score and interpersonal interdependence and all its subtest tests that can be explained and is consistent with theoretical foundations of self-acceptance and unconditional self-acceptance. In other words, the higher the level of unconditional self-admission of a person, the lower the degree of unpardonable interpersonal dependence and the people around it. While accepting their conditions with the total score of the test, there was a positive and significant relationship between the interpersonal dependence and all its sub-components (lack of self-esteem, emotional reliance and independence), and with the increase in conditional acceptance, the levels of interpersonal dependence and willingness to approval and attention of the people and relatives increases. It should be noted that in explaining the positive and direct relationship between the total score of interpersonal dependence and the total score of self-acceptance, we can refer to the contribution



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of the conditional admission score about self-acceptance. Also, the positive and high correlation between the total score of the interpersonal dependence test and its three sub-tests (lack of self-esteem), emotional reliance and declaration of independence with life orientation, suggesting that with an increase in the interpersonal dependence score, the level of cynical orientation also increases. Accuracy in the scores of life orientation test and obtaining higher scores, which represent a negative and pessimistic orientation in individuals, and also according to the scoring instruction of the interpersonal dependency test, in which the high scores in each of its sub-tests indicates more dependence on the periphery people and can be helpful for the analysis and its explanation. The present findings are consistent with the foundations of the theory of work and indicate the relationship between the negative and pessimistic orientation of the individual with a strong desire for confirmation by the other people and the need for emotional reliance or inappropriate independence of friends and relatives. Also with attention and accuracy in the coefficients observed in the present study, we see a positive and significant relationship between the total score of self-acceptance and the orientation of life, and in the sense of increasing the orientation of life score indicates a negative or pessimistic orientation, the level of admission is also higher. The accuracy in the grading of self-admission test and having a high score in that resulting from the high score of conditional admission and the number of unconditional admissions is a more appropriate introduction of the lack of admission. This is analyzed and explained due to the coefficients achieved by the admission tests itself.

The correlation coefficient calculated with this life-orientation score and unconditional admission implies that with the increase in the unconditional admission score, the degree of cynical orientation decreases and vice versa by reducing the unconditional admission score that increases the positive self-acceptance from pessimistic orientation score. In contrast, there is a positive relationship and negative mean score of accepting the self-esteem score of life orientation and therefore it can be seen that with the increase in the pessimistic orientation score in life, the degree of unconditional admission of self-reduction finding a more cohesive adherence to life by decreasing the rate of admission.

The correlation coefficients observed between the total score of self-admission and the hygiene of the unconditional admission test were positive and high of 0.67 and with conditional admission of 0.581, and the correlation coefficient obtained on unconditional admission with conditional admission, has been the inverse and negative type of 0.568, indicating a reverse relationship





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*Revista Publicando, 5 No 16. (1). 2018, 581-589. ISSN 1390-9304*

between unconditional admission and conditional admission, that is, by increasing the unconditional acceptance by individuals of their own, their conditional admission is reduced.

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**Investigating the relationship between life orientation, self-acceptance and interpersonal dependence among divorced women**

*Revista Publicando, 5 No 16. (1). 2018, 581-589. ISSN 1390-9304*

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