

The Effectiveness of Life Skills Training After Divorce on Mental Health and Social Adjustment among Divorced Women's in Shahinshahr

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Abstract

This study aimed to evaluate the effectiveness of training the post-divorce life skills on mental health and social adjustment of divorced women in Shahinshahr city. The present study was an applied one in terms of objective and a quasi-experimental one with a pre-test and post-test and the control group in terms of data collecting method. The population of this research included all divorced women referred to the court in the city of Shahinshahr. Since the study of the entire population required a lot of time and expense, therefore, using the random cluster sampling method among the study population, first the areas and then the counseling centers were selected and next 30 people from these centers were randomly selected and assigned to experimental and control groups (15 individuals per each group). The experimental group received interventions of training the post-divorce life skills, while the control group did not receive any intervention. Data collection instrument included Bell's (1961) Social Adjustment Questionnaire and Drougattis et al's (1973) Mental Health Questionnaire. The data obtained from the questionnaires were analysed using SPSS software through descriptive statistics and inferential statistics (ANCOVA). The results showed that training the life skills is effective on mental health and social adjustment in the divorced women. Other results of the present study showed that education of life skills after divorce on all components of mental health of depression, self-sickness, anxiety, obsession, interpersonal sensitivity, phobia, paranoia, aggression and psychosis, except paranoid, and all components of adjustment Social adjustment at home, health adjustment, job adjustment, emotional adaptation and social adjustment. Therefore, this study shows the importance of the method of teaching life skills after divorce on the dimensions of mental health, with paranoid component, and all dimensions of social adjustment of divorced women.

Keywords

Training the Post-Divorce Life Skills, Mental Health, Social Adjustment

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1. Introduction

The family is the first and most important factor in making people's personality and behaviours, and it requires a balance and physical and mental health for optimal performance. Of the members of the family, the most important role is that of women and girls whose psychological state has an inevitable impact on the performance of this small unit. Contradictions and dissatisfaction with life impose excessive psychological

and medical costs on society and on family members. The growth of the divorce rate and its psychological and social effects can be seen as evidence of the need for the development of ways to improve and improve marital satisfaction [1]. Firstly, the divorce has a side-by-side view of all aspects and dimensions of the human community. First, divorce is a psychological phenomenon, since psychological balance affects not only two human beings but their children, friends, relatives and their relatives. However, divorce is a

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phenomenal economic phenomenon, which means that it can also be considered as a "family" as There is a single economic unit, in the sense that an economic factor such as the amount of family income and, in general, "poverty" causes the family to collapse [7]. Moreover, divorce is a phenomenon that affects all aspects of the population in a society, because it affects the quantity of population, because it only disrupts the legitimate unit of reproduction, that is, the family and, on the other hand, affects the quality of the population because It is possible for children deprived of family blessings to be delivered to society, which most likely lacks the necessary conditions for the recognition of the citizenship of a community. Fourthly, divorce is a cultural phenomenon and, from another perspective, is a communicative phenomenon; thus, in a society that lacks healthy, normal and natural communication [7]. Studies show that divorce leads to increased crime and crime, increased mortality, economic problems, increased drug and alcohol consumption, psychological and emotional distress and depression, reduced communication skills, reduced health care, reduced religious adherence and educational problems in children. [2, 3, 7]. Women are affected by this disorder differently, and in components such as psychological well-being and various adaptations, especially social adaptation, they have experienced many problems, and on human relationships that are considered as a way of meeting basic human needs. Individuals had problems. In fact, behavior behaves in a social context and at the same time plays a major role in the uniqueness of personality, identity and self-concept. Also, mental health is a science for the sake of living and art and technology that helps people by adopting sound psychological and emotional ways to adapt to their environment and find more desirable solutions to their problems. Absolute women have problems in mental health, and by carefully examining the factors involved in mental health, they can be used to prevent, diagnose and treat these disorders in a timely manner. Improving mental health of divorced women will lead to improved mental health for those around them. Therefore, in order to have a healthy, productive and creative generation, it is important to pay attention to the health of divorced women [3].

2. Method

The statistical population of this study included all divorced women coming to court in Shahinshahr city.

Since the study of the entire population of society involves a lot of expenses and expenses, therefore, among the people of the society, using a targeted random sampling method, the regions were identified first, after which the counselling centers were identified and from the centers the counseling of

30 people was selected randomly. 15 people in the control group and 15 in the intervention group were randomly selected.

The temporal and temporal domain of research

The questionnaires of this research were distributed among the divorced women of Shahinshahr city in 2017, which were referred to the court. This research included women who were divorced from 30 to 45 years old and had at least a diploma.

Research tool

To collect information in this study, two questionnaires will be used:

(1) Bell's Social Adjustment Questionnaire: The Adjustment Questionnaire was developed by Prof. Bell in 1961. He has provided two questionnaires on adaptation, one for students and students, and another for adults (present form), which consists of one hundred words. This form includes five levels of individual measurement of personal and social adjustment that are: 1) home compatibility, 2) fitness adjustment, 3) social adjustment, 4) emotional adaptability, 5) job adjustment. The present form only covers the social compatibility section. The validity of the questionnaire was obtained in two ways: First, the terms of each section of the questionnaire were selected in a range that is between 50% and upwards in the distribution of adult grades, so in this form the questionnaire, the only cases that show the distinct distinction between these two groups are completely different. Second, the questionnaire has been obtained as a result of the efforts of counselling experts with adults to select groups of people who have been in a very good and very poor range of adjustment, as well as the extent to which the questionnaire can be addressed. Distinguish between them. The reliability of the social adjustment section of this questionnaire was 0.88, which is determined by the correlation method of paired-cases and using Spearman-Brown's prediction formula. The subjects were women and men aged between 23 and 28 years. The validity of this questionnaire in Iran by Ali Delaware It has been standardized for the athlete veteran society in Iran, also studied by Agha Mohammadian Sherbaf, who has achieved similar test results [9].

(2) Mental Health Questionnaire: In this research, the SCL90 test, Derogattis et al. (1973), which consists of 90 questions in the 5-degree Likret scale, is used to measure mental health. This mental health questionnaire examines subjects in 9 subscales. The questionnaire's ranking method is that questions about the strategies among the females are scattered. To score strategies, the responses to

the options for each strategy are grouped and subdivided into numbers, and given that the continuum of responses is from zero to nine, the resulting number is 100 multiplications and we divide it by 9 to get the grade of those strategies.

Data analysis method

To analyse the data from the research tools, descriptive and inferential statistics were used to provide the results. The

descriptive statistics indexes used included frequency table and percentage frequency, mean, standard deviation and charts. The Kolmogorov-Smirnov test was used to check the normality of the data and Levine test was used to check the uniformity of the variances. Multivariate analysis of covariance analysis was used in inferential analysis of data. The statistical analyses were performed using software (spss24).

3. Result

Table 1. Status of the Participants' Divorce in the Research.

Variable	Time of divorce	Abundance	Percent	Concentration percentage
examination Group	Less than 1 year	4	26.70	26.70
	Between 2 and 4 years	8	53.30	80.00
	More than 4 years	3	20.00	100.00
	Total	15	100.00	--
control group	Less than 1 year	4	26.70	26.70
	Between 2 and 4 years	8	53.30	80.00
	More than 4 years	3	20.00	100.00
	Total	15	100.00	---

The information in the table above is related to information about the divorce period for subjects in the test and control group. As you can see, most of the women who participated in the experimental group have been between 2 and 4 years

of their divorce which is 30.53% of the participants. Also, the highest frequency of divorce in the control group is for the 2 to 4 year olds, representing 30.53% of the total divorced women.

Table 2. Mean and standard deviation of mental health scores and its components in both groups before and after interventions.

Variables	group	pre-exam		Post-test	
		Average	standard deviation	Average	standard deviation
Depression	the experiment	1.80	0.67	1.33	0.56
	Control	2.33	0.61	2.026	0.59
Self esteem	the experiment	2.20	0.67	1.73	0.70
	Control	2.00	0.75	2.26	0.59
Anxiety	the experiment	2.00	0.65	0.97	0.33
	Control	2.06	0.59	1.93	0.79
Obsession	the experiment	1.86	0.74	1.10	0.51
	Control	1.93	0.79	2.13	0.74
Interpersonal sensitivity	the experiment	2.0	0.65	1.40	0.50
	Control	2.46	0.51	2.40	0.50
Fear of fear	the experiment	1.93	0.70	0.93	0.50
	Control	2.00	0.75	1.80	0.67
aggression	the experiment	2.20	0.67	2.10	0.74
	Control	2.26	0.59	2.46	0.51
Paranoia	the experiment	2.53	0.51	2.26	2.01
	Control	2.93	0.70	2.06	0.79
Psychosis	the experiment	2.93	0.69	0.90	0.55
	Control	1.95	0.76	1.91	0.61
Mental health in general	the experiment	2.46	1.64	1.40	0.50
	Control	2.13	0.74	1.93	0.79

The table above shows mental health scores and its components in the pre-test and post-test. If observed, in mental health and its components, the score of the intervention group decreased in the post-test compared with the pre-test.

Table 3. Kolmogorov-Smirnov test to check the normal distribution of data in the mental health variable.

Variable	Kolmogorov Smirnov test	
	Z Kolmogorov-Smirnov	P
Depression	0.24	0.08
Self esteem	0.23	0.25
Anxiety	0.29	0.21
Obsession	0.27	0.30
	0.25	0.26
Interpersonal sensitivity	0.29	0.23
Fear of fear	0.27	0.30
aggression	0.33	0.06
Paranoia	0.12	0.15
Psychosis	0.11	0.92

As shown in Table 3, the Z- Kolmogorov-Smirnov count calculated for mental health and its components They are not statistically significant and therefore, we can say that the distribution of grades in this variable and their components are normal and parametric tests can be used.

Table 4. Kolmogorov-Smirnov test to verify the normal distribution of data in the social adjustment variable.

Variable	Kolmogorov Smirnov test	
	Z Kolmogorov-Smirnov	P
Compatibility at home	0.18	0.19
Health Fitness	0.15	0.11
Social adjustment	0.15	0.07
	0.10	0.59
Emotional compatibility	0.17	0.17
Job Adaptability	0.28	0.06

As shown in Table 4, the Z Kolmogorov-Smirnov count is calculated Social compatibility and its components are not statistically significant. Therefore, we can say that the distribution of grades in this variable and their components are normal and parametric tests can be used.

Table 5. The results of the review of the assumptions of the covariance analysis test.

Variable	Homogeneity of variances		Homogeneity of slopes	
	Levin	meaningful	F	meaningful
mental health	1.33	0.25	1.65	0.20
Social adjustment	1.60	0.66	1.02	0.49

It can be seen that for both variables, the definitions of homogeneity of slopes and homogeneity of variances were allowed for the researcher to perform a covariance analysis test.

Table 6. Results of one-way covariance analysis for mental health.

Source of diffraction	Sum of squares	Degrees of freedom	Average value	F	Significance level	ETA Coefficient
pre-exam	0.06	1	0.06	0.13	0.71	0.005
group	2.00	1	16002	4.33	0.04	0.13
Error	12.47	27	0.46			
Total	98.00	30				

Table 6 shows that the hypothesis of the present study has been confirmed and the moderated scores indicate that the impact of interventions on the mental health of the members of the experimental group is confirmed. In other words, after

modifying the pre-test scores, there is a significant effect of the factor among the subjects in the experimental group ($P < 0.001$, $F = 1$ and $27=4.33$).

Table 7. Results of One-Way Covariance Analysis for Social Adjustment.

Source of diffraction	Sum of squares	Degrees of freedom	Average value	F	Significance level	ETA Coefficient
pre-exam	86.02	1	86.02	2.24	0.14	0.07
group	434.99	1	434.99	11.35	0.002	0.29
Error	1034.51	27	34.31			
Total	68200.89	30				

Table 7 shows that the hypothesis of the present study is

confirmed, and the average moderate scores indicate that the

impact of interventions on increasing social adjustment is confirmed. In other words, after modifying the pre-test scores, there is a significant effect of the factor between the subjects in the experimental group ($P < 0.05$, $F = 1$ and $27 = 11.35$).

4. Discussion

The main hypothesis of the research of life skills training after divorce has a significant effect on mental health and social adjustment of Shahinshahr divorced women.

The training of life skills after divorce has a significant effect on mental health and social adjustment of Shahinshahr divorced women. That is, education of such life skills after divorce improves mental health and increases social compatibility of Shahinshahr single women.

The results of this study are consistent with the findings of Shahi and Ojinejad [11]. Rahimian Booger Gharmalaki et al In the above explanation it can be stated that considering the fact that the most important causes of social incompatibility and mental health in divorced women after divorce is not enough competence in the management and regulation of emotional relationships, the existence of ineffective and unrealistic thoughts and ignorance of basic skills of life In particular, women lack the right communication skills in post-divorce life, it is essential that life skills be taught through a coordinated system of divorced women after divorce. In other words, the combined use of life skills after divorce can help divorce women to reform and unconscious thinking and improve their attitudes towards life, mental health and quality of life. On the other hand, it is learned through the use of life skills after having a proper and effective relationship with divorced women, and this affects the interactions of divorced women with other members of the family and society. In other words, training effective methods of self-disclosure, listening, frankness, honesty, empathy, sympathy, self-restraint, respect for the other party contrasted, contributed to the proper way of self-knowledge, increased awareness and identification of distorted thoughts to divorced women. In order to communicate their feelings, attitudes and beliefs about the conditions of life after divorce and thereby enhance their interactive and communication skills, generally, life skills training on increasing mental health and social adjustment of divorced women impact And the training of these skills affects all dimensions of the lives of divorced women.

First sub-hypothesis: Life skills training after divorce on mental health (depression, self-immobility, anxiety, obsession, interpersonal sensitivity, anxiety, aggression, paranoid, and psychosis) have a significant effect on Shahinshahr divorced women.

The results showed that education of life skills after divorce

affect all mental health components in Shahinshahrae women as part of paranoid; some of the findings are consistent with the present study.

In this regard, the results of the research of Tabatabaiyan et al, are consistent with the findings of this study.

5. Conclusion

In a study, Shams et al [7], showed that there is a significant relationship between life skills and mental health. Therefore, based on the results of this research and in comparison with the results of similar researches to reach the highest level, emphasis on life skills training and mental health in the university curriculum seems necessary, and is consistent with the results of this study. In the above explanation it can be stated that one of the axes of health assessment of different communities is mental health of that society. Mental health plays an important role in ensuring the dynamics and efficiency of each community. Life after divorce is recognized as one of the most important and critical stages in the life of individuals and is considered as a problematic period from this period. In general terms, having mental health causes women to have the full ability to play their roles and can correct contradictions and conflicts; in stressful living conditions, mental health disorder is anxious, frustrated, worthless, Anger and depression reveal themselves. On the other hand, divorced people have lower levels of psychological well-being and lower symptoms of helplessness and cognitive impairment. And there are more negative emotions than men, and psychological distress and anxiety in women are twofold, and the use of post-divorce skills in women helps them to effectively deal with raisins and difficult living conditions. In other words, these abilities enable the individual to positively and consistently provide psychological support in relation to other people, society, culture and environment.

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