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Research Paper

The role of self-compassion, patience and optimism with an attitude towards Islamic sources in predicting the tendency of couples to divorce



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ABSTRACT

Objective: Divorce is one of the social and family problems that all sections of society are affected in some way. This study was conducted to investigate the effect of self-compassion, patience and Islamic optimism on the tendency to divorce couples in Rasht.

Methods: The method of this research was correlational and the method of data analysis was practical in terms of purpose. This study was performed on 200 married men and women in Rasht in 2020. The respondents were selected by available random sampling. For data collection, Roosevelt, Johnson & Moro Divorce Tendency Scale, Nef Self-Compassion Questionnaire, Date Patience Scale and Nouri Islamic Optimism Questionnaire were used and then the data were analyzed by SPSS26 software.

Results: Findings showed a significant and negative correlation between self-compassion ($r = -0.43$), patience ($r = -0.17$) and Islamic optimism ($r = -0.32$) with a tendency to divorce. Also, there was a significant negative relationship with confidence ($P < 0.05$). The results of regression analysis showed that these three variables predict 23% of the variance of the tendency to divorce ($P < 0.05$).

Conclusion: According the results of this study, the couples experience less tendency to divorce with more compassion, patience and Islamic optimism. The study of the degree of self-compassion in couples and also the study of patience and optimism in them, provides a more complete understanding of the factors involved in the phenomenon of the tendency to divorce in couples. It can be concluded that self-compassion and religiosity have an effect on improving the strategies for maintaining the couple's relationship.

1. Introduction

Marriage has always been recognized as the most important and supreme social custom to meet the emotional needs of individuals. It is mainly takes place due to love and satisfaction of emotional needs, having a partner in life, satisfaction of emotional-psychological needs of love and increasing happiness and contentment (Taghiyar et al, 2016). Love always begins with great hope in couples, the hope of being

known and accepted, the hope of belonging, of being supported and supporting, the hope of deep love and lasting confederacy, but this hope is at odds with the realities of life. Needs are not coordinated, anger causes separation and distance, judgments prevent acceptance, and loneliness overshadows parallel but distant lives (Dunham, 2016).

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Meanwhile, divorce or being applicant of divorce is one of the valid indicators of dissatisfaction in marital relationships and emotional breakdown between couples (DeLongis & Zwicker, 2017). This long-standing social institution has always been exposed to a complication called divorce. Divorce has a psychological transformation process that a pre-divorce decision period is one of its most important courses (Jafari, 2017). According to official statistics, Iran is the fourth country in the world in terms of divorce to marriage ratio (Taghiyar et al, 2016). Rendering the statistics of the injured party of the welfare organization of the country, the percentage of changes in marriage has been about 37.6% of negative changes in 2019 compared to 2009. However, at the same time, divorce had positive changes around 58.32% (Ramezanifar et al, 2021). There are several positive and negative consequences for divorce in which, negative consequences devolve upon its positives ones. These consequences can be studied in three categories of social, psychological and physical aspects. Any planning to reduce divorce requires that divorce be considered as a process that begins somewhere and ends somewhere else. In this process, serious attention should be paid to the type of sociability couples bring from their original family (Balali et al, 2020).

Emotional security training can lead to reduction of marital stress and negative affect in couples with marital differences (Abbasi et al, 2019). Cognitive restructuring using techniques such as identifying unrealistic beliefs of couples, familiarity with mutual expectations and paying attention to positive characteristics, creating empathic understanding skills and listening and training skills to increase intimacy can be used as an efficient treatment to improve the sense of interconnection and marital interactions in couples who are in the processes of divorce (Hasani et al., 2019). It can be said that couples with higher psychological hardiness and conflict control skills experience less divorce (Azimi et al., 2020). Psychological factors are effective in forming a divorce before and after marriage. Indicators in each component in chain form, along with other categories or dimensions can lead to formal divorce in the form of contextual or interventionist (Taghavi et al., 2020). Lessening of marital disillusionment and irrational communication beliefs, along with increasing individual differentiation and appropriate sexual function of men, can have positive effects on reducing the tendency to divorce by men with marital problems (Hosseini, et al., 2020). Divorce in the early years of cohabitation is the result of individual and couple defects and family and socio-cultural weaknesses of

couples (Abdollahi et al., 2021). Parents participating in training courses based on communication beliefs for informing and marital satisfaction of parents have appropriate relationship beliefs, higher marital satisfaction level and consequently more awareness and effectiveness than other parents (Zare, & Safyari Jafarabad., 2015).

Optimism, as one of the variables in the field of positive psychology, can be one of the factors of marital satisfaction and also predicts emotional divorce and decreases the tendency to divorce. Optimism for a generalized expectation indicates that the person feels that in facing problems, pleasant results will occur. Optimism is related to various psychological characteristics in which, each of them can play a role in feelings of life satisfaction. In Islamic sources, various evidences show that the three components in this field are paying attention to the positive aspects of life, positive interpretation of events, and positive expectation for the future (Basharpour et al., 2017).

In general, although most marriages are performed with love and affection, there is plenty of evidence that couples in today's society have severe difficulties in establishing and maintaining intimate and friendly relationships, and in most cases, we see that men and women, with all their efforts to perform their duties accurately, the love between them fades and sometimes completely fades away, and the wives live completely apart without any feelings or affections toward each other, over time. (Sharifi et al., 2018). In Iran, studies in the field of divorce are mostly related to women. Since there has not been a simultaneous study of self-compassion, patience and Islamic optimism on the tendency to divorce in internal and external researches, the innovation of this research was to investigate the effect of these variables on tendency to divorce. Considering the wide tendency to divorce among couples and its negative consequences, the present study aimed to investigate the role of self-compassion, patience and Islamic optimism in predicting emotional divorce of couples.

2. Materials and Methods

The present study was descriptive-correlational one that was conducted in autumn 2020 in which, tendency to divorce was considered as dependent variable and self-compassion, Islamic patience and optimism were considered as independent variables. The statistical population of the present study was all married men and women in Rasht City, among which, according to Morgan's table, 200 persons as sample size were selected by available random sampling method. In this study, the following four tools were used to collect data

that were of self-reported type.

Measuring tools:

1. Rosvelt, Janson and Moro divorce tendency questionnaire: Standard questionnaire of desire to divorce Rosvelt, Janson and Moro (1986), This questionnaire is a 28-question tool that is used to evaluate couples prone to and inclined to divorce, which has 4 dimensions and each dimension has 7 questions. Each item is scored by a 7-point rating scale. The questionnaire has 14 items on the Seven Likert Spectrum Choices Scale (never=1, rarely =2, very low= 3, low = 4, high = 5, very high=6, always =7). The score range is among 14-98. The scores among 14-33, 33-66, and 66-98 show low tendency to divorce, moderate tendency to divorce, and high tendency to divorce among couples, respectively. In order to assess the reliability (content) of the questionnaire, a number of professors and experts were asked about its content and by applying their proposed changes, confirmation of their opinion about the reliability of the tool was obtained (Isanezhad et al., 2011). They also used Cronbach's alpha to determine the reliability of the questionnaire, which reliability value of (0.91) and (0.86) were obtained for exit dimension and also for neglecting, correspondingly. Cronbach's alpha of this questionnaire was estimated at 0.83 in the present study.

2. Self-compassion questionnaire of Neff: The Self-Compassion Questionnaire was created by Neff in 2003. This scale consists of 26 items: our moment-by-moment awareness of thinking, emotions, physical emotions and surroundings, self-judgment, cloning, commonality, self-kindness and isolation, which with a five-point Likert scale (never to almost always), it measures self-compassion. In this study, self-compassion is a score that respondents give themselves in 26 items of self-compassion questionnaire (Khosravi et al., 2013). The validity of the questionnaire has been confirmed by professors and experts in this field. The reliability of the questionnaire was obtained above 0.70 from Cronbach's alpha method.

3. Patience Questionnaire: Patience questionnaire has been designed and developed by (Kormaie & Farmani, 2015) to measure the causes of re-injury concern in sport. This questionnaire has 25 questions including 5 components of transcendence, patience, satisfaction, endurance and hesitation and measures patience based on the range of five choices Likert (completely incorrect to absolutely correct). The designers of this scale have used factor analysis using principal components with the main components method combined with Varimax Rotation to investigate its validity. Content Validity, Face Validity and Criterion Validity of this questionnaire have been

evaluated appropriately. The calculated Cronbach alpha coefficient for this questionnaire was estimated to be above 0.7.

4. Islamic Optimism Questionnaire: Islamic Optimism Questionnaire was created by (Nouri, Beria., 2009). This questionnaire consists of 60 questions including 3 components of attention to positive aspects, interpretation of problems and events, and positive expectation and measures Islamic optimism based on the spectrum of Likert scale five choices (completely incorrect to completely correct). The scoring of this questionnaire is based on Likert scales. The higher score is 300 and 60, and the range of individual scores, meanwhile, indicates greater optimism. The constructor of this questionnaire assessed its convergent validity by examining its relationship with temperament optimism test (43.0) and the correlation coefficient was obtained. Its content validity was confirmed by 15 seminary psychology experts. Through Cronbach's alpha study on 269 participants, its internal consistencies were 0.92 and 0.80 and also 0.86 in two pilot studies and also in the third and final studies, respectively. Also, the correlation between components and its sub-components with total score and with each other indicates its internal consistency. Cronbach's alpha of this questionnaire was calculated in the present study and for all its parts was 0.88.

Implementation

This study was conducted to investigate the tendency to divorce as a dependent variable and to measure the impact of three independent variables of self-compassion, patience and Islamic optimism on couples in Rasht City and in the fall of 2020. In this study with 200 individuals as participants which were done through available random sampling method, the questionnaires were designed in the form of electronic questionnaire including 6 and 135 questions that were demographic and main questions, correspondingly. The validity of this questionnaire is content or face validity that has been approved by experts in this field. Data analysis was performed using Pearson correlation and multiple regression and finally, it was analyzed using SPSS26 software. At first, the reliability and validity of the questionnaires were assessed. Then to assess the reliability of the questionnaire, Cronbach's alpha method was used to improve the reliability of number of questions. The reliability of the variables was above 0.7 with Cronbach's alpha, which is presented in the table with details. Descriptive statistics of variables were calculated and related population tests were performed on it and finally, using multiple regression, the research hypotheses test was performed.

3. Results

In this study, 200 persons participated and were evaluated by software. Of these, 158 and 42 persons were female and male, respectively. The highest number of female respondents were at the age of 23

years with bachelor's degree in education and in terms of employee's job, and also in terms of the duration of one year of marriage. Most of the respondents had no children. The table below shows the descriptive statistics of the main variables of the research.

Table 1. Descriptive Indicators of Research Variables

Variable	Mode	Mean	Median	Standard Deviation	Variance
Self-Compassion	3.43	3.3705	3.3597	0.54169	0.293
Patience	3.36	3.2892	3.2540	0.37463	0.140
Transcendence	3.21	3.77	3.775	0.44521	0.156
Patience	3.19	3.43	3.5412	0.38829	0.163
Satisfaction	3.34	3.29	3.6119	0.41235	0.172
Endurance	3.29	3.87	3.4958	0.49855	0.129
Hesitation	3.66	3.65	3.7782	0.41123	0.138
Islamic Optimism	3.28	3.5678	3.5633	0.45896	0.211
attention to positive aspects	3.41	3.49	3.6510	0.36510	0.209
interpretation of problems and events	3.72	3.35	3.3942	0.31190	0.206
positive expectation	3.45	3.42	3.7335	0.32124	0.238
Tendency to Divorce	80	80.29	81	9.64	93.08
Desire to leave	3.12	45.21	26	4.110	0210
desire to forgive	3.39	23.77	22	2.224	0223
expression of feelings	3.88	20.41	19	2.128	0.277
Loyalty	3.45	18.65	15	2.651	0.264

Kolmogrov Smirnov test was used to evaluate the normality of the research data. Since the significance level of this test was more than 0.05 for the main variables, the research data are normal and parametric

statistical methods were used to analyze the data. To test the research hypotheses multiple regression model was used. In Table 2, the correlation matrix is presented and shows how the variables relate.

Table 2. Correlation Matrix Table of Research Variables

Variable	Test	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Self-Compassion	Pearson Coefficient	1													
Patience	Pearson Coefficient	0.05	1												
satisfaction	Pearson Coefficient	0.06		1											
endurance	Pearson Coefficient	0.03	0.07	0.05	1										
hesitation	Pearson Coefficient	0.04	0.12	0.11	0.18	1									
Islamic Optimism	Pearson Coefficient	0.60	0.19	0.21	0.22		1								
attention to positive aspects	Pearson Coefficient	0.41	0.33	0.28	0.31	0.34	0.38	1							
interpretation of problems and events	Pearson Coefficient	0.28	0.25	0.23	0.23	0.24	0.28	0.25	1						
positive expectation	Pearson Coefficient	0.23	0.22	0.25	0.25	0.27	0.29	0.24	0.22	1					
Tendency to Divorce	Pearson Coefficient	-	-0.17	-	-	-	-	-	-	-0.21	1				
Desire to leave	Pearson Coefficient	-	-0.28	-	-	-	-	-	-	-0.20	-0.13	1			
desire to forgive	Pearson Coefficient	-	-0.25	-	-	-	-	-	-	-0.23	-0.16	-0.21	1		
expression of feelings	Pearson Coefficient	-	-0.23	-	-	-	-	-	-	-0.24	0.18	-0.26	-0.27	1	
Loyalty	Pearson Coefficient	-	-0.23	-	-	-	-	-	-	-0.27	0.23	-0.23	-0.23	0.25	1

The mean and standard deviation of self-compassion, patience and optimism are noted in Table 1. Also, Pearson correlation coefficients (Table 2) displays that there was a significant negative and inverse relationship with tendency to divorce between self-compassion, patience, and Islamic optimism with ($r =$

0.444), ($r = -0.179$), and ($r = -0.333$), similarly. In the last step, multiple regression test was used to predict the tendency to divorce of wives based on the components of self-compassion, patience and Islamic optimism. In Table 3, the results of multiple regression test are presented.

Table 3. Multiple Regression Test's Results

Model	R ²	SE	Beta	T	sig
Fixed	31.03	0.748	-	4.150	0.000
Self-Compassion	0.544	0.132	-0.331	-4.113	0.000
Patience	0.464	0.155	-0.195	-2.993	0.003
Islamic Optimism	330	0.159	-0.170	-2.074	0.039

To determine the role of self-compassion, patience and Islamic optimism in predicting the emotional divorce, multiple regression method was used. As it is clear in Table 3, the regression model is significant. Compassion, patience and Islamic optimism with ($B = -0.331$, $P < 0.05$), ($B = -0.195$, $P < 0.05$) and ($B = -0.170$, $P < 0.05$) had negative and inverse effects on the emotional divorce and had important roles in explaining the tendency to divorce, correspondingly. The coefficient of determining the model was 0.227, indicating that the variables of self-compassion, patience and Islamic optimism explained 22.7% of the changes in variable changes of the tendency to divorce.

4. Discussion and Conclusion

The purpose of this study was to investigate the role of self-compassion, patience and Islamic optimism on the tendency to divorce in couples. In this way, there was a significant negative and inverse relationship between self-compassion, Islamic patience and optimism with tendency to divorce. A healthy society depends on the formation of stable, dynamic and vibrant families. The coefficient of determining the model was 0.227, signifying that the variables of self-compassion, patience and Islamic optimism explained 22.7% of the changes in the tendency to divorce. The findings of this study were aligned with the results of studies in (Abbasi et al., 2019), (Hassani et al., 2019), (Azimi, et al., 2020), (Taghavi et al., 2020), (Hosseini et al., 2020), (Abdollahi et al., 2021). In explaining this finding, it can be concluded that although divorce is considered as a social damage and is one of the causes of break-up and disintegration of the family, for various reasons, not all marriages last and some end in divorce. Therefore, in order to prevent the occurrence of divorce and reduce it in the society, we need to identify the factors affecting the tendency to divorce and try to eliminate or reduce these factors. In this regard, self-compassion is one of the effective

variables in reducing the tendency to divorce. Results of the study were reviewed with findings of Knapen et al. (2015) and Denis & Beker. (2015). Patience and tolerance are also increasingly important factors in reducing emotional divorce of couples. Results of the study were in laid with findings of Khormaei et al., (a2014), Khormaei et al., (b2014) and Basharpour et al. (2017). In explaining this finding, it can be concluded that self-compassion is significantly correlated with forgiveness and those who have a high level of self-compassion can have patience for other people's undesirable behavior and grant it forgiveness. Therefore, self-compassion can explain the changes of individuals in the degree of patience and tolerance of individuals. Optimism, as one of the variables in the field of positive psychology, can be one of the factors of marital satisfaction and also predict the tendency to divorce. Another finding of this study showed that there is a significant negative relationship between Islamic optimism and tendency to divorce. It means that with the increase of Islamic optimism, the tendency to divorce decreases. This finding was found with the results of study by (Fincham et al., Extramera et al., 2005), (Khinsan, 2005) and, (Attari et al., 2006). (Nouri & Beria., 2009), (Mandani & Saadat., 2016), (Basharpour et al., 2017), (Shahandeh and Abiyat, 2019), (Henry et al., 2007). In sum, it can be said that the tendency to divorce plays an important role in endangering the health of the family and the individual. Divorce is a phenomenon that can cause various cognitive, emotional and psychological damages for couples.

Research Limitations

This study, like any other study, had some limitations. One of the limitations of the present study was that there were restrictions in the survey of couples in Rasht, which due to the contagious disease of Corona virus, an electronic questionnaire was developed and the available random sampling method was used.

Research Suggestions

In line with the results of this study, these suggestions are presented: Due to the reverse and negative effect of self-compassion on the tendency to divorce in couples, it is suggested using exercises such as self-appreciation, mindfulness, compassionate imagery exercises, etc., acquire the self-compassion skills in order to reduce the tendency to divorce.

Considering the negative and inverse effect of patience on the tendency to divorce in couples, it is suggested that by relying on the present study, it is suggested to emphasize on training and practicing patience among couples, developing educational programs for couples along with strengthening beliefs, and suggesting the implementation of religious rituals, as well as teaching patience so that people can achieve more compromise in life.

Considering the negative effect of Islamic optimism on the tendency to divorce in couples, it is suggested that couples to improve their Islamic optimism skills such as being careful of their spiritual and emotional health, avoiding negative environments, managing unchangeable cases, changing the tone of their speech and criteria, etc. to reduce the rate of emotional divorce. Optimism can be called the hidden assets of successful people who use it not only to manage those around them better, but also to deal with problems and crises.

In order to reduce the couples' tendency to divorce, especially men who have a sense of pride, the primary training during school and its continuation in the university should be planned for students of schools and universities, so that girls and boys first recognize the gender and physiological differences, emotional, behavioral and personality differences of the opposite sex and learn the methods of interaction and communication.

It should also be recognized how the couples' distinctive behaviors are rooted in different family personality and culture and do not expect continuous companionship with their couples' views and attitudes. Sexual relations' methods should be taught properly and sexual expectations should be justified by the other party. Finally, people should be encouraged to seek advice from qualified counselors before and after marriage, in order to make the right choices and how to deal with the other party and make the right behavioral decisions in the process of cohabitation and also during divorce. In order to continue this study in the future, it is suggested that more variables be included in the regression model and investigate the larger communities in the province and the country.

5. Ethical Considerations

Compliance with ethical guidelines

Compliance with ethical guidelines all ethical principles were considered in this article. The participants were informed about the purpose of the research and its implementation stages.

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Authors' contributions

All authors have participated in the design, implementation, and writing of all sections of the present study.

Conflicts of interest

The authors declared no conflict of interest.

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