

Investigate the relationship between attachment styles, social support and mental health with adjustment after divorce in women

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Abstract: The present study was undertaken to investigate the relationship between attachment styles, social support and mental health with adjustment after divorce in women. The research method was correlated, and statistical population was included all women who were divorced in 2011, and the study sample was included 100 women divorced in Aligoudarz city who were selected by cluster sampling. Hypothesis was that attachment styles, social support and mental health are related to adjustment after divorce on women who are divorced. Used tools in this study were the Fisher Divorce Adjustment Scale, Hazan and Shaver Attachment Style Questionnaire, Social Support Inventory (SSI) and SCL-90 questionnaire. Pearson correlation and stepwise regression analysis was used for data analysis. Findings of this study showed that there was a significant relationship between attachment styles and adjustment after divorce. Moreover there was a significant relationship between social support in the family support and adjustment after the divorce. Also results showed that there was a significant relationship between mental health in depression dimension and adjustment after divorce.

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1. Introduction

Marriage is one of the turning points of human life (birth, marriage and death). Marriage is associated with changes in individual attitudes about own, wife and the world. So marriage has an impact on personal, interpersonal and social process. Divorce is one of the causes of disorder and chaos in human life. Divorce can impair a person's cognitive structure as one of the most stressful resources. Joint life always begins with a beautiful landscape for couples, however, but after a while some problems persist, due to the difference between the couple that is stemming from training in two different environments and lack of sufficient knowledge of each other. If these problems are not resolved with wisdom and tact, endanger the foundation of family life and in many cases, even are lead to separation and divorce couples. Divorce is a social problem, which have a severely affect on people's lives. Divorce In addition to damaging psychological effects of on the couple and their children has a destructive role in community health. As noted women, are including those who that struggling with the issues of divorce and its consequences. According to effects of divorce on the divorced women and its growing popularity, and also vulnerability of this group of community attention and adjustment after divorce is necessary in this segment of community. Divorce is get rid of the shackles of marriage, and marital. Divorce includes three steps: First, deciding before the divorce: in this stage, one or both spouses do not experience growing discontent about the relationship, and usually one of the spouses

begins imagination and planning for the future which does not includes spouse, and unhappy wife may be review divorce law process. And in possibility of divorce speak with friends and family members. Second stage, restructuring divorce: this step involves determining the economic situation, local procurement of one spouse will live. If couples have children, issues of cooperation also are included As a result, you may feel fear, loneliness, anger and even fun at times are chaotic and messy. Third Stage, recovery after divorce: during this stage people begin search for new experiences in life, a new identity and a new love. Although this stage may be an exciting period but may be characterized by long-term regret or resentment (Farjad, 1996). Divorce causes a breakdown of the loving family, and break down relationship between husband and wife. Children are parentless by following divorce; and in couple's relatives come skepticism about together, and divorced couples to spend some time of their lives in loneliness and isolation. All these steps may lead to stress, and makes intolerable and unbearable life for them. According to divorce couple separated from each other and ends their intimate relationship and Joint life, and love turns into hatred and animosity, and togetherness and trust leads to loneliness and confusion. There is no doubt that the process of separation and divorce is one of the most difficult experiences in adult life in terms of emotional, social and financial. Most parents may not be ready for all the challenges that they are facing with them; some of these challenges include: Change of residence, neighbors and

school, which may lead to a sense of instability and loss of support systems and relationships. Economic changes: Some parents may be faced with a sudden financial crisis. Difficulty concentrating on the job: Especially when cannot live with children. Cut off from their children's lives: When a parent does not live with children. Increased requirements and responsibilities: When the parent have a major role for child care (Rohe-Brown, 2005). Styles of divorced people are one of the factors in adjustment after divorce. Attachment is emotional bond between two people, which they are physically and spatially related to each other. Adult attachment means a persistent tendency to special efforts to reach, or maintaining proximity with one or more specific people, that have ability to provide for her physical and psychological health and safety. A simple way to express one's attachment is the ways that through which individuals learn the answer to this question is expected to handle: Can I rely on you for my needs? Currently, the method of attachment is organized around two axes: avoidance and anxiety, and there are four attachment styles: secure, troubled (distressed), dismissive and fearful (Johnson, 2005). Social beings, which are required fellow during his lifetime. This requirement is visible different aspects. Human existence is entirely dependent on communication and social interactions and he is doomed in the absence of social relations. Man to take over from the birth of the network of interactions, and encouraged to the heritage of the community in interactions between her and the others. Social support is one of the main forms of social relations, and having its perception and thought, and it also requires attention to age, gender, personality, and even cultures may be different.

The aim of present study was to investigate the relationship between attachment styles, social support and mental health with adjustment after divorce in women. Determine the relationship between attachment style and adjustment after divorce in the divorced women; determine the relationship between social support and adjustment after divorce in the divorced women; and determine the relationship between mental health and adjustment after divorce in the divorced women were the main objectives of this research.

2. Methodology

This study was conducted as descriptive and correlational type. Statistical population for this study was all city Aligoudarz women who are divorced in 2011. The sample size was 100 subjects. Given that Women who are divorced are among the groups that are not readily available in community we will go to support organizations to select the samples. Among the women under the protection and 100 women were

selected by lottery, and questionnaires were distributed among them. Demographic characteristics of the sample by age and occupation are present in Table 1. Used tools in this study were the Fisher Divorce Adjustment Scale, Hazan and Shaver Attachment Style Questionnaire, Social Support Inventory (SSI) and SCL-90 questionnaire. Pearson correlation and stepwise regression analysis was used for data analysis.

3. Results

According to Table 3, averages of all samples in each of three attachment styles, (avoidant, anxious and secure) are as following: 10.05, 10.95, and 8.87; and standard deviation were 4.38, 4.14, and 4.44 respectively. Based on the results three attachment styles were significantly related with adjustment after divorce. It was 40% significantly associated with avoidant attachment style, and it was a negative coefficient; and means negatively and significantly. Also it was 22% significantly associated with secure attachment style, and 22% significantly associated with anxious attachment style. The results in Table 4 and 5 shows that in the first stage avoidant attachment style, in the second stage anxiety attachment style and in the third stage secure attachment style is entered to the equation. In the first stage the multiple correlation coefficients between avoidant attachment style and adjustment after divorce was 40%. In the second stage the multiple correlation coefficients between anxiety attachment style and adjustment after divorce was 47%. And in the third stage the multiple correlation coefficients between secure attachment style and adjustment after divorce was 53%. Results showed that there was a significant relationship between social support in the family support and adjustment after the divorce (Table 6 and 7). Friends and family supporting correlation was significant with adjustment after divorce. Also there was no significant relationship between helpless and adjustment after divorce. Also results showed that there was a significant relationship between mental health in depression dimension and adjustment after divorce (Table 8). Demographic characteristics in terms of income and education are present in Table 2.

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Table 1. Demographic characteristics of the sample by age and occupation

Age \ Jobs	Housekeeper	Government Jobs	Free job	Part time Jobs	Sum
21-30	18	0	4	1	23
31-40	29	1	11	3	44
41-50	22	1	4	3	30
51-75	3	0	0	0	3
Sum	72	2	19	7	100

Table 2. Demographic characteristics in terms of income and education

Income \ Education	No income	Changing	Under 1000000 RLS ¹	1000000 RLS	1000000 – 1500000 RLS	1500000 – 2000000 RLS	2000000 – 2500000 RLS	sum
Lower than primary	33	2	2	3	6	1	0	47
Third Class	11	0	2	1	4	1	0	19
Diploma	21	0	0	1	2	0	3	27
Associate degree	1	0	0	0	0	0	0	1
License	0	0	1	0	0	4	0	5
Masters	1	0	0	0	0	0	0	1
Sum	67	2	5	5	12	6	3	100

1- Iranian Rials

Table 3. Descriptive data and their correlations on adult attachment scale (n = 100)

Variables	Mean	Standard deviation	Minimum	Maximum	The correlation coefficient	Significance level
Avoidant styles	10.05	4.38	0	20	-0.404** ¹	0.000
Anxious styles	10.95	4.14	2	20	0.225*	0.025
Secure styles	8.87	4.44	0	18	-0.370**	0.000

1- * = Significant at 0.01 and ** Significant at 0.05

Table 4. Summary of regression models and statistical characterization for relationship between attachment style and adjustment after divorce

Step	Variables	R	R ²	R changes	F	Significantly
1	Avoidant styles	0.404	0.163	0.163	19.140	0.000
2	Anxious styles	0.476	0.227	0.064	14.244	0.000
3	Secure styles	0.532	0.283	0.056	12.652	0.000

Table 5. Stepwise regression analysis of attachment style and adjustment after divorce

Step	Variables	B	t	Significantly
1	Avoidant styles	-0.404	-4.375	0.000
	Anxious styles	-0.318	0.3.365	0.001
2	Avoidant styles	-0.267	-0.2.826	0.006
	Secure styles	-0.253	-2.676	0.009
3	Avoidant styles	-0.338	-3.560	0.001
	Anxious styles	0.250	2.747	0.007

Table 6. Descriptive data and their correlations on social support questionnaire (n = 100)

Variables	Mean	Standard deviation	Minimum	Maximum	The correlation coefficient	Significance level
Friends support	5.32	3.31	0	10	0.238* ¹	0.017
Family support	5.87	3.17	0	10	0.272**	0.106
Helpless	2.73	1.75	0	10	-0.176	0.079

1- * = Significant at 0.01 and ** Significant at 0.05

Table 7. Summary of regression models and statistical characterization for relationship between social support and adjustment after divorce

Step	Variables	R	R ²	R changes	F	Significantly
1	Family support	0.272	0.074	0.074	7.828	0.006

Table 8. Descriptive data and their correlations on dimensions of mental health (n = 100)

Variables	Mean	Standard deviation	Minimum	Maximum	The correlation coefficient	Significance level
Somatization	1.47	0.89	0	3.83	-0.451** ¹	0.00
Obsession	1.34	0.83	0	3.60	-0.611**	0.00
Sensitivity in interrelationships	1.24	0.89	0	3.67	-0.609**	0.00
Depression	1.52	0.93	0	3.77	-0.699**	0.00
Anxiety	1.32	0.90	0	3.50	-0.588**	0.00
Hostility	1.01	0.74	0	3.33	-0.423**	0.00
Phobia	0.71	0.70	0	3.86	-0.561**	0.00
Paranoia	1.61	0.94	0	4	-0.426**	0.00
Psychosis	0.98	0.76	0	3.30	-0.593**	0.00

1- * = Significant at 0.01

Table 9. Summary of regression models and statistical characterization for relationship between mental health and adjustment after divorce

Step	Variables	R	R ²	R changes	F	Significantly
1	Depression	0.69	0.476	0.476	88.222	0.000

Table 10. Stepwise regression analysis of mental health and adjustment after divorce

Step	Variables	B	t	Significantly
1	Depression	-0.69	-9.393	0.000

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