Investigating the Relationship between Emotional Intelligence and Adjustment after Divorce in Divorced Women Visited Welfare Organization

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ABSTRACT: This study aimed to investigate the relationship between emotional intelligence and adjustment after divorce in divorced women who visited Welfare Organization in Babak City. Statistical population of the study included all divorced women who visited Welfare Organization in Babak City. From this statistical population, a sample of 100 divorced women was selected using voluntary sampling method. Bar-On Emotional Intelligence Questionnaire and Fisher Divorce Adjustment Scale were used in order to evaluate research variables. Pearson's correlation coefficient and univariate regression analysis were used for data analysis. Results indicated that there is a significant and positive relationship between emotional intelligence and adjustment after divorce. Fisher Divorce Adjustment Scale included six sub components including 1 – sense of self-worth, 2 - emotional disentanglement from the past relationship, 3 – anger, 4 - grief, 5 – social trust and intimacy, 6 - social self-worth. Among these sub components, positive and significant relationships were observed between sense of self-worth, emotional disentanglement from the past relationship, social trust and intimacy and social self-worth. However, significant and negative relationships were observed between emotional intelligence and sub components of anger and grief. Results of univariate regression analysis revealed that about 0.212 of adjustment after divorce can be explained by emotional intelligence.

Keywords: Emotional Intelligence, Adjustment after Divorce, Divorced Women

INTRODUCTION

Divorce is considered as a social problem, which is one of the most important issues in every human life. It can be stated that no other social issue is more complex than divorce. Divorce has an increasing effect on different aspects of individual lives. Divorce is an effective issue on all aspects in various social classes of society .Divorce is a social issue, which may lead to various economic, social and psychological consequences. In this regard, psychological aspects are considerably important [1]. An individual who has experienced divorce may face numerous personal and interpersonal conflicts. In this process, confused identity, lack of hope, a change in lifestyle, serious problems in social and business networks can be cited as consequences of divorce [2]. Divorce is the most distressing kind of losses, which may cause emotional distress and behavioral problems in individuals. In this regard, women are more vulnerable considering consequences of divorce than men are. Divorced women suffer from depression, anxiety, stress and poor social adjustment [2]. Divorce after spouse's death requires the most change possible, so that the infected individual can adjust again with circumstances after divorce (divorced individuals should adjust with circumstances after divorce, which requires the most changes). Adjustment after divorce refers to a state in which divorced people have a positive assessment of themselves and have a sense of personal management. Adjustment with divorce is defined as signs and symptoms of physical and mental illness, having dominance over roles and responsibilities in daily life, including familial and occupational roles and other opportunities as well as developing self-independence and disentangling from ex-spouse [3]. Experts mainly believe that individuals should not only possess logical capabilities, but also equally impressive social and emotional skills to solve many existing problems. Recognizing the importance of social skills and the ability to cope effectively with other people led to a growing interest in the concept of emotional intelligence. Bar-on defined emotional intelligence as an important factor in actualization of individual capabilities in order to achieve success in life. It is referred to as emotional health and in general mental health [4]. People with higher emotional intelligence express their emotions desires and more than average. As a result, they provide wider social networks and more social support for themselves. Having social support, in turn, promote mental health and protection against stress. Due to effect and importance of emotional intelligence on mental health, emotional intelligence is also effective in increasing adjustment after divorce [4].

MATERIALS AND METHODS

Statistical population, sampling method: Statistical population of the present study included all divorced women who visited welfare organization in Babak City. Sample size included 100 divorced women who visited

welfare organization in Babak City. There was no possibility of random selection since it was difficult to estimate population of all divorced women who visited welfare organization in Babak City. It was also difficult to encourage women to participate in the study. Therefore, voluntary sampling method was used.

Research Tools

1-Bar-On Emotional Intelligence Questionnaire: Emotional intelligence has five scales with various dimensions including interpersonal skills, intrapersonal skills, coping with stress, adjustment and mood. It also includes fifteen sub-scales. Interpersonal Skills scale includes subscales of emotional awareness, self-expression, self-respect, self-actualization and independence. Intrapersonal skills scale includes subscales of empathy, social responsibility, and interpersonal relationships. Scales of coping with stress (controlling stress) includes subscales of stress tolerance and impulse control. Scale of adjustment includes subscales of flexibility, problem solving and reality testing. The mood scale includes subscales of happiness and optimism. Respondents expressed their agreement or disagreement with each statements based on a 5-point Likert scale. Samouei [5] obtained reliability of this scale as 0.93 using Cronbach's alpha. Content validity of this scale was also confirmed by five psychological experts. In the present study, Cronbach's alpha for the entire questionnaire was obtained as 0.83.

2-Fisher Divorce Adjustment Scale (FDAS): This tool includes 100 statements developed by Fischer in 1976. It is scored based on a 5-point Likert scale. This scale has six subscales including 1 -sense of self-worth, 2 – emotional disentanglement 3 - anger 4 - grief, 5 – social trust or intimacy, 6 - social self-worth. Reliability and validity of this scale was calculated in studies carried out abroad whose results indicate high reliability and appropriate validity of this scale. Fisher reported test-retest reliability of this scale as 0.98. Convergent validity of this scale was examined using correlation with Tennessee Self-Concept Scale and Personality Orientation Questionnaire. Moreover, content validity as well as validity of this tool were calculated, which indicated appropriate validity of this scale. Balali et al. [6] reported reliability coefficient of this scale as 0.829 while they reported reliability coefficients of subscales as 0.51 to 0.90 using Cronbach's Alpha. In the present study, Cronbach's alpha for the entire scale was obtained as 0.85.

3-Demographic Questionnaire: It includes education level, age, duration of marriage and divorce, and the number of children.

Data Analysis Method:

Pearson correlation coefficient and univariate regression analysis were used for data analysis in the present study.

RESULTS

As the data presented in table 3 shows, there are positive and significant relationship among following variables: emotional intelligence and adjustment after divorce at p<0.01 level of significance, emotional intelligence and emotional disentanglement from the past relationship at p<0.05 level of significance, emotional intelligence and sense of self-worth at p<0.05 level of significance, emotional intelligence and social trust or intimacy at p<0.01 level of significance, emotional intelligence and social self-worth at p<0.01 level of significance. However, there are negative and significant relationships among following variables: emotional intelligence and anger at p<0.01 level of significance, emotional intelligence and grief at p<0.01 level of significance.

Table 1. Distribution of frequency of respondents based on emotional intelligence variable and its dimensions

Dimensions	Mean	Standard deviation	Variance	Minimum	Maximum
Emotional intelligence	317.15	27.45	753.58	248	389
Adjustment component (flexibility, problem solving and reality testing	64.87	7.46	55.77	45	81
Coping with stress	39.57	7.44	55.39	22	63
General mood	40.21	4.21	17.76	30	50
Interpersonal skill	73.4	6.9	47.69	60	85
Intrapersonal skill	99.19	11.99	143.87	76	158

Table 2. Mean, standard deviation, minimum and maximum scores of adjustment after divorce variable and its dimensions

Dimensions	Mean	Standard deviation	Variance	Minimum	Maximum
Adjustment with divorce	303.34	35.58	12.66	221	358
Sense of self-worth	97.49	8.73	76.23	78	122
Sub component of social self-worth	27.28	4.74	22.52	16	39
Sub component of anger	35.49	6.21	38.63	19	48
Sub component of grief	59.16	10.7	114.58	26	85
Sub component of social trust or intimacy	28.54	7.48	55.96	10	73
Sub component of emotional disentanglement from the past relationship	55.38	18.3	335.006	27	98

Table 3. The relationship between the variables of study

Variable name	correlation	significance
Emotional intelligence and adjustment after divorce	0.461	0.001
Emotional intelligence and emotional disentanglement from the past relationship	0.206	0.04
Emotional intelligence and sense of self-worth	0.228	0.022
Emotional intelligence and anger	-0.266	0.008
Emotional intelligence and grief	-0.275	0.006
Emotional intelligence and social trust or intimacy	0.304	0.002
Emotional intelligence and social self-worth	0.365	0.001

Univariate Regression Analysis

Results of a univariate regression analysis showed that R^2 is equal to 0.212. This indicates that 0.212 of variance of dependent variable (adjustment after divorce) can be explained by the independent variable (emotional intelligence).

Table 4. Analysis of variance of univariate regression of independent variable and adjustment after divorce

Model	Degree of freedom	Sum of squares	Mean of squares	F-value	Level of significance	regression	R2
Regression	1	2660.9449	2660.9449	26.4	0.001	0.461	0.212
Remaining	98	9877.4968	1007.944				
Total	99	125388.4					

Table 5. The results obtained from univariate regression of the research question

variables	B	Standard error	Beta	t-value	Level of significance
constant	113.93	37	0	3.079	0.003
Emotional intelligenc3	0.597	0.116	0.461	5.138	0.001

The general form of the equation of final prediction is as follows based on results of the above table
Y=b(x)
Y=0.597(emotional intelligence)
Figures contained in the above equation shows that if standard deviation in emotional intelligence increases by one value, adjustment after divorce increases as much as 0.597 of standard deviation.

DISCUSSION

The results obtained from this research showed that emotional intelligence has a significant and positive relationship with adjustment after divorce. This result are in line with those findings obtained by Maleki et al. [7]. Pellitteri [8] believed that an individual adjusts his emotions by acquiring the ability to review and restructure intensity and orientation of emotions in both himself and others by which he adjusts and controls negative emotions internally and orient them, so that they are compromised. Thus, he keeps his favorable (pleasurable) emotions. People with high emotional intelligence have more control over their emotions. They also possess higher emotional flexibility. Controlling emotions actually leads to more calmness in the individual. It also reduces stress. In addition, emotional flexibility allows the individual to react appropriately in dealing various situations. Other results of this study showed that there is a positive and significant relationship between emotional intelligence and emotional disentanglement from the past relationship. These findings are in line with those obtained by Pellitteri [8]. In explaining these findings, it can be stated that emotions are considered as an important part of communicational networks. Lack of understanding, not expressing and controlling emotions impede the individual to establish relationship with others. Thus, reduced emotional intelligence lead to failure in communicational networks [9]. People with high emotional intelligence are more successful in communicating with others. They can express their desires clearly. There would be less ambiguity and confusion in their interpersonal relationships. In examining the relationship between emotional intelligence and sense of self-worth, the results showed that there is a positive and significant relationship between emotional intelligence and sense of self-worth. These findings are in line with those obtained [10]. In explaining this finding, it can be stated that people with high emotional intelligence are self-aware. They know their strengths and weaknesses and express their thoughts and feelings in a healthy manner. They are courageous and independent. They respect themselves [11]. Emotional intelligence increases level of insight of the individual and helps him establish effective relationships. It also promotes mental health and helps people to feel self-efficacy (increases mental health and self-efficacy). The results showed that there is a negative and significant relationship between emotional intelligence and anger. This result is in line with findings obtained [12]. In explaining this finding, it can be stated that one major advantage of the ability to regulate emotion lies in resolving negative emotions and fostering positive and pleasant emotions. Then, people who can regulate their emotions appropriately have stronger ability to resolve their negative emotions through participating in pleasant activities. Emotional competence plays an important role in controlling anger. In examining the relationship between emotional intelligence and grief, the results showed that there is a negative and significant relationship between emotional intelligence and grief.

These findings are in line with those obtained by Bastian et al. [13]. In explaining this finding, it can be stated that emotional intelligence helps the individuals to prevent excessive expression of negative and damaging emotions like excessive anger. It also increases the ability to tolerate stress cause by various problems in daily life. Emotional intelligence gives the individuals the ability to deal with problematic situations. It prevents disturbance caused by internal and external adverse factors such as despair, hopelessness, fatigue, negative emotional factors as well as stress caused by other people or environment and other environmental and annoying factors. In examining the relationship between emotional intelligence and social trust or intimacy, the results showed that there is a

Positive and significant relationship between emotional intelligence and social trust and intimacy. These findings are in line with those obtained by Heffernan et al. [14]. In explaining this finding, it can be stated that dare is one of the components of emotional intelligence. Dare creates a transparent and constructive atmosphere where problems are discussed and trust is created. Another component of emotional intelligence is optimism, which lead to trust. People who have high emotional intelligence establish stronger relationships with others. They are healthier. They have the ability to trust others and be trusted). In examining the relationship between emotional intelligence and sense of social self-worth, the results showed that there a positive and significant relationship between emotional intelligence and sense of social self-worth. This result is in line with findings obtained. In explaining this finding, it can be stated that if an individual have higher emotional intelligence, his emotional perception also increases. This level of understanding increases the power to evaluate environmental stimulus and the strength to establish emotional relations. It also enhances expressions of sympathy and individual adjustability reactions. This provided necessary psychological ground to establish healthy and successful social relationships. People with high emotional intelligence are more optimistic and happier. They are happier, friendlier, more good-humored and more social [15].

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