Examining the Psychosocial Adjustment of Divorced Women Aged 50-25 Years Living in the Shiraz: Short Communication

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**ABSTRACT**

One of the most difficult aspects of divorce and separation is coping with its consequences. Among divorced women in skills that can adapt to the effects and consequences of the separation will help strengthen communication skills (assertiveness and assertiveness) are survey of all divorced women aged 50-25 years residing in the city requirements. Sample of 60 individuals who were selected for sampling. Using these 60 patients randomly divided into two groups of 30 patients (15 women and 15 men with high education and low education) and 30 control subjects (15 women and 15 men with high education and low education) were employed. Following the pre-test was administered to both groups. Then 8 decisiveness and assertiveness skills training sessions were conducted for the group while the control group did not receive any training. Then the post-test sessions for both groups. This is discussed in the following article.

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**INTRODUCTION**

One of the divorcees issues, problem in compatibility with divorce. Research shows that some people after the separation and divorce are the perfect consistency and some are not compatible. These factors include having social intimacy, financial security, the divorced individual's attachment style, mental health, religious attitudes of individuals, gender, age, number and age of children, separation time, the initiator of the divorce and related relief good wife, good health and attitudes to divorce. (Gold, 1988), to reduce the impact of divorce should review and understand the factors that can affect the compatibility of the divorced individuals involved be paid. Especially divorced women who are more vulnerable to divorce than men, according to research (Balali and Etemadi, 2009) So that these individuals are often confronted with problems, anxiety and worry and involuntary factors influenced their fate and force people to leave the ruling in And their views are often seen as a means to serve others. Given the importance of the effects of divorce on individuals and ways of coping with it, psychologists and researchers from a variety of negative effects and improve coping with divorce have suggested Including their assertiveness skills (assertiveness and assertiveness), including social skills that can be adapted in order to help divorced women (Sakata, 2011).

Uncertainty causes anxiety and fear for divorced women face in society and every day after separation is and not having enough strength to say a word (not) in the face with suggestions that may arise against doing anything unusual or important Venice for the lack of expression or the right decisions for their future, literally threaten their mental health. (Sadock, 2003).They are usually in conflict with others because of fear and anxiety over the future of their behavior and sometimes unrealistic estimate of the situation and threat. Maladaptive behaviors and irrational and wrong to fire on the effectiveness of social identity and foundation damage to their personality. The divorce resulted in the disintegration of the family is loving and undercut the solidarity between men and women. They are orphans and relatives of the couple comes cynicism towards each other, and the couple divorced in the long loneliness and isolation of her life to serving. All of these things can lead to stress and life for them is overwhelming and unbearable. However, in cases of divorce should be accepted as a necessity. (Amato, 2000), Sometimes they will welcome the ravages of marital cohabitation is going to be unbearable Children who grow up in such an atmosphere poisoned with mental disorders are complex and
Due to the difficulties that divorce is emotionally, physically and socially engaged individuals are created.

To the greater efficiency of decisiveness and assertiveness training sessions as an intervention to improve a person's absolute, it is recommended the couple eventually split their vote centers

To relieve the pain of divorce, divorced people to attend courses on coping with divorce using communication skills such as assertiveness and assertiveness are encouraged.

Methods:
The main phase of the study sought to achieve a response that has been achieved. Therefore, analysis of data from a study meets the ultimate goal. The samples are divided into two experimental groups and a control group (30 men, 15 women and 15 men with high education and low education) groups. Before the training program was to test the resolve of both groups before and both groups responded to the questionnaire, firmness and consistency and the data collected were analyzed by SPSS software.

Results:
Descriptive information about the data from the pre-test and post implementation questionnaire twice in the two groups are presented in Table 1.

<table>
<thead>
<tr>
<th>Variables</th>
<th>Control Pretest</th>
<th>Control Posttest</th>
<th>Experiment Pretest</th>
<th>Experiment Posttest</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mean</td>
<td>SD</td>
<td>Mean</td>
<td>SD</td>
</tr>
<tr>
<td>Compatibility</td>
<td>38.6</td>
<td>17.27</td>
<td>21.6</td>
<td>9.78</td>
</tr>
<tr>
<td>Strictly</td>
<td>114.5</td>
<td>21.8</td>
<td>71.5</td>
<td>9.45</td>
</tr>
</tbody>
</table>

Hypothesis: assertiveness training assertiveness and greater impact on psychological adjustment - Social divorced women are educated.

In order to analyze this hypothesis t-test was used the results of this study, the post-test are presented in Table 2.

Table 2: Results of t-test to compare adjustment level among two groups of divorced women with high and low education.

<table>
<thead>
<tr>
<th>Groups</th>
<th>Frequency</th>
<th>Mean</th>
<th>SD</th>
<th>t</th>
<th>df</th>
<th>Sig.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Divorced women with high education</td>
<td>13</td>
<td>17.46</td>
<td>3.92</td>
<td>-2.6</td>
<td>23</td>
<td>0.02</td>
</tr>
<tr>
<td>Divorced women with low education</td>
<td>12</td>
<td>26.25</td>
<td>11.02</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

The results above indicate that assertiveness training assertiveness and divorced women with high education has a greater impact on compatibility.

Hypothesis: decisiveness and assertiveness training assertiveness greater impact on divorced women are educated.

In order to analyze this hypothesis t-test was used the results of this study, the post-test are presented in Table 3.

Table 3: Results of t-test to compare assertiveness among two groups of divorced women with high and low education.

<table>
<thead>
<tr>
<th>Groups</th>
<th>Frequency</th>
<th>Mean</th>
<th>SD</th>
<th>t</th>
<th>df</th>
<th>Sig.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Divorced women with high education</td>
<td>13</td>
<td>67.38</td>
<td>10.12</td>
<td>-2.31</td>
<td>23</td>
<td>0.02</td>
</tr>
<tr>
<td>Divorced women with low education</td>
<td>12</td>
<td>75.41</td>
<td>6.72</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

The results above indicate that the decisiveness and assertiveness training assertiveness divorced women with a high school education had a greater impact on that.

Discussion:
According to the results which were obtained using independent t-test results showed that. Among divorced women divorced women with high education and low education decisiveness and assertiveness training have seen (the experimental group), there are significant differences in terms of compatibility. That decisiveness and assertiveness training to increase divorced women with high education are more consistent. According to the research in this area compared to the effect of assertiveness training, education, studies have found. It certainly cannot be said that the impact of higher education and other variables involved are likely to. But the explanation for this finding could be said of the divorced women, highly educated social interactions more likely than divorced women with low education have And through higher education and better social status and dignity of the individual and the community as well as have higher personal and social expectations are educated people,
As a result, the effect of therapeutic interventions in the more highly educated divorced women not unexpected. It is also likely that assertiveness training through greater knowledge and divorced women were better educated than divorced women of low educational acceptance and application has been. And contributes to personal and social compatibility of them is better.

Hypothesis: decisiveness and assertiveness training assertiveness greater impact on divorced women are educated.

According to the results which were obtained using independent t-test results showed that, Among divorced women divorced women with high education and low education decisiveness and assertiveness training have seen (the experimental group), there are significant differences in terms of assertiveness, That decisiveness and assertiveness training assertiveness increases more highly educated women are divorced. As noted above, research into the effects of assertiveness training than education studies is found. Education spending up or down so you can not be a reason for greater impact. Because it is likely that other factors may play a role. Among the factors to be considered predatory role of assertive character. Based on individual and group assertive person is one who has achieved critical and maintain their independence and avoiding any behavior that depends. Interpersonal relationships and sensitivity to others worry about themselves and not showing confidence and trust with treats. Also, while this connection is active and efficient behavior is adaptive. Behavioral consistency in social behavior and act in the place and decide not hesitate. We also maintain a mutual respect regardless of their position in the social relations of the audience is always his main criteria of communicative behavior. He has positive feelings toward themselves and others and their wishes and choices respect self and others. Group assertive personality is aware of their rights, As a result of those rights with the confidence, skills and complete defense. Also, for the rights of others, consider giving them a vote for independence and provide an appropriate context. His independence and independence of ideas, is honest and clear. Apologize and admit that he was wrong, and does not refuse to endorse the positive things that others do not have to stay away. Faced with new opportunities and unforeseen issues with initiative and flexibility to treat a variety of alternatives in their minds and behavior are numerous. So it is likely that the level of education among the factors that led to the formation of an assertive personality, high school sports for women are divorced. Another explanation can be offered to cite Bandura's theory is observational learning. This theory is based on the possibility that divorced women with high education regarding the social relations of university education and participation in the control of predatory behavior that have dared to boost their self-assertiveness and have manners. You can also make it likely that divorced women with a high school education before attending the training sessions of social skills also have been Who participate in this program because of the strengthening of the skills and training they have more influence.

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REFERENCES


